

SERVING CITIZENS OF FULTON COUNTY 60 YEARS & OVER

# SENIOR



**AUGUST 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

**August 2** – Day Trip, Toledo Museum of Art

**August 5** – Watch for the Hot Shot truck in the Bull Thistle Parade, Fayette.

**August 17** – Day Trip, Sandpiper Boat Cruise

**August 12** – Watch for the Hot Shot truck in the Corn Festival Parade, Swanton.

**August 21** – Celebrate National Senior Citizen Day! Bring a friend & you both receive a meal ticket.

### INSIDE THIS ISSUE

#### Page 2:

- Don't Drive? Need a Ride?
- Medicare Questions Answered
- Cooling Centers

#### Page 3:

- Cooling Assistance
- Durable Medical Items from Ability Center

## SENIOR SPOTLIGHT



Congratulations to Brooke Bosco, the Fulton County Senior Center Volunteer Transportation Coordinator, on his August retirement.

“In the spring of 2017, I started out as a substitute meal driver, then I drove the Archbold area meal route, which included the Fayette and Archbold Senior Center sites. About five years ago, I started as the Volunteer Transportation Coordinator,” Brooke explained.

Brooke was born in Georgia and his family moved several times due to his dad’s job. “My dad managed Dayton Walther Corporation’s axle factory in Fayette. They made axles for campers and rims for Corvettes. After I graduated from Archbold High School, I worked for the Ohio Department of Transportation. I worked highway maintenance for quite a while, then retired as a construction inspector, after a total of 30 years,” Brooke said. During his time as Volunteer Transportation Coordinator, Brooke arranged transportation for local seniors

who needed rides to medical appointments. “Right now, I have more than a dozen volunteers who I could call on to transport seniors. A few of them drive often, some of them only drive once or twice a year, but they are all willing to help,” Brooke said.

When he’s not coordinating volunteers, Brooke enjoys golfing, swimming in his backyard pool, and supporting his grandchildren, who are age 15 and younger. “Our seven grandkids are very active with sports, so Sheri and I like to attend their games and activities. We follow them all over northwest Ohio,” Brooke said.

Brooke’s last day at the Senior Center is August 4. “We might do a little bit of traveling. I would like to catch an occasional Cubs game or a Green Bay Packers game. In between attending our grandkids’ games, of course,” Brooke said.

Congratulations on your retirement, Brooke!

## REMINDERS FOR A SUCCESSFUL TRANSPORTATION PROGRAM

- The Senior Center can provide transportation to a doctor or dental appointment for seniors who do not drive. Call our Volunteer Coordinator at 419-337-9299 as soon as you have an appointment date. Our service is on a first come, first served basis. If your appointment requires extended time, please inform us when scheduling your transportation so we can find a driver to accommodate you. We have regular vehicles as well as a van with a ramp capable of transporting a senior in a wheelchair.
- Be ready to leave when the driver arrives at your home.
- Unscheduled stops need to be minimal. Please discuss your needs with your driver prior to your transportation. Time is very restricted on certain days, making last-minute stops impossible. Sorry, no shopping trips.
- Please call us promptly if your appointment has been changed or canceled. Please do not call your driver at home. All communication should be through the Senior Center.
- Donations are gladly accepted to help cover the expense of the program. Give them to your driver or mail your donation to the Fulton Co. Senior Center, 240 Clinton St., Wauseon, OH 43567.
- Wear seatbelts at all times.
- Our drivers are volunteers, not caregivers. If you need extra assistance, please bring a family member or friend to assist you.

The Fulton County Senior Center reserves the right to stop transportation privileges for anyone who abuses the service or violates our policies.

## MEDICARE ETC. QUESTIONS ANSWERED WITH 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, August 9, from 10am to noon at the Delta Library.
- Thursday, August 17, from 10am to noon at the Swanton Library.
- Tuesday, August 22, from 10am to noon at the Evergreen Library in Metamora.
- Thursday, August 24, from 10am 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.

