

SERVING CITIZENS OF FULTON COUNTY 60 YEARS & OVER

SENIOR B-zz

OCTOBER 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

- October 3** – Road to Wellness (See Page 2)
- October 4** – Day Trip, Toledo Zoo Senior Day
- October 9** – Closed for Columbus Day
- October 12** – Day Trip, MacQueen Orchard Tour

SITES CLOSED OCTOBER 3

Please note, on Tuesday, October 3, the Archbold Senior Center and Delta Senior Center will be closed due to the Road to Wellness event. Seniors who pre-registered for Road to Wellness may check in at 9:30 AM at Pettisville Missionary Church.

HELP US HELP YOU Has your phone number changed? Have you moved? Has your email address changed? Is information for your contact person out of date? Please contact us with your up-to-date information. Also, if you currently receive the B-zz newsletter by mail and have an email address, would you consider receiving the newsletter via email instead of regular mail to help us save money on postage?

SENIOR SPOTLIGHT



When Peggy Wilson of Archbold retired from the Fulton County Senior Center at the end of 2022, she had spent nearly half of her life in food service careers! “I was in food service for 32 years at Evergreen school where I was in charge of the fruits and vegetables for the lunches. I loved my job there! We could’ve written a book about the kids and funny things they said. You don’t know what will come out of kids’ mouths,” Peggy said with a chuckle.

“I retired from the Evergreen cafeteria in 2013. I didn’t want to just sit around, so I started as a Substitute here at the Wauseon site, and subbed for around nine years,” she said. Peggy’s years in food service were valuable to the Senior Center kitchen, where she performed a variety of kitchen jobs. “I never knew what I was going to do until I arrived at the Senior Center kitchen each morning. The Senior Center meals are so beneficial for seniors. They are well balanced, and it takes the worry out of a meal. Plus, for all of the food that you get in a meal, it is a bargain,” Peggy said.

“Arnie and I enjoy visiting with friends at the Senior Center. My favorite food here is when Kyle makes the beef stroganoff. I really like the nice little cap mushrooms in it. I also like the soup and salads,” she said.

Peggy enjoys walking for exercise, especially in Goll Woods, baking and making soups. She and her husband, Arnie, have three adult children and four grandchildren.

FREE SENIOR DAY

Tuesday, October 3 is the 14th annual Road to Wellness Health Care Conference for mature adults and caregivers in and around Fulton County. The theme for the 2023 event is "The Greatest Wealth is Health" and will take place from 9:30 AM to 1 PM at **Pettisville Missionary Church**, 19055 Co Rd D, in Pettisville. Register in advance and receive a cold pack picnic lunch at the event, consisting of turkey salad sandwich, potato salad, cranberry relish, and fresh fruit. You can expect information that applies to nearly all aspects of a senior's life, along with health screenings and flu shots (please bring your insurance and Medicare cards), freebies, and much more. Sign up at local Senior Center sites and Fulton County Health Department. Or call in your registration right away at 419-337-9299.

THANK YOU

We appreciate the following agencies who have sponsored site birthday desserts, BINGO prizes, exercise classes and more: Buckeye Health Plan, Genacross Lutheran Services, Heritage Health Care, Hospice of Northwest Ohio, Kingston Healthcare, Lakes of Monclova, Swanton Valley, and United Health Care. Thank you for your generous donations!

WHERE'S VAL?

It's October, which means it is Medicare Open Enrollment time! Val Edwards, Information & Referral Specialist, 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 24, 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. Val's services are offered at no cost to seniors in partnership with Wyse Commons and the local libraries.

MEDICARE OPEN ENROLLMENT

Here is what can be done during Open Enrollment, October 15th - December 7th:

- Switch from one Medicare Prescription Drug Plan to another Medicare Prescription Drug Plan
- Drop your Medicare prescription drug coverage completely
- Change from Original Medicare to a Medicare Advantage Plan
- Change from a Medicare Advantage Plan back to Original Medicare
- Switch from one Medicare Advantage Plan to another Medicare Advantage Plan
- Switch from a Medicare Advantage Plan that doesn't offer drug coverage to a Medicare Advantage Plan that offers drug coverage
- Switch from a Medicare Advantage Plan that does offer drug coverage to a Medicare Advantage Plan that doesn't offer drug coverage
- Join a Medicare Prescription Drug Plan



Any changes made will take effect on January 1, 2024. To schedule an appointment, contact Valerie Edwards at the Fulton County Senior Center 419-337-9299. **Don't delay! Appointment times fill up quickly.**

NEXT OF KIN

Did you know you can add emergency contact information to your driving record? You can have phone numbers on file for law enforcement officials to use if you are involved in an auto collision or another emergency situation. If one of your family members would need to be contacted, law enforcement personnel could notify them quickly, all thanks to this free service.

To add, edit or view your next of kin notification information, go online to www.fultoncountyoh.com and click Government. Choose Sheriff from the drop down list. Next, click on Services. This will bring up a list titled Useful Links. Look for Next of Kin – Emergency Contact Information link and "click here." The link will take you to the Ohio BMV (Bureau of Motor Vehicles) website which allows you to securely log in and input your next of kin information. You will need to type in your driver's license number or information from your ID.

