

SERVING CITIZENS OF FULTON COUNTY 60 YEARS & OVER

SENIOR

SEPTEMBER 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

September 4 – Closed for Labor Day

September 7 – Day Trip, Sandpiper Boat Cruise

September 15 – Day Trip, Harrison Lake State Park

October 3 – Road to Wellness event at

Pettisville Missionary Church

October 4 – Day Trip, Toledo Zoo

SENIOR SPOTLIGHT



Congratulations to Wes Green, the Senior Center's Vehicle Maintenance Supervisor, on his retirement at the end of August. Wes started in building maintenance for Fulton County in 2002, and started working at the Senior Center in April of 2014.

Prior to 2002, he spent many years working with his dad. "While I was growing up, I saw my dad working as a carpenter and farmer, and I always wanted to do the same. I got to work at both carpentry and farming alongside him for many years. We got along really well," he explained. Wes is grateful for the chance to learn a variety of hands-on skills from his dad.

Maintaining the vehicles was only part of Wes' job. "I also cleaned up spills or accidents inside the Senior Center and did minor plumbing jobs as needed. Different things need attention with an older building. Whatever came up, I tried to take care of it. I didn't have formal training. I learned carpentry, electrical and plumbing from my dad. You're always learning," Wes said.

"The Senior Center has 23 vehicles. I kept track of the mileage for oil changes, kept them fueled, checked fluid levels, replaced tires as needed, and kept an eye on all maintenance for them. Keeping them clean so they were ready to haul meals or clients was a big part of my job. In 2022, we put over 137,000 miles on all of the cars, including the two buses," Wes said.

His duties changed with each season, too. Wes helped to keep the Senior Center sidewalks and parking lot clear during the winter. If a meal delivery driver had vehicle trouble, such as their vehicle getting stuck in a driveway, Wes was the one they called. "The variety is what I liked best. I didn't get bored. You never knew what would come up on a day at the Senior Center," he said.

Wes said, in retirement, he looks forward to traveling with his wife, Gloria, and devoting more time to farming. "And I still enjoy woodworking. I've made small items for family members, like toy boxes, coat racks, and a desk." The Greens have two adult children and five grandchildren.

NATURE DAY AT HARRISON LAKE

Join us on Friday, September 15 for a relaxing day in nature at Harrison Lake State Park, Fayette.

Lauren Stewart, naturalist with Ohio's Division of Wildlife, will present a program that will include animal pelts and live animals. A cold pack Senior Center lunch will be provided at noon. You'll have time to sit in the shade and enjoy the lake view or card games and yard games. Ice cream at local restaurants will close out the afternoon.

Suggested donation for this trip is \$8 per person (covers lunch, program and bus transportation). Pay when you board the bus. Bring money for ice cream afterwards. Meet at Swanton Senior Center at 8:45 am or at the Fulton County Senior Center, Wauseon, at 9:15 am. If you are from the Fayette area, you may meet us at Harrison Lake, just be sure to notify us and make a lunch reservation. Call Beth to sign up for this day trip and to reserve your lunch.

HEALTHY LIVING CLASSES OFFERED

Are you age 60 or over? Interested in improving balance, flexibility, and strength? Concerned about falling? Did you know falls are more common than strokes, and falls are preventable? Engage with an instructor from Area Office on Aging and learn simple ways to increase your strength and balance, among other healthy living tips. A Matter of Balance is a free seven-week program offered at the Fulton County Senior Center, 240 Clinton Street, Wauseon, on Monday, September 11, 18 and 25 and October 2, 16, 23 and 30, from 9:30 AM to 11:30 AM. Please note, our Senior Center is closed on October 9. Call Beth at 419-337-9299 to sign up for the class and to reserve a noon lunch. Suggested lunch donation is \$3 for Fulton County seniors, \$5 all others.

WHERE'S VAL?

It's September, which means Medicare Open Enrollment will begin soon, on October 15. Seniors have two opportunities to hear Val Edwards, Information & Referral Specialist, speak about current Medicare topics. Val will present a program at 11 AM on Wednesday, September 6 at the Fayette Senior Center, located inside Family Life Center at 306 E. Main Street, Fayette.

Val will also speak at 11 AM at the Swanton Senior Center on Friday, September 22. The Swanton Senior Center is located west of Swanton, on the north side of County Road H, between County Road 3 and County Road 2, inside the NEW Faith Lutheran Church.

