

SERVING CITIZENS OF FULTON COUNTY 60 YEARS & OVER

SENIOR B-zz

MAY 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

- May 17** – Make Greeting Cards with Deb B, sign up
- May 18** – Painting with Peggy, Wauseon site, sign up
- May 19** – Day Trip, Butterfly House
- May 24** – Day Trip, Toledo Mud Hens
- May 29** – Closed for Memorial Day (No Meals Served)

Bible Study with Roger will be held on the second and fourth Fridays in May at 1:00 pm.

DID YOU KNOW?

The monthly issue of the Senior Center B-zz newsletter is available for free via email.

Anyone may join our email list, including family and friends. Simply call our senior center to sign up at 419-337-9299 or send an email to Karen at kschroeder@fultoncountyoh.com and ask her to add you.

SENIOR SPOTLIGHT



Sandi Nicholson of Wauseon received an early Mother's Day gift when she hosted her son, Mike, while he was on Spring Break recently. Mike is an art teacher in Florida. They enjoyed lunch together at the Senior Center, and Mike shared his artistic skills with us by drawing a leprechaun on our white board. "Mom has always been my rock as far as pursuing my art. She's talented also. My brother was an artist. It's a family thing," Mike said. Sandi, who has been attending the Wauseon site for two years, enjoys playing cards at the Senior Center, participating in painting classes and making people laugh. "As for the art classes the Senior Center offers, I really enjoy them. It makes me paint. I have my artwork and my sons' artwork all over my walls at home," she said. "My only training was in high school art classes and from my son. He encourages me to paint. Mike has been into art since he was old enough to hold a crayon. Now he shares his art at comic book conventions," Sandi said. Mike added, "I enjoyed my visit to the Senior Center. The food was really good. I draw all the time, so I decided to offer to add a sketch to the white board. I always try to do something for other people, especially for my mom."

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 9:30 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.

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.

SENIOR CENTER LUNCH REMINDERS

Our Wauseon kitchen staff starts early each weekday to prepare a few hundred meals for our sites and home-delivered meal recipients. If you receive home-delivered meals, please remember the following:

If you are unable to be **at home** for your meal delivery, contact us so we do not deliver your meal.

Did you know you can choose which meals you would like for the month and give a list to your driver?

Please restrain your **pets** during the time of meal delivery for the safety of your driver.

If you plan to eat lunch at a site, make your lunch reservation at least **one business day** in advance. Please cancel if you are unable to keep your site lunch reservation, so we prepare the correct number of meals.

We are honored to serve so many seniors. Thank you for doing your part to help us make your dining experience a positive one.

TOENAIL APPOINTMENTS

Community Health Professionals will provide toenail clinic appointments on Wednesday, July 28 at the Fulton County Senior Center, 240 Clinton Street, Wauseon. Call 419-337-9299 to reserve your spot for this date. A \$15 donation per person will be accepted. 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.

DON'T ANSWER ROBOCALLS

Helpful information from the Ohio Attorney General's Office.

A list of DOs

- Register your phone number(s) with the Do Not Call Registry online at www.DoNotCall.gov or by phone at 1-888-382-1222.
- Research services offered by your phone provider to block unwanted calls.
- Install a trusted and reliable app on your cell phone to block or warn of suspicious calls.
- Add trusted phone numbers to your cell phone contacts.
- Limit the people and businesses with whom you share your phone number.

A list of DON'Ts

- Don't answer an incoming phone call when you don't recognize the number.
- Don't provide personal or financial information over the phone.
- Don't interact with the caller in any way. Don't press numbers or speak to anyone.
- Don't call back unfamiliar phone numbers.
- Don't always rely on Caller ID, due to spoofing.

Simply ignore **Robocalls**. What is a "robocall"? A robocall is a phone call that uses a computerized auto-dialer to deliver a pre-recorded message, as if from a robot. Robocalls are often associated with political and telemarketing phone campaigns, but can also be used for public service or emergency announcements.

