

SERVING CITIZENS OF FULTON COUNTY 60 YEARS & OVER

# SENIOR B-33

**JULY 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

- July 4** – Closed for Independence Day
- July 5** – Day trip, Museum of Fulton County, “Meet Me at the Fair!” exhibit.
- July 19** – Day trip, Grease musical at Tibbits

*Watch for the Senior Center in upcoming local parades!*

### FREE DIABETES SUPPORT GROUP OFFERED

A Diabetes Care and Education Specialist from Fulton County Health Center will provide support and offer tips and suggestions for folks with diabetes on Thursday July 27th, and August 24th at 1pm in the Bingo room in the Fulton County Senior Center, 240 Clinton Street, Wauseon. Blood pressure and blood sugar testing will be offered. Please call 419-337-9299 to sign up for this free support group. Also, the instructor would like to know what additional diabetes-related topics you would like to discuss. Bring your suggestions to the July support group meeting.

## SENIOR SPOTLIGHT



Congratulations to Claudia Overmyer on her retirement at the end of July. Claudia started working for the Fulton County Senior Center in 2013. She has spent most of her time working as Side Aide at the Delta and Swanton Senior Centers. Claudia prepared meals with meticulous detail and added creativity and enthusiasm to programs. Jeanne Ortiz, the Site Manager for Delta and Swanton said, “Claudia is a good, kind-hearted, generous person. She is a hard worker who always pushes me to do better. The seniors and I will really miss her.”

During retirement, Claudia and her husband Carl look forward to traveling.

### JOIN US FOR ART CLASSES

July brings three opportunities to participate in art classes at the Fulton County Senior Center, 240 Clinton Street, Wauseon. On Thursday, July 13 from 1 to 3 pm, paint a picture of a llama with Peggy Niles. The suggested donation for this class is \$12 per person. On Wednesday, July 19, at 10:30 am, make greeting cards with Deb Butler. The suggested donation for these three cards is \$10 per person (\$5 for the cards, \$5 for the adhesive). If you have Tombow brand tape roller adhesive, bring that, too. Thursday, July 27, at 1 pm, decorate small rocks with Cindy Jaqua, using decorative papers, Mod Podge, and paint. Bring along fist-sized rocks. For more information or to sign up for these classes, please call 419-337-9299.

### 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](http://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.

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.

### MEDICARE ETC. QUESTIONS ANSWERED WITH VAL

Val Edwards, Information & Referral Specialist, is taking appointments for meetings at locations around the county. Get help understanding Medicare and Social Security issues, insurance, bills, completing applications, and more. Delta area seniors with appointments can meet with Val at Delta Library on Wednesday, August 9 from 10:00 am to noon. Thursday, August 17, meet Val at the Swanton Library from 10:00 am to noon, by appointment only. Live near Metamora? Make an appointment for Tuesday, August 22 to meet with Val at the Evergreen Library in Metamora from 10:00 am to noon. On Thursday, August 24, Val will be at Wyse Commons on Archbold's Fairlawn campus, by appointment only. In addition, Val is available most weekdays by appointment to meet with seniors at the Fulton County Senior Center, 240 Clinton Street, Wauseon. Val's services are offered at no cost to seniors in partnership with Wyse Commons and the local libraries. Please make an appointment in advance with Val for any of these dates by calling 419-337-9299.

### LOCAL COOLING CENTERS

As summer temperatures rise, take note of these Fulton County cooling center locations.