Additionally, Val will be available for extended hours at the following locations to focus on Medicare Open Enrollment. Please make an appointment well in advance with Val for any of these dates by calling 419-337-9299.

- Thursday, October 19, from 10 AM to 3 PM at the Swanton Library
- Tuesday, October 22, from 10 AM to 3 PM at the Evergreen Library in Metamora
- Thursday, October 26, from 9 AM to 3 PM at Wyse Commons, Archbold
- Wednesday, November 8, from 10 AM to 3 PM at the Delta Library

Val has some appointments available to meet with seniors at the Fulton County Senior Center, 240 Clinton Street, Wauseon. A Medicare Check-up day will offer appointments with Val and other Medicare specialists on Tuesday, October 17 at the Fulton County Senior Center in Wauseon.

Val's services are offered at no cost to seniors in partnership with Wyse Commons and the local libraries.

TOLEDO ZOO DAY TRIP

Join us on Wednesday, October 4, as we take a walk on the wild side at Toledo Zoo. Admission for seniors is free as part of "Senior Discovery Days." Meet at Wauseon Senior Center at 8:30 AM (leave by 8:45) or board bus at Swanton Senior Center at 9:15 AM. Bring \$10 suggested donation, per person, for bus transportation, as well as lunch money. Lunch is on your own. Please note, the Zoo is now cashless. VISA, Mastercard, Discover and American Express credit cards and most debit cards are accepted for payment. The Zoo also accepts Apple Pay and Google Pay. Bonuses of Senior Discovery Days include the following: free small coffee & mini-muffin (10 AM to 2 PM) at the zoo's Timberline Bakery (in the Gift Shop) and a 15% discount on merchandise in gift shops, and a discount on zoo memberships purchased. From 11 AM to 1 PM, enjoy the big band sounds of Jeff McDonald's Swingmania Orchestra in the Malawi Event Center. We encourage you to wear walking shoes, sunscreen, a hat, and bring a bottle of water. The bus returns by approximately 4 PM. To sign up for this day trip, call 419.337.9299.

FLU IMMUNIZATIONS OFFERED

The Fulton County Health Department will offer flu immunizations the same day as free blood pressure checks at our Senior Center sites.

Walk-in flu clinics will be offered from 9 AM to 11 AM. Free blood pressure checks will also be provided and a brief “Just So You Know” program will begin at 11:30 am, for interested seniors.

Walk in to the following Senior Center sites on the following dates, to receive your flu immunization between 9 and 11 AM. Archbold seniors are invited to the flu immunization clinic at Wyse Commons on September 26.

- Monday, September 11, Swanton Senior Center, inside the new Faith Lutheran Church, 620 Dodge Street (County Road H, north side of road, between Co Rd 2 & Co Rd 3).
- Tuesday, September 12, Delta Senior Center, inside Hope Church of Delta, 101 Northwood Drive, Delta.
- Monday, September 18, Wauseon; Fulton County Senior Center, 240 Clinton Street, Wauseon.
- Monday, September 25, Fayette Senior Center, inside Family Life Center, 306 E. Main Street, Fayette.

The flu immunization service is provided by the Fulton County Health Department. Medicare, Medicaid, and contracted insurance plans are accepted as payment. For those who do not have insurance or a plan we are contracted with, a sliding fee scale may apply. Please bring your insurance cards with you.

THE BOTTOM LINE

Dealing with the challenges of aging can be difficult. To help face these challenges, you will need the best nutrition possible. You can stay healthy by following a few simple suggestions.

- Eat small, frequent meals throughout the day.
- Eat plenty of fruits and vegetables each day. (Consult MyPyramid.gov)
- Drink eight to ten glasses of water per day.
- Eat a balanced diet by following MyPyramid guidelines.
- Stay active. Ask your doctor for activity suggestions. Participate in activities at your Senior Center.
- Eat with friends and family to make your meals more enjoyable.
- Stay curious. An active mind is a healthy mind.

Source: Ohio State University Extension and Ohio Aging Network

**FROM THE NUTRITION SHELF
MAINTAINING NUTRITION AS WE AGE**

The aging process causes your body to change in many different ways. You may feel differently than you did a few years ago. While you cannot stop the aging process, you can provide your body with the right nutrients so that you can stay healthy.

Monitor your weight and do your best to maintain a healthy weight as you age. A good diet, physical activity, and stimulating your mind will help you face the obstacles that these changes can present. The answers to the questions discussed here can help you to prepare for daily challenges.

