

SERVING CITIZENS OF FULTON COUNTY 60 YEARS & OVER

# SENIOR



**MARCH 2023**

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

## SENIOR NEWS

### CHANGE CLOCKS & BATTERIES

Daylight Savings Time ends at 2:00 am on Sunday, March 12, 2023, and our clocks “spring ahead” 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.

### CHECKS PAYABLE

We appreciate all of you who make monetary donations to cover home-delivered meals and meals you eat inside any of our Senior Center sites. Please be sure to make checks payable to “Fulton County Senior Center.”

### 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.

## SENIOR SPOTLIGHT



With a background as a registered nurse, Deb Gabel of Wauseon found serving at the Senior Center to be a natural fit. I moved to Wauseon in 2013, and a few years later I googled “places to volunteer near me,” and the Senior Center came up,” she said. “I enjoy helping others. I think that’s why I’m here. God gave me life and now it’s time to give back. I started out transporting seniors as a volunteer, and in 2018, I became a substitute. I delivered meals, subbed in the Wauseon kitchen, subbed at Fayette, Archbold, Delta and Swanton sites, helped with special events and filled in for the Wauseon receptionist. I have enjoyed all of it,” Deb said. “I have always had a soft spot in my heart for seniors. They have a wealth of knowledge. Some of them are a challenge, but I like a challenge,” she said with a chuckle. Deb retired from the Senior Center in December 2022 and said she is still available to volunteer. She also plans to spend more time caring for her mom, attending car shows with her husband, reading, gardening and walking for exercise. If you haven’t visited the Senior Center, Deb said, “Come up and get a newsletter. Talk to the seniors who are here. That doesn’t cost you a thing. Then try the good food, experience the socialization. You might be surprised what you’ll find at the Senior Center.”

### FREE LEGAL CLASSES OFFERED

Two more free Legal Information Classes will be offered at Fulton County Senior Center, 240 Clinton Street, Wauseon. The classes are offered by Legal Aid of Western Ohio, Inc. You do not need to attend both classes.

Thursday, March 30 at 1 pm in the BINGO room at Fulton County Senior Center, 240 Clinton Street, Wauseon, attend Financial POAs (Power of Attorneys) and More Class: learn how you can let someone else make financial decisions when you cannot. Call 419-337-9299 to register for this Financial POA clinic before March 15.

On Thursday, April 20 at 1 pm in the BINGO room at Fulton County Senior Center, 240 Clinton Street, Wauseon, attend Wills and Estates Class: learn ways you can transfer your property when you die. Document preparation of Last Will & Testament. Call 419-337-9299 to register for the Wills & Estates clinic before April 5.

All services are free to eligible applicants and offered by Legal Aid of Western Ohio, Inc. A representative from Legal Aid will phone you before the class to confirm eligibility.

### MUSICAL TRIP SCHEDULED

The Fulton Co. Senior Center is now taking reservations for a day trip to the historic Tibbits Opera House, Coldwater, Michigan for a live musical matinee performance, "Grease" on Wednesday, July 19, 2023.

Ticket(s) must be purchased in advance, and will not be refundable, but are transferable. Find someone else to take your place if you can't attend. Coldwater, Michigan, is approx. one hour and fifteen minutes from Wauseon. All seniors will meet at Wauseon (240 Clinton Street). Very little walking is involved in this trip, with curb-side drop off and no stairs. Suggested donation \$53 (per person, payable when you sign up for the trip), covers musical ticket and Senior Center bus transportation. You can sign up to enjoy an early cold-pack lunch at the Senior Center at 11:00 am or choose to eat on your own before you arrive for the trip. Return to Wauseon approximately 6 pm. To sign up for this trip, call Beth at 419-337-9299.

### TOENAIL APPOINTMENTS

Community Health Professionals will provide toenail clinic appointments at the Wauseon site at 240 Clinton Street on Wednesday, March 22. 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 your appointment.