What Is **Spoofing**? Spoofing is a technique that robocallers use to hide the real phone number that they are calling from, and mask it as a familiar number, a local number or an official number (a number of a well-known company or a government agency). Spoofing is why we can't always rely on Caller ID.

In short, if you don't recognize the phone number or aren't expecting a call, don't answer. Let the answering machine take the call. If you receive unwanted robocalls, you can report them to the Ohio Attorney General's Robocall Enforcement Unit, by texting "ROBO" to 888111, calling 1-800-282-0515 or visiting www.OhioProtects.org.

COUPONS FOR LOCAL FARMERS' MARKETS

If you are age 60 or over and a resident of Fulton County, you may be eligible to receive coupons from the Senior Farmers' Market Nutrition Program. Eligible seniors receive ten \$5 coupons and a list of participating farmers' markets and roadside stands. Coupons can be redeemed for fresh vegetables and fruits plus herbs and honey.

You will automatically receive an application in the mail for 2023 if you received coupons for local farmers' markets in 2022. Coupons will be sent monthly. If you are homebound, you may assign a proxy to shop for produce for you. If you are new to the program and would like to apply for farmers' market coupons for the 2023 season, pick up an application at any of our five Senior Center sites. Each household must complete an application every year. Submit your completed application to Laura Ankney at the Wauseon site or to Area Office on Aging, Toledo. The application is also online at www.areaofficeonaging.com and click on the "Apply Now" button.

Income is based upon the "take-home" income of the total number of people living in the household. For example, one-person household with income \$0-\$26,973. Income may include, but is not limited to, the following: take home wage or salary; Social Security or Railroad Retirement Income; Supplemental Security Income (SSI); alimony; public assistance; retirement pensions, survivor pensions, or disability pensions; interest, dividends, net rental, or royalty income; income from estates and trusts; and all other income.

All applications are processed on a first-come, first-served basis. The Senior Farmers' Market Nutrition Program is made possible by funding from the United States Department of Agriculture and state and local funding.

Source: PickYourOwn.org

Typical Vegetable and Fruit Harvest Dates in Ohio			
VEGETABLES	Early	Most Active	Late
Asparagus	April 23	May 1 - May 30	June 25
Broccoli	June 20	July 1 - October 31	November 30
Cabbage	June 1	June 10 - October 31	November 15
Cauliflower	September 1	Oct. 5 - November 20	December . 5
Collards	May 15	August 20 - October 31	November 20
Cucumbers	June 25	July 5 - August 15	September 15
Eggplant	July 10	July 20 - September 30	October 15
Lima Beans	July 10	July 15 - August 31	October 31
Okra	July 15	August 15 - September 15	October 15
Onions	June 25	June 25 - July 31	September 30
Peas	May 20	June 15 - June 25	July 5
Peppers	July 5	July 15 - October 31	Nov. 5
Potatoes	July 10	July 20 - September 30	October 15
Pumpkins	September 15	October 1 - October 15	October 31
Snap Beans	June 10	June 20 - July 20	August 31
Squash	June 15	June 25 - September 1	September 30
Spinach	April 15	May 5 - June 25	June 30
Sweet Corn	July 1	July 5 - August 31	September 25
Tomatoes	July 5	July 10 - September 15	October 15
FRUITS	Early	Most Active	Late
Apples	July 15	September 1 - October 25	October 31
Blackberries	July 10	July 15 - July 30	August 10
Blueberries	June 15	July 5 - August 10	August 31
Cherries	June 10	June 20 - July 25	July 25
Grapes	August 25	September 10 - September 20	September 30
Peaches, Nectarines	July 5	July 20 - September 1	September 15
Plums	July 1	August 1 - September 30	October 15
Pears	August 1	August 10 - August 31	September 10
Raspberries	July 1	July 15 - August 15	September 20
Strawberries	May 20	June 1 - June 10	June 25
OTHER	Early	Most Active	Late
Flowers, Herbs	July 1	July 15 - September 15	October 1

MAY, 2023

LUNCH CALENDAR

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 ACoA 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**)
 LF Alt = Low Fat Alternate (**Items must be ordered at least one week in advance**)

SUGGESTED DONATION: \$3.00. LUNCH SERVED AT NOON.

