

SERVING CITIZENS OF FULTON COUNTY 60 YEARS & OVER

SENIOR



APRIL 2023

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

SENIOR NEWS

CATCH OUR CHOIR IN ACTION

Watch the Senior Center Choir perform locally at 11:00 AM at the following locations: April 4 at the Delta Senior Center, April 11 at the Archbold Senior Center, April 18 at the Fulton County Senior Center in Wauseon, April 21 at the Swanton Senior Center, April 26 at the Fayette Senior Center and at 1:00 PM on May 10 at Wyse Commons on the Fairlawn Campus. All performances are free.

JOIN OUR TEAM

The Fulton County Board of Commissioners is accepting applications for the position of Substitute Meal Delivery Driver for the Senior Center. This person will report to the Fulton County Senior Center in Wauseon daily to perform delivery duties as per assigned route, Monday through Friday from 9:00 AM until completion of assigned route, approximately 3-4 hours per weekday.

Submit applications to
Fulton County Senior Center;
240 Clinton St; Wauseon, OH 43567
EEO/ADA Employer.

PLEASE NOTE

April 7 – Good Friday; No Meals Served

SENIOR SPOTLIGHT



As the hours of daylight increase and the dirt warms in Fulton County farm fields, Garth Kincaid reminisces about his many years as a farmer. Garth said he was raised on a farm where his parents had 5,000 laying hens. “We lived halfway between Nowhere and Somewhere,” he said with a chuckle. Later, Garth, in partnership with other family members, raised corn, soybeans, wheat and thousands of hogs from farrowing to finishing. He also enjoyed his time as a truck driver, hauling grain.

Garth is a regular attendee at the Swanton Senior Center. He said he likes all of the programs and activities, but he especially enjoys playing Euchre. The card game is not new to Garth. “I worked at a machine shop for 17 years, and sometimes we would play Euchre on our lunch hour,” he explained. As a youth, Garth showed chickens at the 4-H fair, and enjoyed high school industrial arts-type classes, where he could use some of the skills he had learned on the farm. In high school, he played football, and by the time he graduated from Union City (Michigan) in 1969, he had a wife and a child. Garth has three adult children and a dog named Gracie. In the evenings, he enjoys playing Solitaire on his tablet.

The photo shows Garth participating in Crazy Sweater Day.

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.

FREE LEGAL CLASS OFFERED

One more free Legal Information Class will be offered at Fulton County Senior Center, 240 Clinton Street, Wauseon. The classes are offered by attorneys from Legal Aid of Western Ohio, Inc.

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. These classes are open to Fulton County residents age 60 and over.

WHERE'S VAL?

Val Edwards, Information & Referral Specialist, will take appointments at the following locations. Get help understanding Medicare and Social Security issues, insurance, bills, completing applications, and more. 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, April 12, from 10:00 am to noon at the Delta Library.
Thursday, April 20, from 10:00 am to noon at the Swanton Library.
Thursday, April 27, from 10:00 am to noon at Wyse Commons on the Fairlawn campus.

Val has some appointments available to meet with seniors at the Fulton County Senior Center, 240 Clinton Street, Wauseon.

ORGANIZE VITAL INFO

The start of Spring often brings with it a desire to "Spring clean" and "get organized." How organized are your important papers? Use this checklist from Area Office on Aging of Northwest Ohio to keep track of your key paperwork. Gather them together (or make note of their location) and place in a safety deposit box, or give to a trusted family member who can retrieve them in an emergency.

Insurance

Medicare card
Secondary health
Life
Special care
Long Term Care
Catastrophic illness
Auto
Home
Other

Legal

Auto title
Deeds
Living Will
Living trust
Power of attorney
Power of attorney for health
Trust papers
Will

Life Events

Birth certificate
Burial plot
Funeral arrangements
Immigration/ naturalization papers
Marriage/ divorce papers
Military papers
Social Security card

Financial

Bank notes
Bank savings accounts
Bonds
Broker name/ phone
Certificates of deposit
Checking account
Credit card list
IRAs
Mortgage papers
Mutual funds
Safety deposit key/ combination
Stock certificates
Tax records

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."