### LUNCH RESERVATIONS

If you are making a reservation for lunch at a site or for home delivery, please note we require at least one business day's notice to add your reservation. Please do not leave meal reservation requests on the Senior Center answering machine over a weekend for Monday's meal, as our kitchen starts preparing food very early each morning and will not get the message in time.

### TAX HELP IS BACK

Northwest Ohio Community Action Commission (NOCAC) assists seniors with tax preparation.

NOCAC is an Internal Revenue Service (IRS) Volunteer Income Tax Assistance (VITA) partner. The VITA program allows NOCAC to provide free preparation services for federal, state, and school district taxes. Consumers will be responsible for filing their city taxes as in previous years. By appointment only. Tax clinics will be held at Crossroads Church, Wauseon and the Delta Library.

To make an appointment, reach the designated tax line by email or phone at [taxes@nocac.org](mailto:taxes@nocac.org) or (419) 990-5134.

### SHAMROCK SHAKE RECIPE

- 2 cups vanilla ice cream
  - 3/4 cup whole milk
  - 10 drops green food coloring
  - 1/4 teaspoon mint extract
  - Whipped cream, sprinkles and cherries for serving
1. Place the ice cream, milk, food coloring and mint extract in a blender.
  2. Blend until smooth.
  3. Pour into two glasses. Top with whipped cream, sprinkles and cherries, then serve.

Source: [DinnerAtTheZoo.com](http://DinnerAtTheZoo.com)

## WHAT IS IT?

**Choir** – More voices are always welcome to join this group who enjoys singing. You'll find a light-hearted comradery here. The Choir occasionally performs at other Senior Center sites, nursing homes, etc.

**Golden Drummers** – This no-cost exercise class raises your heart rate while you tap out rhythms to music. Choose your own intensity level as you tap drumsticks on large, stationary, exercise balls. Stand or sit for this class. No experience needed; simply follow the instructor.

**Line Dancing** – A great way to combine fitness and fun for both the body and brain. Features various music styles, not just country! New dancers are welcome anytime.

**Pepper** – A trick-taking card game with an element of bidding. Four players to a table, your partner is across the table from you.

**Pickleball** – An active game that is a cross between table tennis and tennis. It looks a lot like tennis, but it features smaller courts, a wiffle-type ball, and a smooth paddle. Check the graphic in the gym to determine whether you are a Gold, Silver or Bronze level player.

**Silver Sneakers Classic** – A fitness instructor from Fulton County Health Center leads this exercise class. Choose your intensity level and improve your muscle tone, flexibility and endurance. Stand for this class or sit as needed. Use small, handheld weights, plus exercise bands and small exercise balls.

**Silver Sneakers Chair Yoga** – A fitness instructor from Fulton County Health Center leads this exercise class. Experience a calm, quiet atmosphere as you practice flexibility and stretching. Chair Yoga can improve your concentration and strength, boost your mood, plus reduce stress and joint strain.

**Tai Chi** – This senior-led exercise class increases balance and flexibility and fights stress. Follow an on-screen instructor via DVD. Movements are slow and fluid.

## 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. Provide updated information to your meal delivery driver or Site Manager, if that is convenient. 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?

## SPOTLIGHT ON NUTRITION EDUCATION

Malnutrition refers to deficiencies, excesses or imbalances in a person's intake of energy and/or nutrients.

Here are Five Facts about Malnutrition. Source: NCOA National Council on Aging Nutrition Tools

FACT 1: Malnourished individuals can come in all sizes.

- 715,000 U.S. adults aged 65+ are underweight.
- One in 3 U.S. adults aged 65+ are overweight.
- You can be underweight or overweight and still be malnourished.

FACT 2: Malnutrition affects all groups of people.

- Nine million older adults can't afford nutritious food. One in four adults aged 65+ either reduces meal sizes or skips meals. 16 % of independent older adults are at high risk for malnutrition. Up to 60% of older adults in health care settings are malnourished.

FACT 3: Malnutrition can come from a number of factors.