## 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 8:30am to 5pm, closed on Fridays.
- Normal Memorial Library, 301 N. Eagle St., Fayette, OH. Monday & Wednesday 10am to 5pm, Tuesday 10am to 7:30pm, Thursday 1pm to 7:30pm, Friday 1pm to 5pm, Saturday 10am to 1pm.
- North Clinton Church, 831 W. Linfoot Street, Wauseon. Monday through Friday 8am to 4pm.
- St. John's Christian Church, 700 S. Defiance Street, Archbold. Monday through Friday 8am to 9pm, call first, 419-446-2545.
- Swanton Public Library, 305 Chestnut St. Swanton, OH. Monday & Tuesday, 10am to 7pm, Wednesday & Thursday 10am to 8pm, Friday 10am to 5:30pm, Saturday 10am to 2pm.
- Trinity Lutheran Church, 410 Taylor St. Delta. Monday through Friday 9am to 5pm 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 10:00am to 6:00pm, Saturdays 10am to 2pm.

## ON THE NUTRITION SHELF: LOCAL FOODS

Late Summer/Early Fall is still a wonderful time for fresh produce availability in the Midwest. We encourage you to consider local foods as you plan extra vegetables and fruits for your meals and snacks. These may be foods you grew in your own garden or container, foods purchased at a local Farmers Market, or produce marked local grown or Ohio grown from a store, or even purchasing food from a fresh food delivery service.

Here are a few reasons why local foods may be a good choice for the consumer, the environment, and the economy:

- Local foods may have more nutritional value – as the time from harvest to table should be short. (After foods are picked, especially those not stored properly will decrease in quality and nutrient value).
- Local foods should be full of flavor – because they can be picked when ripe and not have long transportation time, they can be riper.
- Purchasing foods grown in your own community supports the local economy.
- Buying from a family farm helps preserve the future of the American farmer. Supporting local farms ensures that there will be farms in your community in the future.
- Local grown foods have less chance for contamination. The more steps between the food being harvested and the consumer, the more chances for food safety issues to arise.
- When you purchase local, you have a chance of helping the environment, with less large modes of transportation burning fossil fuels while moving across the country or world.

Whether you purchase a local food, grow your own, or pick up what is convenient at the market, we hope you make an effort to move your servings of vegetables and fruits to 5 or even more every day.

From: Melissa Welker, OHIO STATE UNIVERSITY EXTENSION / 2014 Fall Challenge. CFAES provides research and related educational programs to clients on a nondiscriminatory basis. For more information: [go.osu.edu/cfaesdiversity](http://go.osu.edu/cfaesdiversity).

## 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 419-219-4641 to schedule an appointment. For additional questions, call 419-337-8601.

## FREE FROM THE ABILITY CENTER

The Ability Center advocates, educates, partners, and provides services supporting people with disabilities to thrive within their communities. The Ability Center offers two FREE programs that help people with disabilities receive durable medical equipment for a temporary or permanent need.

The Durable Medical Equipment program assists consumers needing temporary assistance by providing clean, gently used, disability-related equipment at no cost. Items available include manual wheelchairs, shower chairs, tub transfer benches, portable commodes, raised toilet seats, canes, crutches, and walkers. Please note that equipment availability, colors, brands, and styles may vary. All items are cleaned and sanitized by the Ability Center staff before lending. Knee-scooters and small suitcase ramps are loaned free of charge for 90 days. Contact Becky Kimble, 419.633.1400, to discuss your current needs or reach out to Ability Center Navigators at 419-885-5733. Donations of gently used equipment are always needed and greatly appreciated.