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.

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 or (419) 990-5134.

TOENAIL APPOINTMENTS

Community Health Professionals will provide toenail clinic appointments in April and May. Toenail appointments will be offered at Archbold Senior Center, inside the Scout Cabin on Tuesday, April 18. Appointments at Fayette Senior Center are available on Monday, April 24. The Wauseon site, at 240 Clinton Street, is taking appointments for a toenail clinic on Wednesday, May 17.

Call 419-337-9299 to reserve your spot for any of these dates. 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.

NUTRITION EDUCATION PUTTING MYPLATE ON YOUR TABLE: FRUIT

Why Fruit?

A healthy eating routine is important at every stage of life and can have positive effects that add up over time. The U.S. Department of Agriculture (USDA) recommends that people of all ages fill half of their plate with fruits and vegetables at each meal. Eating fruit provides health benefits. People who eat more fruits and vegetables as part of an overall healthy diet are likely to have a reduced risk of some chronic diseases including heart disease, stroke and some cancers.

The fiber contained in vegetables and fruits may reduce the risk of heart disease, obesity and Type 2 diabetes.

Fruits provide dietary fiber, vitamin C, potassium and folate (folic acid). They are naturally low in fat, sodium and calories. Fruits do not contain cholesterol.

Which Foods Are in the Fruit Group?

Foods in this group include any fruit or 100% fruit juice. Fruits may be fresh, canned, frozen or dried, and may be whole, cut-up or pureed.

How Much Is Needed from the Fruit Group?

For women over age 31, 1½ cups. For men over age 19, 2 cups.

Note these equivalents for 1 cup of fruit:

- 1 small apple (2.5 inches in diameter)
- 32 seedless grapes
- 1 large peach
- ½ cup dried fruit such as raisins, prunes or dried apricots
- 2 canned peach or pear halves
- 1 cup 100% fruit juice
- 8 large strawberries
- 1 wedge or 1 cup watermelon chunks
- 1 medium pear
- 1 large orange

Although 100% fruit juice can be part of a healthful diet, it lacks dietary fiber. When consumed in excess, it can add extra calories.

Select whole fruits that are fresh, canned, frozen or dried rather than juice. When choosing canned fruits, select fruits packed in 100% fruit juice to limit added sugars.

Tips for Getting Fruit on Your Table

- Enjoy a piece of fruit with your breakfast.
- Select local fruits when in season.
- Offer fruits as dessert.
- Enjoy a piece of fruit such as an apple, banana or orange as a snack.
- Try a smoothie made with fruit and low-fat milk or yogurt.
- Try 100% applesauce topped with raisins as a snack.

References

USDA. "MyPlate." (2010). Accessed October 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. Original Authors: Linnette Goard, M.S., Cindy Oliveri, M.S. Revised by Michelle Treber, L.D., M.A., Extension Educator, Family and Consumer Sciences, Ohio State University Extension.
 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. Personalized guides and other resources can be found at choosemyplate.gov.

