

WAUSEON ACTIVITIES

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

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

**DELTA-101 NORTHWOOD DR.
UNITED METHODIST CHURCH
TUES. & THURS.**

DELTA / SWANTON ACTIVITIES

**SWANTON
620 DODGE ST.
MON., WED., & FRI**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	9:00 Chit Chat 11:00 Free Bluegrass Concert by Circle of Friends 12:00 Lunch 1:00 Word Search	Day Trip, Toledo Museum of Art 9:00 Word Search 10:00 Site Council 10:15 to 11:45 BINGO 12:00 Lunch & Birthday Cake Donated by Lakes of Monclova 1:00 Cards	Wear a Colorful Pattern for National Coloring Book Day. 9:00 Games 10:00 Site Council 10:15 to 11:45 BINGO 12:00 Lunch & Birthday Cake Donated by Lakes of Monclova 1:00 Box of Brain Games	9:00 Coffee & Conversation 10:00 Chair Exercises (Senior Led) 11:00 The Ability Center, "We provide home medical equipment" 12:00 Lunch 1:00 Puzzles
9:00 Chit Chat 10:00 Chair Exercises (Senior Led) 11:00 August Name Ten 12:00 Lunch 1:00 Word Search	9:00 Word Search 11:00 "Just So You Know" & Free Blood Pressure Checks, Fulton Co. Health Dept. 12:00 Lunch 1:00 Cards	Snoopy Turns 55 Tomorrow! Wear Black & White. Bring a photo of your dog (past or present). 9:00 Games 10:15 to 11:45 Dog Days of Summer BINGO 12:00 Lunch 1:00 Box of Brain Games	Snoopy Turns 55 Today! Wear Black & White. Bring a photo of your dog (past or present). 9:00 Coffee & Conversation 10:15 to 11:45 Dog Days of Summer BINGO 12:00 Lunch 1:00 Puzzles	9:00 Cards 10:00 Chair Exercises (Senior Led) 11:00 Better Business Bureau's Senior Scam Guard program with Pam 12:00 Lunch 1:00 Word Games
9:00 Word Search 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 Games 11:00 "Brain Health Basics" Area Office on Aging 12:00 Lunch 1:00 Box of Brain Games	9:00 Coffee & Conversation 10:15 to 11:45 BINGO 12:00 Lunch 1:00 Puzzles	Day Trip, Sandpiper Boat Cruise 9:00 Cards 10:15 to 11:45 BINGO 12:00 Lunch 1:00 Word Games	9:00 Puzzles 10:00 Chair Exercises (Senior Led) 11:00 Music by Sunshine Bell Choir 12:00 Lunch 1:00 Chit Chat
9:00 Games 10:00 Chair Exercises (Senior Led) 11:00 Coloring Pages 12:00 Lunch 1:00 Box of Brain Games	9:00 Coffee & Conversation 11:00 Music by Sunshine Bell Choir 12:00 Lunch 1:00 Puzzles	9:00 Cards 10:15 to 11:45 BINGO 12:00 Lunch 1:00 Word Games	9:00 Puzzles 10:15 to 11:45 BINGO 12:00 Lunch 1:00 Chit Chat	9:00 Games No Chair Exercises 10:00 (Note Time) Bunco Dice Game 12:00 Lunch 1:00 Cards & Games
9:00 Coffee & Conversation 10:00 Chair Exercises (Senior Led) 11:00 Game Day 12:00 Lunch 1:00 Puzzles	9:00 Cards 10:00 (Note Time) Crafts with Brenda H. 12:00 Lunch 1:00 Word Games	9:00 Puzzles 10:15 to 11:45 BINGO 12:00 Lunch 1:00 Chit Chat	9:00 Games 10:15 to 11:45 BINGO 12:00 Lunch 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