- Crossroads Evangelical Church, 845 E. Leggett Street Wauseon. Monday through Thursday 8:30 am to 5 pm, closed on Fridays.
- Normal Memorial Library, 301 N. Eagle St., Fayette, OH. Monday & Wednesday 10 am to 5 pm, Tuesday 10 am to 7:30 pm, Thursday 1 pm to 7:30 pm, Friday 1 pm to 5 pm, Saturday 10 am to 1pm.
- North Clinton Church, 831 W. Linfoot Street, Wauseon. Monday through Friday 8 am to 4 pm.
- St. John's Christian Church, 700 S. Defiance Street, Archbold. Monday through Friday 8 am to 9 pm, call first, 419-446-2545.
- Swanton Public Library, 305 Chestnut St. Swanton, OH. Monday & Tuesday, 10 am to 7 pm, Wednesday & Thursday 10 am to 8 pm, Friday 10 am to 5:30 pm, Saturday 10 am to 2 pm.
- Trinity Lutheran Church, 410 Taylor St. Delta. Monday through Friday 9 am to 5 pm with the doors unlocked from 9 to noon, call first, 419-822-4579.
- Village of Delta Memorial Hall, 401 Main St. Delta, Ohio, 419-822-3191. Open as a cooling center 24 hours, when the temperature is over 90 degrees and the heat index is over 95 degrees. Doors will be unlocked for those in need.
- Wauseon Public Library, 117 E. Elm Street, Wauseon. Monday through Friday 10:00 am to 6:00 pm, Saturdays 10 am to 2 pm.

## FROM THE NUTRITION SHELF, PROTEIN

Foods in this group provide protein and other nutrients that are necessary for good health. Proteins help build and maintain body tissues like bones, muscles, skin and blood. They are also the building blocks for enzymes, hormones and vitamins. Other nutrients commonly supplied by foods in the protein group include B vitamins, iron, vitamin E, magnesium and zinc.

### Which Foods Are in the Protein Group?

Foods in the protein group include meat, poultry, seafood, beans, peas, eggs, soy products, nuts and seeds.

Choose Lean and Varied Protein Sources. Most Americans eat enough foods from the protein group, but could benefit from making leaner and healthier choices. Some foods in this group are high in saturated fat, including fatty cuts of beef, pork and lamb; regular (75% to 85% lean) ground beef; regular sausages, hot dogs and bacon; and some luncheon meats such as salami and bologna. In addition, many processed meats contain nitrates and high levels of sodium. To help maintain a healthy body weight and keep blood cholesterol levels healthy, these foods should be limited.

Healthier protein sources include lean meat, poultry, seafood, eggs, soy products, beans, peas, nuts and nut butters, and seeds.

### How much protein do I need daily?

To determine your daily protein intake, you can multiply your weight in pounds by 0.36. For a 50-year-old woman who weighs 140 pounds and who is sedentary (doesn't exercise), that translates into 53 grams of protein a day or at least 5 ounces per day, according to the USDA.

The Institute of Medicine recommends men over 50 eat at least 56 grams of protein per day or at least 5.5 ounces per day, according to the USDA.

Note these 1-ounce protein equivalents:

- ¼ cup cooked kidney, black or garbanzo beans
- 1 tablespoon peanut butter
- 1 ounce cooked lean beef (a small hamburger equals 3 ounces)
- 1 ounce cooked chicken (a small chicken breast equals 3 ounces)
- 1 ounce tuna fish (one small can tuna equals 3 ounces)
- 1 sandwich slice of turkey
- 1 egg
- 1 ounce tofu (¼ cup equals 2 ounces)
- 1 ounce tempeh (¼ cup equals 2 ounces)
- ¼ cup roasted soybeans
- 2 tablespoons hummus
- ½ ounce nuts or seeds

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

## SUMMER COOLING HELP

The 2023 Summer Crisis Program (SCP) will provide eligible households with a one-time benefit to assist with electric utility bills up to \$500 for regulated & \$800 for non-regulated, central air conditioning repairs up to \$1500 for homeowners, and provide a window air conditioning unit and/or fan. This year the program will be open July 1 – September 30, 2023. Household income must be at or below 175% of the Federal Poverty Guidelines and households must have at least one additional eligibility criteria listed below:

- A household member who is age 60 or older.
- A household member has a documented medical condition verified by a licensed medical professional.
- Percentage of Income Payment Plan Plus (PIPP) customers are eligible for assistance towards their default PIPP payment, first PIPP payment, central air conditioning repairs, or may receive an air conditioning unit and/or fan.
- A household's electric utility has a disconnect notice, has been shut off, or new electric service is being established for the household. These households may also receive an air conditioning unit and/or fan or central air conditioning repairs, if the household can maintain electric service for 30 days.