LUNCH CALENDAR

APRIL, 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
Sloppy Joe Sandwich 3 Roasted Potatoes California Blend Peaches	Roast Turkey 4 Savory Bread Dressing Green Beans Buttered Beets Cranberry Relish	Biscuits & Gravy 5 Hash Brown Casserole Corn Nuggets Mandarin Oranges	Swiss Steak 6 Mashed Potatoes Butter Beans Fresh Fruit	7 CENTER CLOSED AT NOON FOR GOOD FRIDAY NO MEALS SERVED
Grilled Bratwurst w/ Peppers & Onions 10 (LS Alt=Uncured Franks) Au Gratin Potatoes Brussels Sprouts Dark Sweet Cherries	Shepherd's Pie 11 Summer Squash Fruit Crunch	Baked Chicken 12 Rice Pilaf Normandy Blend Apples Vegetable Juice	Cheese Burgers 13 Seasoned Potato Wedges Mixed Vegetables Pineapple Pudding	Pasta w/Meatballs 14 Steamed Cauliflower Baby Carrots Mixed Fruit
Ham & Bean Soup 17 (LS Alt=LS Veg. Soup) Turkey Sandwich Broccoli Salad Grape Salad	BBQ Pork Sandwich 18 Roasted Potatoes Ranch Style Beans Cole Slaw	Stuffed Bell Peppers 19 California Blend Baked Apples Bananas	Chicken & Noodles 20 Mashed Potatoes Green Beans Pears	Hamloaf 21 (LS Alt=Meatloaf) Sweet Potatoes Malibu Blend Applesauce Ice Cream
Chicken Fried Steak w/ Country Gravy 24 Mashed Potatoes Sugar Snap Peas Fresh Fruit	Baked Fish 25 Macaroni & Cheese Stewed Tomatoes Mandarin Oranges Juice	Pot Roast 26 Boiled Potatoes Carrots Pineapple Cookies	Broccoli Cheese Soup 27 Cold Cut Sandwich Pea Salad Jell-O	Steamed Franks 28 (LS Alt=Chicken Breast) Baked Beans Mixed Vegetables Tangerines

WAUSEON ACTIVITIES

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

APRIL, 2023

SENIOR B-33

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>8 to 9:30 Gold Pickleball 3 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</p>	<p>8 to 10 Gold Pickleball 4 10 Choir Leaves to Perform at Delta SC 10 to Noon Silver Pickleball 11:00 I Spy & Word Search 12:00 Lunch 12:30 to 1:00 Walking in the Gym 1:00 Silver Sneakers® Classic Exercise NO Choir Practice 2:05 to 3:30 Bronze Pickleball</p>	<p>8 to 10:30 Silver Pickleball 5 10:30 to 11 Walking in the Gym 11:00 Tai Chi (Senior Led) 11:00 Music by Michael Buck 12:00 Lunch 1:00 Faith Topic with Sandy 1:00 Silver Sneakers Chair Yoga® 1:00 Pepper Card Game 2:05 to 3:30 Bronze Pickleball</p>	<p>8 to 10 Gold Pickleball 6 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</p>	<p>8 to 10:00 Silver Pickleball 7 10:30 Golden Drummers NO LUNCHESES SERVED SITE CLOSED AT NOON (Good Friday)</p>
<p>8 to 9:30 Gold Pickleball 10 9:30 to 11:00 Silver Pickleball 10:00 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 11 10:00 Choir Leaves to Perform at Archbold SC 10 to Noon Silver Pickleball 11:00 Sequence 12:00 Lunch 12:30 to 1:00 Walking in the Gym 1:00 Silver Sneakers® Classic Exercise NO Choir Practice 2:05 to 3:30 Bronze Pickleball</p>	<p>8 to 10:30 Silver Pickleball 12 10:30 to 11 Walking in the Gym 11:00 Tai Chi (Senior Led) 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</p>	<p>8 to 10 Gold Pickleball 13 10 to Noon Silver Pickleball 10:15 to 11:45 BINGO 11:00 Dulcimer Music, Vickie Halsey 12:00 Lunch 12:30 to 1:00 Walking in the Gym 1:00 Silver Sneakers® Classic Exercise 1:00 Acrylic Painting Technique Class w/ Peggy 2:05 to 3:30 Bronze Pickleball</p>	<p>8 to 10:00 Gold Pickleball 14 10:30 Golden Drummers 11:15 Site Council (Note Date) 12:00 Lunch & Birthday Party (Note Date) 12:30 to 1:00 Walking in the Gym 1:00 to 2:30 Bonus BINGO 1:00 to 3:30 Bronze Pickleball</p>
<p>8 to 9:30 Gold Pickleball 17 9:30 to 11:00 Silver Pickleball 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</p>	<p>8 to 10 Gold Pickleball 18 10 to Noon Silver Pickleball 11:00 Music by Senior Center Choir 12:00 Lunch 12:30 to 1:00 Walking in the Gym 1:00 Silver Sneakers® Classic Exercise NO Choir Practice 2:05 to 3:30 Bronze Pickleball</p>	<p>8 to 10:30 Silver Pickleball 19 10:00 Learn to Play Pinochle 10:30 to 11 Walking in the Gym 10:30 Make Cards with Deb B. 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</p>	<p>8 to 10 Gold Pickleball 20 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: Wills & Estates 1:00 Silver Sneakers® Classic Exercise 2:00 Card Games 2:05 to 3:30 Bronze Pickleball</p>	<p>8 to 10:00 Silver Pickleball 21 10:00 Choir Leaves to Perform at Swanton SC 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</p>
<p>8 to 9:30 Gold Pickleball 24 9:30 to 11:00 Silver Pickleball 11:00 Sequence 11:00 Tai Chi (Senior Led) 12:00 Lunch 1:00 to 2:30 Line Dancing 2:35 to 3:45 Bronze Pickleball</p>	<p>8 to 10 Gold Pickleball 25 10 to Noon Silver Pickleball 10:00 Learn to Play Pinochle 11:00 Free Concert by Circle of Friends 12:00 Lunch 12:30 to 1:00 Walking in the Gym NO Choir Practice 1:00 Silver Sneakers® Classic Exercise 2:05 to 3:30 Bronze Pickleball</p>	<p>8 to 10:30 Silver Pickleball 26 10:00 Choir Leaves to Perform at Fayette SC 10:30 to 11 Walking in the Gym 11:00 Tai Chi (Senior Led) 12:00 Lunch NO Bible Study with Roger 1:00 Silver Sneakers Chair Yoga® 1:00 Pepper Card Game 2:05 to 3:30 Bronze Pickleball</p>	<p>8 to 10 Gold Pickleball 27 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</p>	<p>8 to 10:00 Gold Pickleball 28 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</p>