- Chronic Conditions, poor appetite, restricted diets
- Limited income, living alone, medication side effects
- Poor dental health, trouble swallowing or chewing
- Changing taste buds, poor appetite, lack of mobility
- Depression, dementia, gastrointestinal disorders

FACT 4: You can't always prevent or treat malnutrition by just eating more

- Adjust your diet to get all the nutrients your body needs
- Exercise to build muscle and improve strength
- Consult a Registered Dietitian Nutritionist
- Consider using an oral nutritional supplement

FACT 5: Malnutrition has many warning signs

- Muscle weakness, fatigue, increased illness or infection, feeling irritable or depressed, unplanned weight loss and or decreased appetite, could all be signs of malnutrition.

## JOKES

Q: What season is it when you are on a trampoline?

A: Spring-time.

Q: What do you call a rabbit who has fleas?

A: Bugs Bunny

Q: What did the summer say to the spring?

A: Help – I'm about to fall!

Q: How excited was the gardener about spring?

A: So excited he wet his plants.

Q: What's Irish and stays out all night?

A: Paddy O'Furniture

# LUNCH CALENDAR

MARCH, 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

**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
		Cabbage Rolls Mashed Potatoes Cook's Choice Vegetable Apple Slices <b>1</b>	Breaded Pork Chops Redskin Potatoes Peas & Mushrooms Pineapple <b>2</b>	Lasagna (Lent Alt=Vegetable Lasagna) Steamed Broccoli Sliced Carrots Grapes <b>3</b>
Creamed Chicken Over Biscuits Buttered Beets Fruit Crisp <b>6</b>	Sausage Patty Sandwich Hash Brown Casserole Succotash Fresh Fruit <b>7</b>	Creamed Chipped Beef Mashed Potatoes Mixed Vegetables Bananas Pudding <b>8</b>	Baked Ham (LS Alt=Pork Roast) Scalloped Potatoes Winter Blend Vegetables Peaches <b>9</b>	Minestrone Soup Seafood Salad Sandwich Tossed Salad Sunshine Salad <b>10</b>
Sausage & Sauerkraut (LS Alt=Low Sodium Franks) Smashed Red Potatoes Peas w/Onions Mandarin Oranges <b>13</b>	Baked Chicken Mashed Potatoes Green Beans Cranberry Sauce <b>14</b>	Cheese Burgers Seasoned Potato Wedges Spinach Fruit Salad <b>15</b>	Chicken Alfredo Pasta Steamed Broccoli Carrots Dark Sweet Cherries <b>16</b>	Chicken Breast Sandwich (Lent Alt=Fish Sandwich) O'Brien Potatoes Brussels Sprouts Fresh Fruit <b>17</b>
Salisbury Steak or Liver & Onions Mashed Potatoes Sugar Snap Peas Mixed Fruit <b>20</b>	BBQ Beef Sandwich Roasted Potatoes Ranch Style Beans Tropical Fruit <b>21</b>	Chili w/Beans Mexican Style Rice Summer Squash Pineapple Juice <b>22</b>	Hamloaf (LS Alt=Meatloaf) Sweet Potatoes Butter Beans Tangerines Yogurt <b>23</b>	Baked Fish Macaroni & Cheese Stewed Tomatoes Fresh Fruit Juice <b>24</b>
Hamburger Gravy Mashed Potatoes Mixed Vegetables Pears <b>27</b>	Steamed Franks (LS Alt=Chicken Breast) Baked Beans California Blend Apples <b>28</b>	Beef & Noodles Mashed Potatoes Green Beans Mixed Fruit Brownies <b>29</b>	Goulash Cooked Cabbage Fruit Crisp Fresh Fruit <b>30</b>	Potato Soup Ground Bologna Sandwich (Lent Alt=Tuna Salad) Tossed Salad 5 Cup Salad <b>31</b>