Please call the appointment hotline number 1-419-219-4641 to schedule an appointment. For additional questions, call 419-337-8601.

# LUNCH CALENDAR

JULY, 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
Grilled Bratwurst w/ Peppers & Onions (LS Alt=Uncured Franks) Au Gratin Potatoes Brussels Sprouts Peaches <b>3</b>	<b>CLOSED FOR INDEPENDENCE DAY</b> <b>4</b>	Pasta w/Meat Sauce Steamed Broccoli Summer Squash Mixed Fruit <b>5</b>	Pot Roast Boiled Potatoes Carrots Pineapple Ice Cream <b>6</b>	Creamed Chipped Beef Mashed Potatoes Mixed Vegetables Apple Slices <b>7</b>
Tomato Basil Soup Ham & Cheese Sandwich Cucumber Salad Fruit Salad <b>10</b>	BBQ Beef Roasted Potatoes Ranch Style Beans Cole Slaw <b>11</b>	Cheese Burgers Seasoned Potato Wedges Normandy Blend Vegetables Bananas Cookies <b>12</b>	Chicken & Noodles Mashed Potatoes Green Beans Pears <b>13</b>	Chili w/Beans Mexican Style Rice Seasoned Corn Pineapple Juice <b>14</b>
Shepherd's Pie Cooked Cabbage Fruit Crisp <b>17</b>	Chicken Breast Sandwich Red Potatoes Cream Style Corn Mandarin Oranges <b>18</b>	Submarine Sandwich Pickled Beets Potato Chips Watergate Salad Fresh Fruit <b>19</b>	Hamloaf (LS Alt=Meatloaf) Sweet Potatoes Malibu Blend Vegetable Applesauce <b>20</b>	Country Fried Steak w/Country Gravy Mashed Potatoes Sugar Snap Peas Dark Sweet Cherries <b>21</b>
Steamed Franks (LS Alt=Chicken Breast) Baked Beans Peas Oranges <b>24</b>	Corn Chowder Corned Beef Sandwich (LS Alt= Turkey Sandwich) Broccoli & Cauliflower Salad Jell-O <b>25</b>	Baked Chicken Rice Pilaf Green Beans Cranberry Relish Vegetable Juice <b>26</b>	Hamburger Gravy Mashed Potatoes Mixed Vegetables Peaches Iced Cake <b>27</b>	Baked Fish Macaroni & Cheese Stewed Tomatoes Cole Slaw Juice <b>28</b>
Salisbury Steak Or Liver & Onions Mashed Potatoes Carrots Apples <b>31</b>				