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9:00 Puzzles 3 10:00 Chair Exercises (Senior Led) 11:00 I Spy Gardening Paper Game 12:00 Lunch 1:00 Word Search	Bring a Friend Day 4 9:00 Cards 11:00 Music by Senior Center Choir 12:00 Lunch 1:00 Cards	9:00 Word Search 5 10:00 Site Council 10:15 to 11:45 BINGO 12:00 Lunch & Birthday Dessert 1:00 Games	9:00 Games 6 10:00 Site Council 10:15 to 11:45 BINGO 12:00 Lunch & Birthday Dessert 1:00 Puzzles	<p style="text-align: center;">CLOSED FOR GOOD FRIDAY</p>
9:00 Cards 10 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 11 11:00 "Just So You Know" & Free Blood Pressure Checks, Fulton Co. Health Dept. 12:00 Lunch 1:00 Games	9:00 Games 12 10:00 Free Hearing Aid Cleaning 10:15 to 11:45 BINGO 12:00 Lunch 1:00 Puzzles	9:00 Coffee & Conversation 13 10:15 to 11:45 BINGO with Delta students 12:00 Lunch 1:00 Box of Brain Games	9:00 Chit Chat 14 10:00 Chair Exercises (Senior Led) 11:00 Music by the Miller Family 12:00 Lunch 1:00 Cards
9:00 Word Search 17 10:00 Chair Exercises (Senior Led) 10:00 Rock Painting with Cindy & Margie (Note Time) 12:00 Lunch 1:00 Games	9:00 Games 18 10:00 Crafts with Brenda H. (Note time) 12:00 Lunch 1:00 Puzzles	Day Trip, Crumbl Cookies; Wear 19 Senior Center Shirt/ Hat 9:00 Coffee & Conversation 10:00 Games & Cards 12:00 Lunch 1:00 Box of Brain Games	9:00 Chit Chat 20 10:15 to 11:45 BINGO 12:00 Lunch 1:00 Cards	9:00 Puzzles 21 10:00 Chair Exercises (Senior Led) 11:00 Music by Senior Center Choir 12:00 Lunch 1:00 Games
9:00 Games 24 10:00 Chair Exercises (Senior Led) 11:00 Game Day 12:00 Lunch 1:00 Puzzles	Wear Senior Center Shirt/ Hat 25 9:00 Coffee & Conversation 11:00 Storytelling by senior Bill S. 12:00 Lunch 1:00 Box of Brain Games	9:00 Chit Chat 26 9:30 to 11:30 Health Screenings by FCHC (cholesterol, glucose, sign up) 10:15 to 11:45 BINGO 12:00 Lunch 1:00 Cards	9:00 Puzzles 27 9:30 to 11:30 Health Screenings by FCHC (cholesterol, glucose, sign up) 10:15 to 11:45 BINGO 12:00 Lunch 1:00 Games	9:00 Coffee & Conversation 28 No Chair Exercise 10:00 (Note Time) Bunco 12:00 Lunch 1:00 Word Search