Checks Payable to: Fulton County Senior Center

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Chicken Tenders O'Brien Potatoes California Blend Peaches	2 Goulash Cooked Cabbage Fruit Crunch Mixed Fruit	3 Beef Stroganoff Egg Noodles Brussels Sprouts Applesauce Juice	4 Creamed Chipped Beef Mashed Potatoes Mixed Vegetables Apple Slices	5 Chili w/Beans Mexican Style Rice Summer Squash Tropical Fruit Taco Bar (Sites only)
8 Baked Ham (LS Alt=Pork Roast) Scalloped Potatoes Roasted Vegetables Fresh Fruit	9 Hot Chicken Sandwich Potato Wedges Cole Slaw Baked Apples	10 Sausage, Egg & Cheese Sandwich Hash Brown Casserole Corn Nuggets Pineapple	11 Beef & Noodles Mashed Potatoes Green Beans Pears Brownies	12 Beef Stew Tossed Salad Cottage Cheese Jell-O
15 Lasagna Steamed Broccoli Sliced Carrots Dark Sweet Cherries	16 Salisbury Steak or Liver & Onions Mashed Potatoes Sugar Snap Peas Mixed Fruit	17 Swedish Meatballs Egg Noodles Cooked Cabbage Buttered Beets Grapes Yogurt	18 Hamloaf (LS Alt=Meatloaf) Sweet Potatoes Malibu Blend Vegetable Applesauce	19 Fish Sandwich Macaroni & Cheese Stewed Tomatoes Fresh Fruit Juice
22 Cheese Burgers Seasoned Potato Wedges Spinach Orange Sections	23 Baked Chicken Mashed Potatoes Green & Wax Beans Cranberry Relish	24 Smoked Sausage & Sauerkraut (LS Alt=Uncured Franks) Smashed Red Potatoes Peas w/Onions Fresh Fruit	25 Beef Vegetable Soup Turkey Sandwich Kidney Bean Salad Sunshine Salad	26 Creamed Chicken Over Biscuits Normandy Blend Fruit Crisp
29 CLOSED FOR MEMORIAL DAY	30 Hot Dogs (LS Alt=Chicken Breast) Baked Beans Seasoned Corn Pineapple Cookies	31 Hamburger Gravy Mashed Potatoes Mixed Vegetables Bananas		