	<p>9:00 Cards 1</p> <p>10:30 Site Council</p> <p>11:00 Music by Steve Snider</p> <p>12:00 Lunch</p> <p>1:00 Puzzles</p>	<p>Day Trip, Toledo Museum of Art 2</p> <p>9:00 Cards</p> <p>10:00 Chair Yoga</p> <p>10:45 Site Council</p> <p>11:00 Ability Center, Beth S.</p> <p>12:00 Lunch</p> <p>1:00 Puzzles</p>	<p>Wear a Colorful Pattern for National Coloring Book Day 3</p> <p>9:00 Skip Bo</p> <p>10:15 to 11:45 BINGO</p> <p>12:00 Lunch & Birthday Cake Donated by Lakes of Monclova</p> <p>1:00 Box of Brain Games</p>	<p>9:00 Pepper 4</p> <p>10:15 to 11:45 BINGO</p> <p>12:00 Lunch & Birthday Cake Donated by Lakes of Monclova</p> <p>1:00 Cards & Games</p>
<p>9:00 Cards 7</p> <p>11:00 Railroad Word Search & Dad I Spy</p> <p>12:00 Lunch</p> <p>1:00 Word Games</p>	<p>9:00 Cards 8</p> <p>11:00 "Carl Britsch: Archbold's Famous Architect," a program presented by the Museum of Fulton County</p> <p>12:00 Lunch</p> <p>1:00 Puzzles</p>	<p>9:00 Cards 9</p> <p>10:00 Chair Yoga</p> <p>11:00 Fall Prevention BINGO, Erica, Rehab Hospital of Northwest Ohio</p> <p>12:00 Lunch</p> <p>1:00 Box of Brain Games</p>	<p>9:00 Coffee & Conversation 10</p> <p>10:15 to 11:45 BINGO</p> <p>12:00 Lunch</p> <p>1:00 Cards & Games</p>	<p>Wear Senior Center Shirt/ Hat 11</p> <p>9:00 Pepper</p> <p>10:15 to 11:45 BINGO</p> <p>12:00 Lunch</p> <p>1:00 Word Search</p>
<p>9:00 Cards 14</p> <p>11:00 Hidden Pictures (New Chick & Boating Camp)</p> <p>12:00 Lunch</p> <p>1:00 Puzzles</p>	<p>9:00 Pepper 15</p> <p>11:00 "Just So You Know" & Free BP Check, Fulton Co. Health Dept.</p> <p>12:00 Lunch</p> <p>1:00 Box of Brain Games</p>	<p>9:00 Coffee & Conversation 16</p> <p>10:00 Chair Yoga</p> <p>11:00 Program with Dorothy</p> <p>12:00 Lunch</p> <p>1:00 Cards & Games</p>	<p>Wear Senior Center Shirt/ Hat Day Trip, Sandpiper Boat Cruise 17</p> <p>9:00 Cards</p> <p>10:15 to 11:45 BINGO</p> <p>12:00 Lunch</p> <p>1:00 Word Search</p>	<p>9:00 Pepper 18</p> <p>10:15 to 11:45 BINGO</p> <p>12:00 Lunch</p> <p>1:00 Word Games</p>
<p>9:00 Cards 21</p> <p>11:00 August Name Ten Word Game</p> <p>12:00 Lunch</p> <p>1:00 Box of Brain Games</p>	<p>9:00 Coffee & Conversation 22</p> <p>11:00 Stroke Prevention Tips with Rehabilitation Hospital of Northwest Ohio</p> <p>12:00 Lunch</p> <p>1:00 Cards & Games</p>	<p>9:00 Cards 23</p> <p>10:00 Chair Yoga</p> <p>11:00 Music Concert by Nostalgia</p> <p>12:00 Lunch</p> <p>1:00 Word Search</p>	<p>9:00 Cards 24</p> <p>10:15 to 11:45 BINGO</p> <p>12:00 Lunch</p> <p>1:00 Word Games</p>	<p>9:00 Pepper 25</p> <p>10:15 to 11:45 BINGO</p> <p>12:00 Lunch</p> <p>1:00 Chit Chat</p>
<p>9:00 Coffee & Conversation 28</p> <p>11:00 "Just So You Know" & Free BP Check, Fulton Co. Health Dept.</p> <p>12:00 Lunch</p> <p>1:00 Cards & Games</p>	<p>9:00 Cards 29</p> <p>11:00 Learn About Letter Boxing with Bill S.</p> <p>12:00 Lunch</p> <p>1:00 Word Search</p>	<p>9:00 Coffee & Conversation 30</p> <p>11:00 "Overview of Dementia" with Shawn from Area Office on Aging</p> <p>12:00 Lunch</p> <p>1:00 Cards & Games</p>	<p>9:00 Skip Bo 31</p> <p>10:15 to 11:45 BINGO</p> <p>12:00 Lunch</p> <p>1:00 Word Puzzles</p>	