# WAUSEON ACTIVITIES

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

MARCH, 2023

SENIOR *B-33*

PAGE 5

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		<b>Day Trip, Penta Culinary; Wear Senior Center Shirt</b> 8 to 10:30 Silver Pickleball 10:30 to 11 Walking in the Gym 11:00 Tai Chi (Senior Led) 12:00 Lunch 1:00 Faith Topic with Sandy 1:00 Silver Sneakers Chair Yoga® 1:00 Pepper Card Game 2:05 to 3:30 Bronze Pickleball	8 to 10 Gold Pickleball 10 to Noon Silver Pickleball 10:15 to 11:45 BINGO 12:00 Lunch 12:30 to 1:00 Walking in the Gym 1:00 Silver Sneakers® Classic Exercise 2:00 Card Games 2:05 to 3:30 Bronze Pickleball	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 9:30 to 11:00 Silver Pickleball 11:00 I Spy Paper Game/ Word Search 11:00 Tai Chi (Senior Led) 12:00 Lunch 1:00 to 2:30 Line Dancing 2:35 to 3:45 Bronze Pickleball	8 to 10 Gold Pickleball 10 to Noon Silver Pickleball 11:00 Keyboard Music by Jimmy Stewart 12:00 Lunch 12:30 to 1:00 Walking in the Gym 1:00 Choir Sing-a-Long 1:00 Silver Sneakers® Classic Exercise 2:05 to 3:30 Bronze Pickleball	8 to 10:30 Silver Pickleball 10:30 to 11 Walking in the Gym 11:00 Tai Chi (Senior Led) 11:00 Word Search 12:00 Lunch 1:00 Bible Study with Roger 1:00 Silver Sneakers Chair Yoga® 1:00 Pepper Card Game 2:05 to 3:30 Bronze Pickleball	8 to 10 Gold Pickleball 10 to Noon Silver Pickleball 10:15 to 11:45 BINGO 12:00 Lunch 12:30 to 1:00 Walking in the Gym 1:00 Silver Sneakers® Classic Exercise 2:00 Card Games 2:05 to 3:30 Bronze Pickleball	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
8 to 9:30 Gold Pickleball 9:30 to 11:00 Silver Pickleball 10:00 Free Hearing Aid Cleaning 11:00 Hidden Pictures 11:00 Tai Chi (Senior Led) 12:00 Lunch 1:00 to 2:30 Line Dancing 2:35 to 3:45 Bronze Pickleball	<b>Wear Senior Center Shirt/ Hat</b> 8 to 10 Gold Pickleball 10 to Noon Silver Pickleball 11:00 Music Concert by Nostalgia 12:00 Lunch 12:30 to 1:00 Walking in the Gym 1:00 Choir Sing-a-Long 1:00 Silver Sneakers® Classic Exercise 2:05 to 3:30 Bronze Pickleball	8 to 10:30 Silver Pickleball 10:30 Make Cards with Deb B 10:30 to 11 Walking in the Gym 11:00 Tai Chi (Senior Led) 12:00 Lunch 1:00 Faith Topic with Sandy 1:00 Silver Sneakers Chair Yoga® 1:00 Pepper Card Game 2:05 to 3:30 Bronze Pickleball	8 to 10 Gold Pickleball 10 to Noon Silver Pickleball 10:15 to 11:45 BINGO 12:00 Lunch 12:30 to 1:00 Walking in the Gym 1:00 Silver Sneakers® Classic Exercise 2:00 Card Games 2:05 to 3:30 Bronze Pickleball	<b>Wear Green</b> 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