Why do I have less of an appetite? It is very common to feel less hungry when you get older, and sometimes medications can affect appetite, causing you to feel less hungry. Try eating small, frequent meals throughout the day to make sure that you are getting enough food. If you cannot eat an entire meal in one sitting, eat what you can, and put the rest of the meal in the refrigerator. Then eat the rest of the meal later in the day.

Why doesn't my food taste as good? You may have noticed that food does not taste as good to you as it once did. You are not alone. Both our sense of taste and smell decline as we age. Trying new seasonings, such as fresh herbs and spices, new foods, and different recipes, may help you enjoy your food more.

What can I do to protect my eyesight? Poor vision often accompanies aging. Vitamins A and C are essential to keep your eyes healthy. Eat plenty of fruits and vegetables because they are the best sources of vitamins A and C. Visit an eye doctor annually to help maintain healthy eyes.

How do I control my cholesterol? Cholesterol is found in animal products, such as meat, dairy products, and eggs. Vegetables and fruits do not contain any cholesterol. Limiting your intake of cholesterol-rich foods can help to lower your cholesterol. Saturated fats are fats found in foods like lard, palm oil, and butter that can raise your “bad” cholesterol. Trans fat is a kind of fat found in highly processed foods and margarine that can also raise your “bad” cholesterol. A good way to control your cholesterol is to limit your intake of both saturated and trans fats. Vegetable oils such as olive oil and sunflower oil are great alternatives to use for cooking.

Source: Ohio State University Extension & Ohio Aging Network professionals

LUNCH CALENDAR

SEPTEMBER, 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
				Breaded Chicken Strips O'Brien Potatoes Peas & Carrots Tropical Fruit 1
SITES CLOSED FOR LABOR DAY 4	Teriyaki Chicken Fried Rice Asian Blend Vegetables Pineapple Juice 5	Sausage Patty Sandwich Rosemary Potatoes Mixed Vegetables Fruit Salad 6	Beef & Cabbage Soup Tossed Salad Macaroni Salad Cheese Cubes Watergate Salad 7	Pot Roast Boiled Potatoes Carrots Fresh Fruit 8
Chicken Alfredo Pasta Steamed Broccoli Buttered Beets Peaches 11	Breaded Pork Chop Mashed Potatoes Brussels Sprouts Applesauce 12	Cheese Burgers Seasoned Potato Wedges Normandy Blend Vegetables Fresh Fruit 13	Biscuits & Gravy Hash Brown Casserole Succotash Mandarin Oranges Yogurt 14	Chicken Salad Sandwich Marinated Carrots Broccoli Salad Ambrosia 15
Fish Sandwich Macaroni & Cheese Stewed Tomatoes Cole Slaw Juice 18	Steamed Franks (LS Alt=Chicken Breast) Baked Beans Cauliflower Fresh Fruit Iced Cake 19	Shepherds Pie Cooked Cabbage Fruit Crisp 20	Chicken & Noodles Mashed Potatoes Green Beans Apricots 21	Butternut Squash Soup Seafood Salad Grape Salad Jell-O 22
Baked Chicken Roasted Potatoes Malibu Blend Fresh Fruit Cookies 25	Cabbage Rolls Mashed Potatoes Cook's Choice Vegetable Pears 26	Chili w/Beans Mexican Style Rice Seasoned Corn Grapes Juice 27	Hamloaf (LS Alt=Meatloaf) Sweet Potatoes Peas w/Mushrooms Pineapple 28	Creamed Chicken Over Biscuits Winter Blend Vegetables Applesauce 29