# LUNCH CALENDAR

AUGUST, 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  |
|---|---|---|---|---|
|   | Stuffed Chicken Breast <b>1</b><br>Rice Pilaf<br>Beets<br>Mixed Fruit<br>Juice                                      | Sloppy Joes <b>2</b><br>Roasted Potatoes<br>Malibu Blend<br>Apricots<br>Pudding                                       | Smoked Sausage & Sauerkraut <b>3</b><br>(LS Alt=Uncured Franks)<br>Smashed Red Potatoes<br>Winter Squash<br>Pineapple | Roast Pork <b>4</b><br>Roasted Vegetables<br>Brussels Sprouts<br>Applesauce                           |
| Lasagna <b>7</b><br>Steamed Cauliflower<br>Italian Green Beans<br>Dark Sweet Cherries | Cold Pack <b>8</b><br>Egg Salad Sandwich<br>Broccoli Slaw<br>Cucumber Salad<br>Cottage Cheese w/Fruit               | Meatloaf <b>9</b><br>Yukon Gold Potatoes<br>Peas<br>Orange Sections   | Swiss Steak <b>10</b><br>Mashed Potatoes<br>Carrots<br>Fresh Fruit  | Sausage, Egg & Cheese Sandwich <b>11</b><br>Hash Brown Casserole<br>Sweet Corn Nuggets<br>Fruit Salad |
| Roast Turkey <b>14</b><br>Mashed Potatoes<br>Sweet Corn Casserole<br>Cranberry Relish | Cheese Burgers <b>15</b><br>Seasoned Potato Wedges<br>Spinach<br>Tangerine  | Baked Ham <b>16</b><br>(LS Alt=Pork Roast)<br>Scalloped Potatoes<br>Winter Blend Vegetables<br>Fruit Crunch<br>Yogurt | Bean & Bacon Soup <b>17</b><br>Tossed Salad<br>Pea Salad<br>Cheese Cubes<br>Jell-O                                    | Beef & Noodles <b>18</b><br>Mashed Potatoes<br>Green Beans<br>Peaches                                 |
| Hot Chicken Sandwich <b>21</b><br>Roasted Potatoes<br>Peas & Carrots<br>Fresh Fruit   | Steamed Franks <b>22</b><br>(LS Alt=Chicken Breast)<br>Baked Beans<br>Mixed Vegetables<br>Tropical Fruit<br>Cookies | Chicken Pot Pie Soup <b>23</b><br>Roast Beef Sandwich<br>Pea Salad<br>Ambrosia  | Baked Fish <b>24</b><br>Macaroni & Cheese<br>Stewed Tomatoes<br>Grapes<br>Juice                                       | Hamloaf <b>25</b><br>(LS Alt=Meatloaf)<br>Sweet Potatoes<br>Sugar Snap Peas<br>Mandarin Oranges       |
| Stuffed Peppers <b>28</b><br>California Blend<br>Baked Apples<br>Mixed Fruit          | Baked Chicken <b>29</b><br>Mashed Potatoes<br>Green Beans<br>Pears  | Sweet & Sour Meatballs <b>30</b><br>Steamed Brown Rice<br>Midori Blend Vegetable<br>Bananas<br>Juice                  | Goulash <b>31</b><br>Cooked Cabbage<br>Fruit Crisp<br>Apples  |   |