8 to 9:30 Gold Pickleball 9:30 to 11:00 Silver Pickleball 11:00 Free Blood Pressure Checks 11:00 Tai Chi (Senior Led) 12:00 Lunch 1:00 to 2:30 Line Dancing 2:35 to 3:45 Bronze Pickleball	<b>Bring Crazy Socks for World Down Syndrome Awareness</b> 8 to 10 Gold Pickleball 10 to Noon Silver Pickleball 11:00 Ohio Attorney General's Office: Protect Yourself From Identity Theft 12:00 Lunch 12:30 to 1:00 Walking in the Gym 1:00 Choir Sing-a-Long 1:00 Silver Sneakers® Classic Exercise 2:05 to 3:30 Bronze Pickleball	8 to 10:30 Silver Pickleball 9:30 Toe Nail Clinic (By Appt.) 10:30 to 11 Walking in the Gym 11:00 Tai Chi (Senior Led) 11:00 Music by Peter V & Friends 12:00 Lunch 1:00 Bible Study with Roger 1:00 Silver Sneakers Chair Yoga® 1:00 Pepper Card Game 2:05 to 3:30 Bronze Pickleball	8 to 10 Gold Pickleball 10 to Noon Silver Pickleball 10:15 to 11:45 BINGO 12:00 Lunch 12:30 to 1:00 Walking in the Gym 1:00 Silver Sneakers® Classic Exercise 2:00 Card Games 2:05 to 3:30 Bronze Pickleball	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
8 to 9:30 Gold Pickleball 9:30 to 11:00 Silver Pickleball 11:00 Name Ten 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	8 to 10 Gold Pickleball 10 to Noon Silver Pickleball 11:00 "What's In Your Wellness Bag?" Crystal of Aetna 12:00 Lunch 12:30 to 1:00 Walking in the Gym 1:00 Choir Sing-a-Long 1:00 Silver Sneakers® Classic Exercise 2:05 to 3:30 Bronze Pickleball	8 to 10:30 Silver Pickleball 10:30 to 11 Walking in the Gym 11:00 Tai Chi (Senior Led) 11:00 Sequence Board Game 12:00 Lunch No Bible Study 1:00 Silver Sneakers Chair Yoga® 1:00 Pepper Card Game 2:05 to 3:30 Bronze Pickleball	8 to 10 Gold Pickleball 10 to Noon Silver Pickleball 10:15 to 11:45 BINGO 12:00 Lunch 12:30 to 1:00 Walking in the Gym 1:00 Legal Aid, Financial POA Info 1:00 Silver Sneakers® Classic Exercise 2:00 Card Games 2:05 to 3:30 Bronze Pickleball	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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		<b>Day Trip, Penta Culinary</b> <b>1</b> <b>Wear Senior Center Shirt</b> 9:00 Games 10:00 Site Council 10:15 to 11:45 BINGO 12:00 Lunch & Birthday Dessert 1:00 Cards	<b>9:00 Word Search</b> <b>2</b> 10:00 Site Council 10:15 to 11:45 BINGO 12:00 Lunch & Birthday Dessert 1:00 Puzzles	<b>9:00 Coffee &amp; Conversation</b> <b>3</b> 10:00 Chair Exercises (Senior Led) 11:00 "What's In Your Wellness Bag?" Crystal from Aetna 12:00 Lunch 1:00 Box of Brain Games