WAUSEON ACTIVITIES

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

SEPTEMBER, 2023

SENIOR *B-33*

PAGE 5

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				8:00 Walking in the Gym 10:30 Golden Drummers 12:00 Lunch & Birthday Party 1:00 to 2:30 Bonus BINGO 1:00 Walking in the Gym 1:00 Bible Study with Roger 1:30 Hand & Foot 2:30 Exercise (via YouTube) 1
4 CLOSED FOR LABOR DAY	8:30 Walking in the Gym 5 10:30 Golden Drummers (Gym) 11:00 September Name Ten Word Game 12:00 Lunch 1:00 Walking in the Gym 1:00 Pinochle 1:00 Karaoke Sing-a-Long 1:00 Silver Sneakers® Classic Exercise 2:00 Corn Hole (Gym)	6 No Zumba Gold 9:00 Gentle Workout (via YouTube) 10:00 Walking in the Gym 11:00 Tai Chi (Senior Led) 11:00 Giant Word Search 12:00 Lunch 1:00 Silver Sneakers Chair Yoga® 1:00 Pepper Card Game 2:00 Walking in the Gym 3:00 Golf Putting Green (Gym)	7 Day Trip, Sandpiper Boat Cruise 9:00 Walking in the Gym 9:30 Exercise to 50s & 60s music (YouTube) 10:15 to 11:45 BINGO 12:00 Lunch 12:30 to 1:00 Walking in the Gym 1:00 Silver Sneakers® Classic Exercise 1:00 Pinochle 2:00 Walking in the Gym	8 8:00 Walking in the Gym 10:30 Golden Drummers 11:15 Site Council (Note Date) 12:00 Lunch 1:00 to 2:30 Bonus BINGO 1:00 Walking in the Gym 1:30 Hand & Foot 2:30 Exercise (via YouTube)
11 Wear Red, White & Blue for Patriots Day 9:30 Matter of Balance w/ Robert Sullivan 10:00 Walking in the Gym 10:00 Free Hearing Aid Cleaning 11:00 Tai Chi (Senior Led) 12:00 Lunch 1:00 Hand & Foot 1:00 to 2:30 Line Dancing 2:30 Walking in the Gym 3:00 Golf Putting Green (Gym)	12 8:30 Walking in the Gym 10:30 Golden Drummers (Gym) 11:00 Music by Peter Villalovos & Friends 12:00 Lunch 1:00 Walking in the Gym 1:00 Pinochle 1:00 Karaoke Sing-a-Long 1:00 Silver Sneakers® Classic Exercise 2:00 Corn Hole (Gym)	13 No Zumba Gold 9:00 Gentle Workout (via YouTube) 10:00 Walking in the Gym 11:00 Tai Chi (Senior Led) 11:00 Giant Crossword Puzzle 11:00 Faith Topic with Sandy 12:00 Lunch 1:00 Silver Sneakers Chair Yoga® 1:00 Pepper Card Game 2:00 Walking in the Gym 3:00 Golf Putting Green (Gym)	14 9:00 Walking in the Gym 9:30 Exercise to 50s & 60s music (YouTube) 10:15 to 11:45 BINGO 12:00 Lunch 12:30 to 1:00 Walking in the Gym 1:00 Painting with Peggy (Peacocks) 1:00 Silver Sneakers® Classic Exercise 1:00 Pinochle 2:00 Walking in the Gym	15 Day Trip, Harrison Lake State Park. Wear Senior Center Shirt / Hat 8:00 Walking in the Gym 10:30 Golden Drummers 12:00 Lunch 1:00 to 2:30 Bonus BINGO 1:00 Walking in the Gym 1:30 Hand & Foot 2:30 Exercise (via YouTube)
18 9 to 11 Flu Immunizations by Fulton Co. Health Dept. (Walk in) 9:30 Matter of Balance w/ Robert Sullivan 10:00 Walking in the Gym 11:00 Free Blood Pressure Checks (Note Date) 11:00 Tai Chi (Senior Led) 12:00 Lunch 1:00 Hand & Foot 1:00 to 2:30 Line Dancing 2:30 Walking in the Gym 3:00 Golf Putting Green (Gym)	19 8:30 Walking in the Gym 10:30 Golden Drummers (Gym) 11:00 "When Life Gives You Lemons, Make Lemonade!" with Susan Dittes 12:00 Lunch 1:00 Walking in the Gym 1:00 Pinochle 1:00 Karaoke Sing-a-Long 1:00 Silver Sneakers® Classic Exercise 2:00 Corn Hole (Gym)	20 8:30 Zumba Gold (Instructor Led) 9:30 Toe Nail Clinic (Sign Up) 10:30 Card Making with Deb B. 10:00 Walking in the Gym 11:00 Tai Chi (Senior Led) 11:00 Simple Mobility Tips with Jordan & Mylee of Archbold's Kinesis 12:00 Lunch 1:00 Silver Sneakers Chair Yoga® 1:00 Pepper Card Game 2:00 Walking in the Gym 3:00 Golf Putting Green (Gym)	21 9:00 Walking in the Gym 9:30 Exercise to 50s & 60s music (YouTube) 10:15 to 11:45 BINGO 12:00 Lunch 12:30 to 1:00 Walking in the Gym 1:00 Silver Sneakers® Classic Exercise 1:00 Pinochle 2:00 Walking in the Gym	22 8:00 Walking in the Gym 10:30 Golden Drummers 12:00 Lunch 1:00 to 2:30 Bonus BINGO 1:00 Walking in the Gym 1:00 Bible Study with Roger 1:30 Hand & Foot 2:30 Exercise (via YouTube)