# WAUSEON ACTIVITIES

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

AUGUST, 2023

SENIOR  
B-33

PAGE 5

| MONDAY   | TUESDAY  | WEDNESDAY   | THURSDAY  | FRIDAY  |
|--|--|---|---|---|
|  | 10:30 Cardio Drumming <b>1</b><br>12:00 Lunch<br>12:30 to 1:00 Walking in the Gym<br>No Choir<br>1:00 Silver Sneakers® Classic Exercise<br>2:15 Corn Hole (Gym)  | <b>Day Trip, Toledo Museum of Art</b> <b>2</b><br><b>8:30 Try Zumba Gold! (Instructor Led)</b><br><b>9 to 11 Free (DEEP) Diabetes Class</b><br>11:00 Tai Chi (Senior Led)<br>12:00 Lunch<br>1:00 Silver Sneakers Chair Yoga®<br>1:00 Pepper Card Game<br>2:15 to 3:30 Ladder Ball Toss (Gym)  | <b>Wear a Colorful Pattern for National</b> <b>3</b><br><b>Coloring Book Day.</b><br>9:00 Beginner Workout to 50s Music<br>10:15 to 11:45 BINGO<br>12:00 Lunch<br>1:00 Silver Sneakers® Classic Exercise<br>2:00 Card Games<br>2:15 to 3:30 Kub & Yardzee Games (Gym) | 9:00 Gentle Walking Workout (Gym) <b>4</b><br>10:30 Golden Drummers<br>11:15 Site Council<br>12:00 Lunch & Birthday Party with Cake<br>Donated by Lakes of Monclova<br>1:00 to 2:30 Bonus BINGO<br>1:00 Walk One Mile with Leslie (Via Video)<br>3:00 Yard Games in the Gym |
| 9:00 Stretches for Seniors (Gym) <b>7</b><br>11:00 Tai Chi (Senior Led)<br>11:00 I Spy Paper Game<br>12:00 Lunch<br>1:00 to 2:30 Line Dancing<br>2:45 Gentle Cardio Chair Workout                                  | <b>Wear Senior Center Shirt/ Hat</b> <b>8</b><br>9:00 Gentle Walking Workout (Gym)<br>10:30 Cardio Drumming<br>12:00 Lunch<br>12:30 to 1:00 Walking in the Gym<br>1:00 Choir Sing-a-Long<br>1:00 Silver Sneakers® Classic Exercise<br>2:15 Corn Hole (Gym) | 8:30 Zumba Gold (Instructor Led) <b>9</b><br><b>9 to 11 Free (DEEP) Diabetes Class</b><br>11:00 Tai Chi (Senior Led)<br><b>11:00 Peter Villalobos &amp; Friends</b><br>12:00 Lunch<br>1:00 Silver Sneakers Chair Yoga®<br>1:00 Pepper Card Game<br>2:15 to 3:30 Ladder Ball Toss (Gym)  | 9:00 Gentle All In One Workout <b>10</b><br>10:15 to 11:45 BINGO<br>12:00 Lunch<br><b>1:00 Painting with Peggy (Sign up)</b><br>1:00 Silver Sneakers® Classic Exercise<br>2:00 Card Games<br>2:15 to 3:30 Kub & Yardzee Games (Gym)                                   | 9:00 Gentle Walking Workout (Gym) <b>11</b><br>10:30 Golden Drummers<br>12:00 Lunch<br>1:00 to 2:30 Bonus BINGO<br>1:00 Walk One Mile with Leslie (Via Video)<br>3:00 Yard Games in the Gym   |
| 9:00 Stretches for Seniors (Gym) <b>14</b><br><b>10:00 Free Hearing Aid Cleaning w/ Hearing Life</b><br>11:00 Tai Chi (Senior Led)<br>12:00 Lunch<br>1:00 to 2:30 Line Dancing<br>2:45 Gentle Cardio Chair Workout | 9:00 Gentle Walking Workout (Gym) <b>15</b><br>10:30 Cardio Drumming<br>12:00 Lunch<br>12:30 to 1:00 Walking in the Gym<br>1:00 Choir Sing-a-Long<br>1:00 Silver Sneakers® Classic Exercise<br>2:15 Corn Hole (Gym)  | 8:30 Zumba Gold (Instructor Led) <b>16</b><br><b>9 to 11 Free (DEEP) Diabetes Class</b><br><b>10:30 Card Making with Deb B.