# WAUSEON ACTIVITIES

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

JULY, 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>8 to 9:30 Gold Pickleball <b>3</b> 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><b>CLOSED FOR INDEPENDENCE DAY</b> <b>4</b></p>	<p><b>Day Trip, Museum of Fulton County</b> <b>5</b> 8 to 10:30 Silver Pickleball 10:30 to 11 Walking in the Gym 11:00 Tai Chi (Senior Led) <b>11:00 Word Search</b> 12:00 Lunch 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 <b>6</b> 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 <b>7</b> 10:30 Golden Drummers 11:15 Site Council 12:00 Lunch &amp; 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</p>
<p>8 to 9:30 Gold Pickleball <b>10</b> 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><b>Wear Senior Center Shirt/ Hat Today</b> <b>11</b> 8 to 10 Walking in the Gym 10:30 Cardio Drumming <b>11:00 Music Concert by Nostalgia</b> 12:00 Lunch 12:30 to 1:00 Walking in the Gym 1:00 Silver Sneakers® Classic Exercise 1:00 Pinochle 2 to 3:30 Walking in the Gym</p>	<p>8 to 10:30 Silver Pickleball <b>12</b> 10:30 to 11 Walking in the Gym <b>11:00 Dulcimer Music, Vickie Halsey</b> 11:00 Tai Chi (Senior Led) 12:00 Lunch 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 <b>13</b> 10 to Noon Silver Pickleball 10:15 to 11:45 BINGO 12:00 Lunch 12:30 to 1:00 Walking in the Gym <b>1:00 Painting with Peggy (Sign up)</b> 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 <b>14</b> 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 <b>17</b> 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 Walking in the Gym <b>18</b> 10:30 Cardio Drumming <b>11:00 Music by Sunshine Bell Choir</b> 12:00 Lunch 12:30 to 1:00 Walking in the Gym 1:00 Silver Sneakers® Classic Exercise 1:00 Pinochle 2 to 3:30 Walking in the Gym</p>	<p><b>Day Trip, Grease Musical at Tibbits</b> <b>19</b> 8 to 10:30 Silver Pickleball <b>10:30 Card Making with Deb B.</b> 10:30 to 11 Walking in the Gym 11:00 Tai Chi (Senior Led) 12:00 Lunch 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 <b>20</b> 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 <b>21</b> 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 <b>24</b> 9:30 to 11:00 Silver Pickleball 11:00 Tai Chi (Senior Led) 11:00 July Name Ten 12:00 Lunch 1:00 to 2:30 Line Dancing 2:35 to 3:45 Bronze Pickleball</p>	<p>8 to 10 Walking in the Gym <b>25</b> 10:30 Cardio Drumming <b>11:00 Learn about Letter Boxing with Bill S.</b> 12:00 Lunch 12:30 to 1:00 Walking in the Gym 1:00 Silver Sneakers® Classic Exercise 1:00 Pinochle 2 to 3:30 Walking in the Gym</p>	<p>8 to 10:30 Silver Pickleball <b>26</b> 9:30 Toe Nail Clinic (Sign up) 10:30 to 11 Walking in the Gym <b>11:00 Fall Prevention BINGO w/ Erica, Rehab Hospital of Northwest Ohio</b> 11:00 Tai Chi (Senior Led) 12:00 Lunch 1:00 Silver Sneakers Chair Yoga® 1:00 Pepper Card Game 2:05 to 3:30 Bronze Pickleball</p>	<p><b>Bugs Bunny turns 83! Wear gray/white</b> <b>27</b> 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 <b>1:00 Rock Decorating w/ Mod Podge w/ Cindy J</b> 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 <b>28</b> 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 <b>31</b> 9:30 to 11:00 Silver Pickleball 11:00 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><b>NOTE:</b> <i>Choir will resume August 1. Bible Study with Roger &amp; Faith Topics with Sandy will resume in September.</i></p>			