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

WAUSEON ACTIVITIES

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>1</p> <p>8 to 9:30 Gold Pickleball 9:30 to 11:00 Silver Pickleball 11:00 Hidden Picture/ 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>2</p> <p>8 to 10 Gold Pickleball 10 to Noon Silver Pickleball 11:00 May Name Ten 12:00 Lunch 12:30 to 1:00 Walking in the Gym No Choir Practice 1:00 Pinochle (Bingo Rm) 1:00 Silver Sneakers® Classic Exercise 2:05 to 3:30 Bronze Pickleball</p>	<p>3</p> <p>8 to 10:30 Silver Pickleball 10:30 to 11 Walking in the Gym 11:00 Tai Chi (Senior Led) 11:00 Number Search & Animal Crossword 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>4</p> <p>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</p>	<p>5</p> <p>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</p>
<p>8</p> <p>8 to 9:30 Gold Pickleball 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>9</p> <p>Bring a Photo of Your Mother Today 8 to 10 Gold Pickleball 10 to Noon Silver Pickleball 11:00 Storytelling by Bill S. 12:00 Lunch 12:30 to 1:00 Walking in the Gym No Choir Practice 1:00 Pinochle (Bingo Rm) 1:00 Silver Sneakers® Classic Exercise 2:05 to 3:30 Bronze Pickleball</p>	<p>10</p> <p>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 Choir Performs at Wyse Commons NO Silver Sneakers Chair Yoga® (Please note) 1:00 Pepper Card Game 2:05 to 3:30 Bronze Pickleball</p>	<p>11</p> <p>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</p>	<p>12</p> <p>8 to 10:00 Gold Pickleball 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 Bible Study with Roger (Dining Room) 1:00 to 2:30 Bonus BINGO 1:00 to 3:30 Bronze Pickleball</p>
<p>15</p> <p>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</p>	<p>16</p> <p>8 to 10 Gold Pickleball 10 to Noon Silver Pickleball 11:00 Music by Just Us 2 12:00 Lunch 12:30 to 1:00 Walking in the Gym No Choir Practice 1:00 Pinochle (Bingo Rm) 1:00 Silver Sneakers® Classic Exercise 2:05 to 3:30 Bronze Pickleball</p>	<p>17</p> <p>8 to 10:30 Silver Pickleball 9:30 Toenail Clinic (By Appt.) 10:30 Make Cards with Deb B. 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 Faith Topic with Sandy 1:00 Silver Sneakers Chair Yoga® 1:00 Pepper Card Game</p>	<p>18</p> <p>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 to 3:00 Painting with Peggy N. (Sign up) 1:00 Silver Sneakers® Classic Exercise 2:00 Card Games 2:05 to 3:30 Bronze Pickleball</p>	<p>19</p> <p>Day Trip, Butterfly House 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</p>
<p>22</p> <p>8 to 9:30 Gold Pickleball 9:30 to 11:00 Silver Pickleball 11:00 Name That Jingle 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>23</p> <p>8 to 10 Gold Pickleball 10 to Noon Silver Pickleball 11:00 "Brain Health Basics," Area Office on Aging 12:00 Lunch 12:30 to 1:00 Walking in the Gym No Choir Practice 1:00 Pinochle (Bingo Rm) 1:00 Silver Sneakers® Classic Exercise 2:05 to 3:30 Bronze Pickleball</p>	<p>24</p> <p>Day Trip, Toledo Mud Hens; Wear Senior Center Shirt/ Hat 8 to 10:30 Silver Pickleball 10:30 to 11 Walking in the Gym 11:00 Tai Chi (Senior Led) 11:00 Spring Training Word Search 12:00 Lunch 1:00 Silver Sneakers Chair Yoga® 1:00 Pepper Card Game 2:05 to 3:30 Bronze Pickleball</p>	<p>25</p> <p>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</p>	<p>26</p> <p>8 to 10:00 Gold Pickleball 10:30 Golden Drummers 12:00 Lunch 12:30 to 1:00 Walking in the Gym 1:00 Bible Study with Roger (Dining Room) 1:00 to 2:30 Bonus BINGO 1:00 to 3:30 Bronze Pickleball</p>
<p>29</p> <p>CLOSED FOR MEMORIAL DAY</p>	<p>30</p> <p>8 to 10 Gold Pickleball 10 to Noon Silver Pickleball 11:00 Word Search & I Spy Paper Game 12:00 Lunch 12:30 to 1:00 Walking in the Gym No Choir Practice 1:00 Pinochle (Bingo Rm) 1:00 Silver Sneakers® Classic Exercise 2:05 to 3:30 Bronze Pickleball</p>	<p>31</p> <p>8 to 10:30 Silver Pickleball 10:30 to 11 Walking in the Gym 11:00 Tai Chi (Senior Led) 11:00 Music by Will Hinton 12:00 Lunch 1:00 Silver Sneakers Chair Yoga® 1:00 Pepper Card Game 2:05 to 3:30 Bronze Pickleball</p>		