</b><br>11:00 Tai Chi (Senior Led)<br>12:00 Lunch<br>1:00 Silver Sneakers Chair Yoga®<br>1:00 Pepper Card Game<br>2:15 to 3:30 Ladder Ball Toss (Gym)  | <b>Day Trip, Sandpiper Boat Cruise</b> <b>17</b><br>9:00 Beginner Workout to 50s Music<br>10:15 to 11:45 BINGO<br>12:00 Lunch<br>1:00 Silver Sneakers® Classic Exercise<br>2:00 Card Games<br>2:15 to 3:30 Kub & Yardzee Games (Gym)                                  | 9:00 Gentle Walking Workout (Gym) <b>18</b><br>10:30 Golden Drummers<br>12:00 Lunch<br>1:00 to 2:30 Bonus BINGO<br>1:00 Walk One Mile with Leslie (Via Video)<br>3:00 Yard Games in the Gym   |
| 9:00 Stretches for Seniors (Gym) <b>21</b><br><b>11:00 Free Blood Pressure Checks</b><br>11:00 Tai Chi (Senior Led)<br>12:00 Lunch<br>1:00 to 2:30 Line Dancing<br>2:45 Gentle Cardio Chair Workout                | 9:00 Gentle Walking Workout (Gym) <b>22</b><br>10:30 Cardio Drumming<br>12:00 Lunch<br>12:30 to 1:00 Walking in the Gym<br>1:00 Choir Sing-a-Long<br>1:00 Silver Sneakers® Classic Exercise<br>2:15 Corn Hole (Gym)  | <b>Wear Senior Center Shirt/ Hat</b> <b>23</b><br>8:30 Zumba Gold (Instructor Led)<br><b>9 to 11 Free (DEEP) Diabetes Class</b><br>9:30 Toe Nail Clinic (Sign Up)<br>11:00 Tai Chi (Senior Led)<br>11:00 Better Business Bureau, Senior Scams<br>12:00 Lunch<br>1:00 Silver Sneakers Chair Yoga®<br>1:00 Pepper Card Game<br>2:15 Corn Hole (Gym) | 9:00 Gentle All In One Workout <b>24</b><br>10:15 to 11:45 BINGO<br>12:00 Lunch<br>1:00 Free Diabetes Support Group<br>1:00 Silver Sneakers® Classic Exercise<br>2:00 Card Games<br>2:15 Corn Hole (Gym)  | 9:00 Gentle Walking Workout (Gym) <b>25</b><br>10:30 Golden Drummers<br>12:00 Lunch<br>1:00 to 2:30 Bonus BINGO<br>1:00 Walk One Mile with Leslie (Via Video)<br>3:00 Yard Games in the Gym   |
| 9:00 Stretches for Seniors (Gym) <b>28</b><br>11:00 Hidden Pictures Word Game<br>11:00 Tai Chi (Senior Led)<br>12:00 Lunch<br>1:00 to 2:30 Line Dancing<br>2:45 Gentle Cardio Chair Workout                        | 9:00 Gentle Walking Workout (Gym) <b>29</b><br>11:00 August Name Ten<br>12:00 Lunch<br>12:30 to 1:00 Walking in the Gym<br>1:00 Choir Sing-a-Long<br>1:00 Silver Sneakers® Classic Exercise<br>2:15 Corn Hole (Gym)  | (No Senior Zumba Today) <b>30</b><br>8:30 Senior Cardio Chair Workout<br><b>9 to 11 Free (DEEP) Diabetes Class</b><br>10:30 to 11 Walking in the Gym<br>11:00 Tai Chi (Senior Led)<br>12:00 Lunch<br>1:00 Silver Sneakers Chair Yoga®<br>1:00 Pepper Card Game<br>2:15 Corn Hole (Gym)  | 9:00 Beginner Workout to 50s Music <b>31</b><br>10:15 to 11:45 BINGO<br>12:00 Lunch<br>12:30 to 1:00 Walking in the Gym<br>1:00 Silver Sneakers® Classic Exercise<br>2:00 Card Games<br>2:15 Corn Hole (Gym)  |   |