SENIOR B-33

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9:00 Coffee & Conversation <b>3</b> 9:30 to 11:30 DEEP (Diabetes Empowerment Education Class w/ Robert Sullivan from Area Office on Aging) 12:00 Lunch 1:00 Games	<b>4</b>  <b>CLOSED FOR INDEPENDENCE DAY</b>	<b>Day Trip, Museum of Fulton County 5</b> 9:00 Word Search 10:00 Site Council 10:15 to 11:45 BINGO 12:00 Lunch & Birthday Dessert 1:00 Cards	<b>Wear Senior Center Shirt/ Hat 6</b> 9:00 Cards 10:00 Site Council 10:15 to 11:45 BINGO 12:00 Lunch & Birthday Dessert 1:00 Games	<b>Wear Senior Center Shirt/ Hat 7</b> 9:00 Coffee & Conversation 10:00 Chair Exercises (Senior Led) <b>11:00 Jazz Piano &amp; Storytelling by Ragtime Rick</b> 12:00 Lunch 1:00 Puzzles
9:00 (NOTE TIME) Free Blood Pressure Check <b>10</b> 9:30 to 11:30 DEEP (Diabetes Empowerment Education Class w/ Robert Sullivan from Area Office on Aging) 12:00 Lunch 1:00 Chit Chat	9:00 Word Search <b>11</b> <b>11:00 "Just So You Know" &amp; Free Blood Pressure Checks, Fulton Co. Health Dept.</b> 12:00 Lunch 1:00 Cards	<b>Christmas In July BINGO; Wear Hawaiian; Bring a Wrapped, Gently Used Item for the Prize Table 12</b> 9:00 Cards <b>9:45 Free Hearing Aid Cleaning</b> 10:15 to 11:45 Christmas in July BINGO 12:00 Lunch 1:00 Games	<b>Christmas In July BINGO; Wear Hawaiian; Bring a Wrapped, Gently Used Item for the Prize Table 13</b> 9:00 Coffee & Conversation 10:15 to 11:45 Christmas in July BINGO 12:00 Lunch 1:00 Puzzles	9:00 Games <b>14</b> 10:00 Chair Exercises (Senior Led) <b>11:00 "When Life Gives You Lemons, Make Lemonade," Susan Dittes, Counselor, LPCC, NCC, RN</b> 12:00 Lunch 1:00 Chit Chat
9:00 Word Search <b>17</b> 9:30 to 11:30 DEEP (Diabetes Empowerment Education Class w/ Robert Sullivan from Area Office on Aging) 12:00 Lunch 1:00 Cards	<b>Wear Senior Center Shirt/ Hat 18</b> 9:00 Cards <b>11:00 Music by Nostalgia</b> 12:00 Lunch 1:00 Games	<b>Day Trip, Grease the Musical 19</b> 9:00 Coffee & Conversation 10:15 to 11:45 BINGO 12:00 Lunch 1:00 Puzzles	9:00 Games <b>20</b> 10:15 to 11:45 BINGO 12:00 Lunch 1:00 Chit Chat	9:00 Coffee & Conversation <b>21</b> 10:00 Chair Exercises (Senior Led) <b>11:00 Recognize &amp; Prevent Strokes, Swanton Valley</b> 12:00 Lunch 1:00 Word Search
9:00 Cards <b>24</b> 10:00 Chair Exercises (Senior Led) 11:00 Game Day 12:00 Lunch 1:00 Games	9:00 Coffee & Conversation <b>25</b> <b>11:00 Music by Just Us 2, Marc &amp; Ellen Pember</b> 12:00 Lunch 1:00 Puzzles	<b>Bugs Bunny turns 83 Tomorrow! 26</b> <b>Wear gray/ white.</b> 9:00 Games 10:15 to 11:45 "What's Up, Doc?" BINGO 12:00 Lunch 1:00 Chit Chat	<b>Bugs Bunny turns 83 Today! 27</b> <b>Wear gray/ white.</b> 9:00 Coffee & Conversation 10:15 to 11:45 "What's Up, Doc?" BINGO 12:00 Lunch 1:00 Word Search	9:00 Word Search <b>28</b> 10:00 Chair Exercises (Senior Led) <b>11:00 Music by Nostalgia</b> 12:00 Lunch 1:00 Cards
9:00 Coffee & Conversation <b>31</b> 10:00 Chair Exercises (Senior Led) 11:00 I Spy and Word Search Games 12:00 Lunch 1:00 Puzzles				