25 9:30 Matter of Balance w/ Robert Sullivan 10:00 Walking in the Gym 11:00 Music by Trinity Trio (Howard Warncke & friends) 11:00 Tai Chi (Senior Led) 12:00 Lunch 1:00 Hand & Foot 1:00 to 2:30 Line Dancing 2:30 Walking in the Gym 3:00 Golf Putting Green (Gym)	26 8:30 Walking in the Gym 10:30 Golden Drummers (Gym) 11:00 Free Concert by Circle of Friends 12:00 Lunch 1:00 Walking in the Gym 1:00 Pinochle 1:00 Karaoke Sing-a-Long 1:00 Silver Sneakers® Classic Exercise 2:00 Corn Hole (Gym)	27 8:30 Zumba Gold (Instructor Led) 10:00 Walking in the Gym 10:00 Faith Topic with Sandy (Note Time) 11:00 Tai Chi (Senior Led) 11:00 Music by Just Us 2 12:00 Lunch 1:00 Silver Sneakers Chair Yoga® 1:00 Pepper Card Game 2:00 Walking in the Gym 3:00 Golf Putting Green (Gym)	28 9:00 Walking in the Gym 9:30 Exercise to 50s & 60s music (YouTube) 10:15 to 11:45 BINGO 12:00 Lunch 12:30 to 1:00 Walking in the Gym 1:00 Silver Sneakers® Classic Exercise 1:00 Free Diabetes Support Group 2:00 Card Games 2:00 Walking in the Gym	29 8:00 Walking in the Gym 10:30 Golden Drummers 12:00 Lunch 1:00 to 2:30 Bonus BINGO 1:00 Walking in the Gym 1:30 Hand & Foot 2:30 Exercise (via YouTube)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				9:00 Box of Brain Games 1 10:00 Chair Exercises (Senior Led) 11:00 Fall Prevention BINGO with Erica from Rehabilitation Hospital of Northwest Ohio 12:00 Lunch 1:00 Cards
CLOSED FOR LABOR DAY 4	9:00 Puzzles 5 11:00 Ability Center for Your Durable Medical Equipment Needs 12:00 Lunch 1:00 Box of Brain Games	9:00 Word Search 6 10:00 Site Council 10:15 to 11:45 BINGO 12:00 Lunch & Birthday Dessert by Heritage Health Care 1:00 Chit Chat	Day Trip, Sandpiper Boat Cruise 7 9:00 Box of Brain Games 10:00 Site Council 10:15 to 11:45 BINGO 12:00 Lunch & Birthday Dessert 1:00 Cards	9:00 Coffee & Conversation 8 10:00 Chair Exercises (Senior Led) 11:00 Learn about Letterboxing with Bill Senecal 12:00 Lunch 1:00 Games
Wear Red, White & Blue for Patriot Day 11 9 to 11 Flu Immunizations with Fulton Co. Health Dept. 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 Box of Brain Games	9 to 11 Flu Immunizations with Fulton Co. Health Dept. 12 11:00 "Just So You Know" & Free Blood Pressure Checks, Fulton Co. Health Dept. 12:00 Lunch 1:00 Chit Chat	Bring a Photo of Your Grandparents (Grandparents Day is Sept 10) 13 9:00 Box of Brain Games 10:15 to 11:45 BINGO 12:00 Lunch 1:00 Cards	Bring a Photo of Your Grandparents (Grandparents Day is Sept 10) 14 9:00 Coffee & Conversation 10:15 to 11:45 BINGO with Delta Students 12:00 Lunch 1:00 Games	Day Trip, Harrison Lake. Wear Senior Center Shirt/ Hat 15 9:00 Games 10:00 Chair Exercises (Senior Led) 11:00 Game Day 12:00 Lunch 1:00 Puzzles
9:00 Word Search 18 10:00 Chair Exercises (Senior Led) 11:00 Tenzi Dice Game 12:00 Lunch 1:00 Chit Chat	9:00 Box of Brain Games 19 11:00 Recognize & Prevent Strokes; Erica, Rehabilitation Hospital of Northwest Ohio 12:00 Lunch 1:00 Cards	9:00 Coffee & Conversation 20 10:15 to 11:45 BINGO 12:00 Lunch 1:00 Games	9:00 Games 21 10:15 to 11:45 BINGO 12:00 Lunch 1:00 Puzzles	9:00 Word Search 22 10:00 Chair Exercises (Senior Led) 11:00 Your Medicare Questions Answered with Valerie Edwards 12:00 Lunch 1:00 Cards & Games
9:00 Box of Brain Games 25 10:00 Chair Exercises (Senior Led) 11:00 Hidden Pictures Pages 12:00 Lunch 1:00 Cards	9:00 Coffee & Conversation 26 11:00 Learn about Letterboxing with Bill Senecal 12:00 Lunch 1:00 Games	Day Trip, Toledo Zoo 27 9:00 Games 10:15 to 11:45 BINGO 12:00 Lunch 1:00 Puzzles	9:00 Word Search 28 10:15 to 11:45 BINGO 12:00 Lunch 1:00 Cards & Games	9:00 Coffee & Conversation 29 No Chair Exercises 11:00 "Let's Talk About Arthritis" plus Hand Exercises with Penny S. 12:00 Lunch 1:00 Chit Chat