| MONDAY   | TUESDAY   | WEDNESDAY  | THURSDAY   | FRIDAY  |
|--|---|--|--|---|
|  | 9:00 Chit Chat<br><b>11:00 Free Bluegrass Concert by Circle of Friends</b><br>12:00 Lunch<br>1:00 Word Search <b>1</b>                              | <b>Day Trip, Toledo Museum of Art 2</b><br>9:00 Word Search<br>10:00 Site Council<br>10:15 to 11:45 BINGO<br>12:00 Lunch & Birthday Cake<br>Donated by Lakes of Monclova<br>1:00 Cards                     | <b>Wear a Colorful Pattern for National Coloring Book Day. 3</b><br>9:00 Games<br>10:00 Site Council<br>10:15 to 11:45 BINGO<br>12:00 Lunch & Birthday Cake<br>Donated by Lakes of Monclova<br>1:00 Box of Brain Games | 9:00 Coffee & Conversation <b>4</b><br>10:00 Chair Exercises (Senior Led)<br>11:00 The Ability Center, "We provide home medical equipment"<br>12:00 Lunch<br>1:00 Puzzles |
| 9:00 Chit Chat <b>7</b><br>10:00 Chair Exercises (Senior Led)<br>11:00 August Name Ten<br>12:00 Lunch<br>1:00 Word Search  | 9:00 Word Search <b>8</b><br><b>11:00 "Just So You Know" &amp; Free Blood Pressure Checks, Fulton Co. Health Dept.</b><br>12:00 Lunch<br>1:00 Cards | <b>Snoopy Turns 55 Tomorrow! Wear Black &amp; White. Bring a photo of your dog (past or present). 9</b><br>9:00 Games<br>10:15 to 11:45 Dog Days of Summer BINGO<br>12:00 Lunch<br>1:00 Box of Brain Games | <b>Snoopy Turns 55 Today! Wear Black &amp; White. Bring a photo of your dog (past or present). 10</b><br>9:00 Coffee & Conversation<br>10:15 to 11:45 Dog Days of Summer BINGO<br>12:00 Lunch<br>1:00 Puzzles          | 9:00 Cards <b>11</b><br>10:00 Chair Exercises (Senior Led)<br><b>11:00 Better Business Bureau's Senior Scam Guard program with Pam</b><br>12:00 Lunch<br>1:00 Word Games  |
| 9:00 Word Search <b>14</b><br>10:00 Chair Exercises (Senior Led)<br><b>11:00 "Just So You Know" &amp; Free Blood Pressure Checks, Fulton Co. Health Dept.</b><br>12:00 Lunch<br>1:00 Cards | 9:00 Games <b>15</b><br><b>11:00 "Brain Health Basics" Area Office on Aging</b><br>12:00 Lunch<br>1:00 Box of Brain Games                           | 9:00 Coffee & Conversation <b>16</b><br>10:15 to 11:45 BINGO<br>12:00 Lunch<br>1:00 Puzzles  | <b>Day Trip, Sandpiper Boat Cruise 17</b><br>9:00 Cards<br>10:15 to 11:45 BINGO<br>12:00 Lunch<br>1:00 Word Games  | 9:00 Puzzles <b>18</b><br>10:00 Chair Exercises (Senior Led)<br><b>11:00 Music by Sunshine Bell Choir</b><br>12:00 Lunch<br>1:00 Chit Chat                                |
| 9:00 Games <b>21</b><br>10:00 Chair Exercises (Senior Led)<br>11:00 Coloring Pages<br>12:00 Lunch<br>1:00 Box of Brain Games   | 9:00 Coffee & Conversation <b>22</b><br><b>11:00 Music by Sunshine Bell Choir</b><br>12:00 Lunch<br>1:00 Puzzles                                    | 9:00 Cards <b>23</b><br>10:15 to 11:45 BINGO<br>12:00 Lunch<br>1:00 Word Games   | 9:00 Puzzles <b>24</b><br>10:15 to 11:45 BINGO<br>12:00 Lunch<br>1:00 Chit Chat  | 9:00 Games <b>25</b><br>No Chair Exercises<br>10:00 (Note Time) Bunco Dice Game<br>12:00 Lunch<br>1:00 Cards & Games  |
| 9:00 Coffee & Conversation <b>28</b><br>10:00 Chair Exercises (Senior Led)<br>11:00 Game Day<br>12:00 Lunch<br>1:00 Puzzles  | 9:00 Cards <b>29</b><br><b>10:00 (Note Time) Crafts with Brenda H.</b><br>12:00 Lunch<br>1:00 Word Games  | 9:00 Puzzles <b>30</b><br>10:15 to 11:45 BINGO<br>12:00 Lunch<br>1:00 Chit Chat  | 9:00 Games <b>31</b><br>10:15 to 11:45 BINGO<br>12:00 Lunch<br>1:00 Cards & Games  |   |