DELTA-101 NORTHWOOD DR. SWANTON
UNITED METHODIST CHURCH 620 DODGE ST.
TUES. & THURS. MON., WED., & FRI
ACTIVITIES

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>1</p> <p>9:00 Games 10:00 Chair Exercises (Senior Led) 11:00 May Name Ten / Word Search 12:00 Lunch 1:00 Puzzles</p>	<p>2</p> <p>9:00 Puzzles 11:00 Delta Police Department, Home Safety, Self Defense, Q & A. 12:00 Lunch 1:00 Word Search</p>	<p>3</p> <p>9:00 Chit Chat 10:00 Site Council 10:15 to 11:45 BINGO 12:00 Lunch & Birthday Dessert 1:00 Cards</p>	<p>4</p> <p>9:00 Word Search 10:00 Site Council 10:15 to 11:45 BINGO 12:00 Lunch & Birthday Dessert 1:00 Games</p>	<p>5</p> <p>9:00 Coffee & Conversation 10:00 Chair Exercises (Senior Led) 11:00 Vintage Friendship Calling Cards 12:00 Lunch 1:00 Box of Brain Games</p>
<p>8</p> <p>9:00 Puzzles 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 Word Search</p>	<p>9</p> <p>9:00 Chit Chat 11:00 "Just So You Know" & Free Blood Pressure Checks, Fulton Co. Health Dept. 12:00 Lunch 1:00 Cards</p>	<p>10</p> <p>Bring a photo of your mom 9:00 Word Search 10:15 to 11:45 BINGO Commissioners visit 12:00 Lunch 1:00 Games</p>	<p>11</p> <p>Bring a photo of your mom 9:00 Coffee & Conversation 10:15 to 11:45 BINGO with Delta students 12:00 Lunch 1:00 Box of Brain Games</p>	<p>12</p> <p>9:00 Games 10:00 Chair Exercises (Senior Led) 11:00 Flower Arranging, Swanton Garden Club 12:00 Lunch 1:00 Puzzles</p>
<p>15</p> <p>9:00 Chit Chat 10:00 Chair Exercises (Senior Led) 11:00 Storytelling by Senior Bill S. 12:00 Lunch 1:00 Cards</p>	<p>16</p> <p>9:00 Word Search 11:00 Program by Compassionate Care Cat Sanctuary 12:00 Lunch 1:00 Games</p>	<p>17</p> <p>Spring Clean BINGO. Bring Something for the Prize Table 9:00 Coffee & Conversation 10:15 to 11:45 Spring Clean BINGO 12:00 Lunch 1:00 Box of Brain Games</p>	<p>18</p> <p>Spring Clean BINGO. Bring Something for the Prize Table 9:00 Games 10:15 to 11:45 Spring Clean BINGO 12:00 Lunch 1:00 Puzzles</p>	<p>19</p> <p>Day Trip, Butterfly House 9:00 Cards 10:00 Chair Exercises (Senior Led) 11:00 Game Day! 12:00 Lunch 1:00 Word Search</p>
<p>22</p> <p>9:00 Word Search 10:00 Chair Exercises (Senior Led) 11:00 Program by Compassionate Care Cat Sanctuary 12:00 Lunch 1:00 Games</p>	<p>23</p> <p>9:00 Coffee & Conversation 11:00 Music by Just Us 2, Marc & Ellen Pember 12:00 Lunch 1:00 Box of Brain Games</p>	<p>24</p> <p>Day Trip, Toledo Mud Hens; Wear Senior Center Shirt/ Hat 9:00 Games 10:15 to 11:45 BINGO 12:00 Lunch 1:00 Puzzles</p>	<p>25</p> <p>9:00 Cards 10:15 to 11:45 BINGO 12:00 Lunch 1:00 Word Search</p>	<p>26</p> <p>9:00 Chit Chat 10:00 Chair Exercises (Senior Led) 11:00 Rebecca K, Toledo Police Department 12:00 Lunch 1:00 Cards</p>
<p>29</p> <p>CLOSED FOR MEMORIAL DAY</p>	<p>30</p> <p>9:00 Games 10:00 (Note Time) Simple Rock Painting & Decoupage with Cindy J. 12:00 Lunch 1:00 Puzzles</p>	<p>31</p> <p>9:00 Cards 11:00 Concert by Circle of Friends (Note: BINGO is moved to June 2) 12:00 Lunch 1:00 Word Search</p>		