9:00 Cards <b>6</b> 10:00 Chair Exercises (Senior Led) 11:00 I Spy on Paper 12:00 Lunch 1:00 Word Search	9:00 Games <b>7</b> 11:00 "What's In Your Wellness Bag?" Crystal from Aetna 12:00 Lunch 1:00 Cards	<b>Wear Senior Center Shirt/ Hat</b> <b>8</b> 9:00 Word Search 10:15 to 11:45 BINGO 12:00 Lunch 1:00 Puzzles	<b>Wear Senior Center Shirt/ Hat</b> <b>9</b> 9:00 Coffee & Conversation 10:15 to 11:45 BINGO with Delta students 12:00 Lunch 1:00 Box of Brain Games	9:00 Cards <b>10</b> 10:00 Chair Exercises (Senior Led) 11:00 Vintage Friendship Calling Cards with John Myles 12:00 Lunch 1:00 Word Search
9:00 Games <b>13</b> 10:00 Chair Exercises (Senior Led) 11:00 "Just So You Know" & Free Blood Pressure Checks, Fulton Co. Health Dept. 12:00 Lunch 1:00 Cards	9:00 Word Search <b>14</b> 11:00 "Just So You Know" & Free Blood Pressure Checks, Fulton Co. Health Dept. 12:00 Lunch 1:00 Puzzles	<b>Bring A Lucky Charm</b> <b>15</b> 9:00 Coffee & Conversation 10:15 to 11:45 Lucky Charm BINGO 12:00 Lunch 1:00 Box of Brain Games	<b>Bring A Lucky Charm</b> <b>16</b> 9:00 Cards 10:15 to 11:45 Lucky Charm BINGO 12:00 Lunch 1:00 Word Search	<b>Wear Green Today</b> <b>17</b> 9:00 Puzzles 10:00 Chair Exercises (Senior Led) 11:00 Keyboard music with Terry Shear (Irish Songs & Humor) 12:00 Lunch 1:00 Chit Chat
<b>Bring or Wear Crazy Socks for World Down Syndrome Awareness</b> <b>20</b> 9:00 Word Search 10:00 Chair Exercises (Senior Led) 11:00 Game Day! 12:00 Lunch 1:00 Puzzles	<b>Bring or Wear Crazy Socks for World Down Syndrome Awareness</b> <b>21</b> 9:00 Coffee & Conversation 11:00 Free Concert by Nostalgia 12:00 Lunch 1:00 Box of Brain Games	<b>Wear Your Favorite Basketball Team Colors</b> <b>22</b> 9:00 Cards 10:15 to 11:45 March Madness BINGO 12:00 Lunch 1:00 Word Search	<b>Wear Your Favorite Basketball Team Colors</b> <b>23</b> 9:00 Puzzles 10:15 to 11:45 March Madness BINGO 12:00 Lunch 1:00 Chit Chat	9:00 Games <b>24</b> 10:00 Chair Exercises (Senior Led) 11:00 Nature's Nursery Live Animal Program 12:00 Lunch 1:00 Box of Brain Games
9:00 Coffee & Conversation <b>27</b> 10:00 Chair Exercises (Senior Led) 11:00 Name Ten Word Game 12:00 Lunch 1:00 Box of Brain Games	9:00 Cards <b>28</b> 11:00 "Range of Motion" with Rehab Hospital of Northwest Ohio 12:00 Lunch 1:00 Word Search	9:00 Puzzles <b>29</b> 10:15 to 11:45 BINGO 12:00 Lunch 1:00 Chit Chat	9:00 Games <b>30</b> 10:15 to 11:45 BINGO 12:00 Lunch 1:00 Chit Chat	9:00 Chit Chat <b>31</b> 10:00 Chair Exercises (Senior Led) 11:00 Free Concert by Nostalgia 12:00 Lunch 1:00 Cards