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

# ARCHBOLD / FAYETTE

## ACTIVITIES

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

| MONDAY  | TUESDAY   | WEDNESDAY   | THURSDAY  | FRIDAY  |
|---|---|---|---|---|
|   | 9:00 Cards<br>10:30 Site Council<br><b>11:00 Music by Steve Snider</b><br>12:00 Lunch<br>1:00 Puzzles   | <b>1</b><br><b>Day Trip, Toledo Museum of Art</b> <b>2</b><br>9:00 Cards<br>10:00 Chair Yoga<br>10:45 Site Council<br><b>11:00 Ability Center, Beth S.</b><br>12:00 Lunch<br>1:00 Puzzles | <b>3</b><br><b>Wear a Colorful Pattern for National Coloring Book Day</b><br>9:00 Skip Bo<br>10:15 to 11:45 BINGO<br>12:00 Lunch & Birthday Cake<br>Donated by Lakes of Monclova<br>1:00 Box of Brain Games | <b>4</b><br>9:00 Pepper<br>10:15 to 11:45 BINGO<br>12:00 Lunch & Birthday Cake<br>Donated by Lakes of Monclova<br>1:00 Cards & Games  |
| 9:00 Cards<br>11:00 Railroad Word Search & Dad I Spy<br>12:00 Lunch<br>1:00 Word Games  | <b>7</b><br>9:00 Cards<br><b>11:00 "Carl Britsch: Archbold's Famous Architect," a program presented by the Museum of Fulton County</b><br>12:00 Lunch<br>1:00 Puzzles | <b>8</b><br>9:00 Cards<br>10:00 Chair Yoga<br><b>11:00 Fall Prevention BINGO, Erica, Rehab Hospital of Northwest Ohio</b><br>12:00 Lunch<br>1:00 Box of Brain Games                       | <b>9</b><br>9:00 Coffee & Conversation<br>10:15 to 11:45 BINGO<br>12:00 Lunch<br>1:00 Cards & Games   | <b>10</b><br><b>Wear Senior Center Shirt/ Hat</b> <b>11</b><br>9:00 Pepper<br>10:15 to 11:45 BINGO<br>12:00 Lunch<br>1:00 Word Search |
| 9:00 Cards<br>11:00 Hidden Pictures (New Chick & Boating Camp)<br>12:00 Lunch<br>1:00 Puzzles   | <b>14</b><br>9:00 Pepper<br><b>11:00 "Just So You Know" &amp; Free BP Check, Fulton Co. Health Dept.</b><br>12:00 Lunch<br>1:00 Box of Brain Games                    | <b>15</b><br>9:00 Coffee & Conversation<br>10:00 Chair Yoga<br>11:00 Program with Dorothy<br>12:00 Lunch<br>1:00 Cards & Games  | <b>16</b><br><b>Wear Senior Center Shirt/ Hat Day Trip, Sandpiper Boat Cruise</b> <b>17</b><br>9:00 Cards<br><b>10:15 to 11:45 BINGO</b><br>12:00 Lunch<br>1:00 Word Search                                 | <b>18</b><br>9:00 Pepper<br>10:15 to 11:45 BINGO<br>12:00 Lunch<br>1:00 Word Games  |
| 9:00 Cards<br>11:00 August Name Ten Word Game<br>12:00 Lunch<br>1:00 Box of Brain Games   | <b>21</b><br>9:00 Coffee & Conversation<br><b>11:00 Stroke Prevention Tips with Rehabilitation Hospital of Northwest Ohio</b><br>12:00 Lunch<br>1:00 Cards & Games    | <b>22</b><br>9:00 Cards<br>10:00 Chair Yoga<br><b>11:00 Music Concert by Nostalgia</b><br>12:00 Lunch<br>1:00 Word Search   | <b>23</b><br>9:00 Cards<br>10:15 to 11:45 BINGO<br>12:00 Lunch<br>1:00 Word Games   | <b>24</b><br>9:00 Pepper<br>10:15 to 11:45 BINGO<br>12:00 Lunch<br>1:00 Chit Chat   |
| 9:00 Coffee & Conversation<br><b>11:00 "Just So You Know" &amp; Free BP Check, Fulton Co. Health Dept.</b><br>12:00 Lunch<br>1:00 Cards & Games | <b>28</b><br>9:00 Cards<br><b>11:00 Learn About Letter Boxing with Bill S.</b><br>12:00 Lunch<br>1:00 Word Search   | <b>29</b><br>9:00 Coffee & Conversation<br><b>11:00 "Overview of Dementia" with Shawn from Area Office on Aging</b><br>12:00 Lunch<br>1:00 Cards & Games                                  | <b>30</b><br>9:00 Skip Bo<br>10:15 to 11:45 BINGO<br>12:00 Lunch<br>1:00 Word Puzzles   | <b>31</b>   |



Forwarding and return postage guaranteed  
Address service requested  
Postmaster: Send address changes to:  
Fulton County Senior Center  
240 Clinton Street  
Wauseon, OH 43567-1109

 If you or a family member would like to receive this newsletter by e-mail, please contact us at [kschroeder@fultoncountyoh.com](mailto:kschroeder@fultoncountyoh.com).

**DATED MATERIAL - DELIVER BEFORE AUGUST 1, 2023**

**FULTON COUNTY SENIOR CENTER STAFF**

Director ..... Sheri Rychener  
Receptionist ..... Karen Schroeder  
Information & Referral Specialist ..... Valerie Edwards  
Administrative Assistant ..... Chris Sager  
Vehicle Maintenance Supervisor ..... Wes Green/Isaac Schaffner  
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  
Site Manager, Archbold/Fayette ..... Dorothy Bock  
Site Aide, Archbold/Fayette ..... Donna Loar  
Site Manager, Delta/Swanton ..... Jeanne Ortiz  
Site Aide, Delta/Swanton ..... Andrea Coburn  
Custodian ..... Danni Smith, Jeffrey Waidelich  
Meal Delivery ..... Meredith Grime, Juan Avina, Jeffrey Waidelich, Aimee Roth, Tiffany Emery, Jack Myers, Michael Pollick, Sam Sanderson, Jim Lugbill, Brenda Hauck, James Mapes, Angela Johnston  
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, Claudia Overmyer, Aria Frey, Michael Grauman, Jeanette Gorsuch

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.

|               |          |                   |
|---------------|----------|-------------------|
| 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 |