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 Pepper 1 10:15 to 11:45 BINGO 12:00 Lunch & Birthday Dessert 1:00 Cards & Games
4 CLOSED FOR LABOR DAY	9:00 Pepper 5 10:30 Site Council 11:00 ZINGO 12:00 Lunch 1:00 Games	9:00 Chit Chat 6 10:00 Chair Yoga 10:45 Site Council 11:00 Your Medicare Questions Answered with Valerie Edwards 12:00 Lunch 1:00 Puzzles	Day Trip, Sandpiper Boat Cruise 7 9:00 Skip Bo 10:15 to 11:45 BINGO 12:00 Lunch & Birthday Dessert 1:00 Box of Brain Games	9:00 Pepper 8 10:15 to 11:45 BINGO 12:00 Lunch 1:00 Cards & Games
Wear Red, White & Blue for Patriot Day 11 9:00 Games & Cards 11:00 What Am I #1-20 Word Riddles 12:00 Lunch 1:00 Games	9:00 Cards 12 10:30 Site Council 11:00 Fall Prevention BINGO with Erica, Rehabilitation Hospital of Northwest Ohio 12:00 Lunch 1:00 Puzzles	9:00 Word Search 13 10:00 Chair Yoga 11:00 "Carl Britsch: Archbold's Famous Architect," a Program by the Museum of Fulton County 12:00 Lunch 1:00 Box of Brain Games	9:00 Coffee & Conversation 14 10:15 to 11:45 BINGO 12:00 Lunch 1:00 Cards & Games	Day Trip, Harrison Lake. Wear Senior Center Shirt/ Hat 15 9:00 Pepper 10:15 to 11:45 BINGO 12:00 Lunch 1:00 Word Search
9:00 Word Search 18 11:00 September Name Ten Word Game 12:00 Lunch 1:00 Puzzles	9:00 Pepper 19 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 20 10:00 Chair Yoga 10:15 to 11:45 BINGO (Note Date) 12:00 Lunch 1:00 Cards & Games	9:00 Cards 21 11:00 Learn About Letterboxing with Bill S. (Note: BINGO is Sept. 20th) 12:00 Lunch 1:00 Word Search	9:00 Pepper 22 10:15 to 11:45 BINGO 12:00 Lunch 1:00 Chit Chat
9 to 11 Flu Immunizations with Fulton Co. Health Dept. 25 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 26 11:00 "An Overview of Dementia," with Shawn from Area Office on Aging 12:00 Lunch 1:00 Cards & Games	9:00 Cards 27 10:00 Chair Yoga 11:00 Music by Peter Villalovos & Friends 12:00 Lunch 1:00 Word Search	9:00 Skip Bo 28 10:15 to 11:45 BINGO 12:00 Lunch 1:00 Chit Chat	9:00 Pepper 29 10:15 to 11:45 BINGO 12:00 Lunch 1:00 Puzzles



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.

DATED MATERIAL - DELIVER BEFORE SEPTEMBER 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
Volunteer Coordinator	Angela Johnston
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 Ehrsam, Becky Peabody, Michael Mangas, Steve Jackson, Mary Schultz, Cheryl Kohls, 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