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

ARCHBOLD / FAYETTE
ACTIVITIES

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>1</p> <p>9:00 Word Search No Chair Yoga 11:00 May Name Ten / Word Search 12:00 Lunch 1:00 Puzzles</p>	<p>2</p> <p>9:00 Pepper 10:30 Site Council 11:00 "What's In Your Wellness Bag?" with Crystal of Aetna 12:00 Lunch 1:00 Puzzles</p>	<p>3</p> <p>9:00 Chit Chat 10:00 Chair Yoga 10:30 Site Council 11:00 Music by Michael Buck 12:00 Lunch 1:00 Games</p>	<p>4</p> <p>9:00 Coffee & Conversation 10:15 to 11:45 BINGO 12:00 Lunch & Birthday Dessert 1:00 Cards</p>	<p>5</p> <p>Wear Senior Center Shirt/ Hat 9:00 Pepper 9:30 to 11:30 Health Screenings (Cholesterol & Glucose) by Fulton Co. Health Center 10:15 BINGO Commissioners Visit to Discuss New Building 12:00 Lunch & Birthday Dessert 1:00 Box of Brain Games</p>
<p>8</p> <p>9:00 Coffee & Conversation No Chair Yoga 11:00 I Spy Circus / Word Search 12:00 Lunch 1:00 Puzzles</p>	<p>9</p> <p>9:00 Chit Chat 11:00 Nature Program by Amanda Podach 12:00 Lunch 1:00 Games</p>	<p>10</p> <p>Invite a Friend Day 9:00 Coffee & Conversation 10:00 Chair Yoga 11:00 Keyboard Music by Quinn Mitchell 12:00 Lunch 1:00 Cards</p>	<p>11</p> <p>Bring a Photo of your mom or mother figure. 9:00 Skip Bo 10:15 to 11:45 BINGO 12:00 Lunch 1:00 Box of Brain Games</p>	<p>12</p> <p>Bring a Photo of your mom or mother figure. 9:00 Pepper 10:15 to 11:45 BINGO 12:00 Lunch 1:00 Box of Brain Games</p>
<p>15</p> <p>9:00 Chit Chat No Chair Yoga 11:00 Hidden Pictures (St. Pat's Day/ Doghouse) 12:00 Lunch 1:00 Games</p>	<p>16</p> <p>9:00 Pepper 11:00 "Just So You Know" & Free BP Check, Fulton Co. Health Dept. 12:00 Lunch 1:00 Cards</p>	<p>17</p> <p>9:00 Cards 9:30 Chair Yoga (NOTE TIME) 10:15 to 11:45 BINGO (NOTE DAY) 12:00 Lunch 1:00 Box of Brain Games</p>	<p>18</p> <p>9:00 Games 11:00 Storytelling by Bill S. (Note Day) 12:00 Lunch 1:00 Box of Brain Games</p>	<p>19</p> <p>Day Trip, Butterfly House 9:00 Pepper 10:15 to 11:45 BINGO 12:00 Lunch 1:00 Games</p>
<p>22</p> <p>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 Cards</p>	<p>23</p> <p>9:00 Chit Chat 11:00 Music by Peter Villalobos & Friends 12:00 Lunch 1:00 Box of Brain Games</p>	<p>24</p> <p>Day Trip, Toledo Mud Hens; Wear Senior Center Shirt/ Hat 9:00 Cards 10:00 Chair Yoga 11:00 Free Bluegrass Concert by Circle of Friends 12:00 Lunch 1:00 Puzzles</p>	<p>25</p> <p>Spring Clean BINGO. Bring an item for the prize table. 9:00 Skip Bo 10:15 to 11:45 Spring Clean BINGO 12:00 Lunch 1:00 Games</p>	<p>26</p> <p>Spring Clean BINGO. Bring an item for the prize table. 9:00 Pepper 10:15 to 11:45 Spring Clean BINGO 12:00 Lunch 1:00 Box of Brain Games</p>
<p>29</p> <p>CLOSED FOR MEMORIAL DAY</p>	<p>30</p> <p>9:00 Pepper 11:00 "Brain Health Basics" by Area Office on Aging 12:00 Lunch 1:00 Puzzles</p>	<p>9:00 Word Search 10:00 Chair Yoga 11:00 ZINGO 12:00 Lunch 1:00 Games</p>		



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 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 MAY 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, Steve Jackson, Mary Schultz, Cheryl Kohls, 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).