**SENIOR**  
B-33

**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 <span style="float: right;"><b>3</b></span> No Chair Yoga 11:00 Word Search & I Spy Baseball 12:00 Lunch 1:00 Word Search	<b>CLOSED            FOR            INDEPENDENCE DAY</b>	<b>Day Trip, Museum of Fulton County 5</b> 9:00 Cards 10:00 Chair Yoga 10:45 Site Council <b>11:00 Basic Fire Safety for Seniors,            Gorham-Fayette Fire Department</b> 12:00 Lunch 1:00 Puzzles	9:00 Skip Bo <span style="float: right;"><b>6</b></span> 10:15 to 11:45 BINGO 12:00 Lunch & Birthday Dessert 1:00 Box of Brain Games	9:00 Pepper <span style="float: right;"><b>7</b></span> 10:15 to 11:45 BINGO 12:00 Lunch & Birthday Dessert 1:00 Cards & Games
9:00 Puzzles <span style="float: right;"><b>10</b></span> No Chair Yoga 11:00 Game Day 12:00 Lunch 1:00 Word Games	9:00 Cards <span style="float: right;"><b>11</b></span> 10:30 Site Council <b>11:00 Music by Sunshine Bell Choir</b> 12:00 Lunch 1:00 Puzzles	<b>Wear Senior Center Shirt/ Hat 12</b> 9:00 Games & Cards 10:00 Chair Yoga <b>11:00 Music by Just Us 2, Marc &amp;            Ellen Pember</b> 12:00 Lunch 1:00 Box of Brain Games	9:00 Coffee & Conversation <span style="float: right;"><b>13</b></span> 10:15 to 11:45 BINGO 12:00 Lunch 1:00 Cards & Games	<b>Wear Senior Center Shirt/ Hat 14</b> 9:00 Pepper 10:15 to 11:45 BINGO 12:00 Lunch 1:00 Word Search
9:00 Cards <span style="float: right;"><b>17</b></span> No Chair Yoga 11:00 July Name Ten Word Game 12:00 Lunch 1:00 Puzzles	9:00 Pepper <span style="float: right;"><b>18</b></span> 11:00 "Just So You Know" & Free BP Check, Fulton Co. Health Dept. 12:00 Lunch 1:00 Box of Brain Games	<b>Day Trip, Grease at Tibbits 19</b> <b>Opera House</b> 9:00 Coffee & Conversation 10:00 Chair Yoga <b>11:00 Recognize &amp; Prevent            Strokes, Erica, Rehab Hospital            of Northwest OH</b> 12:00 Lunch 1:00 Cards & Games	<b>Christmas In July BINGO; Wear 20</b> <b>Red/ Green; Bring a Wrapped,            Gently Used Item for the Prize Table</b> 9:00 Games 10:15 to 11:45 Christmas in July BINGO 12:00 Lunch 1:00 Word Search	<b>Christmas In July BINGO; Wear 21</b> <b>Red/ Green; Bring a Wrapped,            Gently Used Item for the Prize Table</b> 9:00 Pepper 10:15 to 11:45 Christmas in July BINGO 12:00 Lunch 1:00 Word Games
9:00 Games & Cards <span style="float: right;"><b>24</b></span> 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	9:00 Coffee & Conversation <span style="float: right;"><b>25</b></span> <b>11:00 Music by Will Hinton</b> 12:00 Lunch 1:00 Cards & Games	9:00 Skip Bo <span style="float: right;"><b>26</b></span> 10:00 Chair Yoga <b>11:00 Music by Sunshine Bell Choir</b> 12:00 Lunch 1:00 Word Search	<b>Bugs Bunny turns 83 Today! 27</b> <b>Wear gray/ white.</b> 9:00 Cards 10:15 to 11:45 BINGO 12:00 Lunch 1:00 Word Games	9:00 Pepper <span style="float: right;"><b>28</b></span> 10:15 to 11:45 BINGO 12:00 Lunch 1:00 Chit Chat
9:00 Coffee & Conversation <span style="float: right;"><b>31</b></span> No Chair Yoga 11:00 Buzzword Word Game (Cold/Catch) 12:00 Lunch 1:00 Cards & Games				



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 JULY 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), Head Cook/ Kitchen Manager In Training (Kim Lerma), 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. 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).