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 Cards 3 11:00 Name Ten Word Game 12:00 Lunch 1:00 Games	9:00 Games 4 10:15 to 11:45 BINGO (Note Date) 12:00 Lunch 1:00 Puzzles	9:00 Word Search 5 10:00 Chair Yoga 11:00 Music by Nostalgia 12:00 Lunch 1:00 Cards	9:00 Chit Chat 6 10:15 to 11:45 BINGO 12:00 Lunch & Birthday Dessert 1:00 Box of Brain Games	CLOSED FOR GOOD FRIDAY
9:00 Games 10 11:00 Hidden Pictures & Word Search 12:00 Lunch 1:00 Chit Chat	9:00 Word Search 11 10:15 Site Council 11:00 Music by Senior Center Choir 12:00 Lunch 1:00 Cards	9:00 Cards 12 10:00 Chair Yoga 10:45 Site Council 11:00 "Range of Motion," with Rehab Hospital of Northwest Ohio 12:00 Lunch 1:00 Box of Brain Games	9:00 Skip Bo 13 10:15 to 11:45 BINGO 12:00 Lunch 1:00 Games	9:00 Pepper 14 10:15 to 11:45 BINGO 12:00 Lunch & Birthday Dessert 1:00 Puzzles
9:00 Word Search 17 11:00 ZINGO 12:00 Lunch 1:00 Cards	9:00 Cards 18 9:30 Toe Nail Clinic (By Appt.) 11:00 "Just So You Know" & Free Blood Pressure Check, Fulton Co. Health Dept. 12:00 Lunch 1:00 Box of Brain Games	9:00 Cards 19 10:00 Chair Yoga 11:00 "What's In Your Wellness Bag?" with Crystal from Aetna 12:00 Lunch 1:00 Games	9:00 Chit Chat 20 10:15 to 11:45 BINGO 12:00 Lunch 1:00 Games	9:00 Pepper 21 10:15 to 11:45 BINGO 12:00 Lunch 1:00 Chit Chat
9:00 Cards 24 10:30 Toe Nail Clinic (By Appt.) 11:00 "Just So You Know" & Free Blood Pressure Check, Fulton Co. Health Dept. 12:00 Lunch 1:00 Box of Brain Games	9:00 Cards 25 11:00 Music by Michael Buck 12:00 Lunch 1:00 Games	9:00 Chit Chat 26 10:00 Chair Yoga 11:00 Music by Senior Center Choir 12:00 Lunch 1:00 Puzzles	9:00 Skip Bo 27 10:15 to 11:45 BINGO 12:00 Lunch 1:00 Games	9:00 Pepper 28 10:15 to 11:45 BINGO 12:00 Lunch 1:00 Word Search



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 APRIL 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 Ehram, 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 of site 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).