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

# ARCHBOLD / FAYETTE

## ACTIVITIES

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		<b>Day Trip, Penta Culinary 1</b> 9:45 Chair Yoga (Note Time) 10:30 Site Council 11:00 Alzheimer's Association, "Health Mind, Healthy Body" 12:00 Lunch 1:00 Puzzles	<b>2</b> 9:00 Skip Bo 10:15 to 11:45 BINGO 12:00 Lunch & Birthday Dessert 1:00 Box of Brain Games	<b>3</b> 9:00 Coffee & Conversation 10:15 to 11:45 BINGO 12:00 Lunch & Birthday Dessert 1:00 Box of Brain Games
<b>6</b> 9:00 Word Search No Chair Yoga 11:00 Hidden Pictures (Hoops/ Bird) 12:00 Lunch 1:00 Puzzles	<b>7</b> 9:00 Pepper 10:30 Site Council 11:00 "Laugh With Me" with Wendy G. (Smile, laugh, reduce stress) 12:00 Lunch 1:00 Puzzles	<b>8</b> 9:00 Cards 10:00 Chair Yoga 11:00 Music by Steve Snider 12:00 Lunch 1:00 Puzzles	<b>9</b> <b>Wear a Sweatshirt Today</b> 9:00 Cards 10:15 to 11:45 Sweatshirt BINGO 12:00 Lunch 1:00 Box of Brain Games	<b>10</b> <b>Wear a Sweatshirt Today</b> 9:00 Pepper 10:15 to 11:45 Sweatshirt BINGO 12:00 Lunch 1:00 Cards
<b>13</b> 9:00 Games No Chair Yoga 11:00 Word Search 12:00 Lunch 1:00 Puzzles	<b>14</b> 9:00 Pepper 11:00 "Range of Motion" with Rehab Hospital of Northwest Ohio 12:00 Lunch 1:00 Puzzles	<b>15</b> 9:00 Coffee & Conversation 10:00 Chair Yoga 11:00 Program about Diabetes with Brianna from FCHC 12:00 Lunch 1:00 Box of Brain Games	<b>16</b> <b>Wear Green &amp; Bring A Lucky Charm</b> 9:00 Skip Bo 10:15 to 11:45 Lucky Charm BINGO 12:00 Lunch 1:00 Cards	<b>17</b> <b>Wear Green &amp; Bring A Lucky Charm</b> 9:00 Pepper 10:15 to 11:45 Lucky Charm BINGO 12:00 Lunch 1:00 Games
<b>20</b> <b>Bring or Wear Crazy Socks for World Down Syndrome Awareness</b> 9:00 Cards No Chair Yoga 11:00 I Spy Paper Game/ Word Search 12:00 Lunch 1:00 Puzzles	<b>21</b> <b>Bring or Wear Crazy Socks for World Down Syndrome Awareness</b> 9:00 Pepper 11:00 "Just So You Know" & Free BP Check, Fulton Co. Health Dept. 12:00 Lunch 1:00 Box of Brain Games	<b>22</b> 9:00 Puzzles 10:00 Chair Yoga 11:00 Music by Just Us 2, Marc & Ellen Pember 12:00 Lunch 1:00 Cards	<b>23</b> <b>Wear Senior Center Shirt/ Hat</b> 9:00 Cards 10:15 to 11:45 BINGO 12:00 Lunch 1:00 Games	<b>24</b> <b>Wear Senior Center Shirt/ Hat</b> 9:00 Pepper 10:15 to 11:45 BINGO 12:00 Lunch 1:00 Word Search
<b>27</b> 9:00 Coffee & Conversation No Chair Yoga 11:00 "Just So You Know" & Free BP Check, Fulton Co. Health Dept. 12:00 Lunch 1:00 Box of Brain Games	<b>28</b> 9:00 Pepper 11:00 Free Music Concert by Nostalgia 12:00 Lunch 1:00 Cards	<b>29</b> 9:00 Word Search 10:00 Chair Yoga 11:00 "Laugh With Me" with Wendy G. (Smile, laugh, reduce stress) 12:00 Lunch 1:00 Games	<b>30</b> <b>Wear a Hat Today</b> 9:00 Skip Bo 10:15 to 11:45 Hat BINGO 12:00 Lunch 1:00 Word Search	<b>31</b> <b>Wear a Hat Today</b> 9:00 Pepper 10:15 to 11:45 Hat BINGO 12:00 Lunch 1:00 Cards



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 MARCH 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 (Meredith Grime, Juan Avina, Jeffrey Waidelich, Aimee Roth, Tiffany Emery, Jack Myers, Michael Pollick, Jim Lugbill, Brenda Hauck, James Mapes, Angela Johnston, Andrea Coburn), Substitutes (Judy Thourot, James Baldwin, Robert Shaw, Vicki Kline, Butch Kline, Dennis Peabody, Tim Gorsuch, Sharon McCabe, Karen James, Anita Ehrsam, Becky Peabody, Michael Mangas, JB Stevens, Steve Jackson, Aria Frey, Michael Grauman, Sam Sanderson, Jeanette Gorsuch, Kim Lerma).

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).