WINTER WEATHER IS JUST AROUND THE CORNER

It's not too early to start planning for Ohio's unpredictable fall and winter weather. Take action now to keep a few shelf-stable meals in your kitchen in the unlikely event that our Senior Center closes. Also, once the snow starts to fly, remember to keep your driveway and sidewalks clear. Your meal delivery driver thanks you in advance for providing a safe way to bring your meal to your door. If we cancel activities or meals, you can expect to receive a phone call from our automated phone system. One Call Now will provide you with instructions in the event of a Level 2 or Level 3 snow emergency.

PREPARE YOUR PANTRY FOR BAD WEATHER

Ready-to-eat Breakfast Items:

- Cereal
- Dry milk (use bottled water if threat of contamination exists)
- Fresh fruit (apples, oranges, grapefruits, and bananas stay fresh for days to weeks)
- Canned or dried fruits
- Granola bars
- Protein bars

Ready-to-eat Lunch /Dinner Items:

(Don't forget a hand-held can opener)

- Canned meats
(tuna, chicken, Vienna sausages, Spam)
- Canned soups, broths
- Canned vegetables, beans

Ready-to-eat Snack Items:

- Nuts
- Nut butters
(peanut butter, almond butter, etc.)
- Snack crackers (saltines, goldfish)
- Pre-packaged cookies
- Trail mix
- Bottled or boxed juices
- Bottled water

EXERCISES FOR SENIORS

These stretches improve the range of motion of your shoulders and upper back, and it's an excellent way to relieve muscle tension.

Good Morning Stretch

Stretch your arms wide. Take a deep breath and exhale. Stretch some more, add a gentle turn to the left and then to the right. Move slowly and breathe deeply.

Shoulder Rolls

Roll your shoulders forward, making small circles for a count of 5. Then roll your shoulders to the back for a count of 5. One set is ten counts.

Diagonal Arm Press Across the Body

Starting with your left arm, press to the right, away from and across your body. Alternate your right and left arm. Repeat 5 to 10 times. This exercise warms the body and can improve your upper body range of motion, overall balance and physical endurance.

Box Step (Waltz)

If needed, hold on to the back of a chair for stability. Step with your right foot forward, then bring your left foot forward, beside it. Step with left foot to the side, then place your feet together. Right foot to the right, then feet together. Pause. Take two or three deep breaths. Repeat this cycle three to five times, increase as appropriate. This exercise improves balance, coordination and physical endurance.

OTHER PREPAREDNESS ITEMS TO CONSIDER

A first-aid kit and backup supply of medications, spare eyeglasses, extra hearing aid batteries, and non-powered alternatives to assistive and medical equipment that may not work without electricity. Paper goods are advisable as well as a radio, flashlights, bulbs, and batteries. Warm blankets that are easy to access, and a back-up supply of pet food, matches, candles, and lamps and lamp oil are good too.

If you have a generator, be sure you know how to use it, you have fuel, and note whether or not you have enough extension cords. Consider storing flashlights in key areas of the house for easy access. If you use your mobile phone to store the names and phone numbers of people you can call for help if you need it, it's best to have them on paper, too, in case there's no way to charge your phone.

WATER AT THE READY

The Red Cross recommends a minimum of one gallon of bottled water per person per day on hand. If you have freezers that have some extra room, wash and fill plastic milk jugs with fresh water and freeze them. If nothing happens, it costs less to keep a full freezer cold than it does an empty or half-empty freezer. If you have only a power outage, DO NOT OPEN THE DOOR. The freezer will stay colder longer full and with an unopened door. If you have a crisis and you need fresh water, you have a good fresh supply on hand. Just thaw it out if you need it.

LUNCH CALENDAR

OCTOBER, 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
Cream Chipped Beef 2 Mashed Potatoes Mixed Vegetables Apple Slices	Cold Pack 3 Turkey Salad Sandwich w/Lettuce & Tomato Potato Salad Cranberry Relish Fresh Fruit	Chicken Breast Sandwich 4 Red Potatoes Cream Style Corn Mandarin Oranges	Pasta & Meatballs 5 Steamed Broccoli Summer Squash Apricots Yogurt	Grilled Bratwurst 6 w/Peppers & Onions O'Brien Potatoes Brussels Sprouts Banana
CLOSED FOR COLUMBUS DAY 9	Swiss Steak 10 Mashed Potatoes Carrots Dark Sweet Cherries	Tomato Basil Soup 11 Ham Salad Sandwich (LS Alt = Chicken Salad) Tossed Salad 5 Cup Salad	Hamburger Gravy 12 Mashed Potatoes Succotash Fresh Fruit	Beef Stroganoff 13 Egg Noodles Steamed Cauliflower Spiced Applesauce Juice
Sausage & Sauerkraut 16 (LS Alt = LS Franks) Smashed Red Potatoes Peas w/Onions Pineapple	Turkey Ala King 17 Buttered Beets Baked Apples Tangerine	Mushroom Swiss Burgers 18 Seasoned Potato Wedges Normandy Blend Peaches	Fish Sandwich 19 Macaroni & Cheese Stewed Tomatoes Fresh Fruit Juice	Beef & Noodles 20 Mashed Potatoes Green Beans Apple Slices Cookies
Steamed Franks 23 (LS Alt = Chicken Breast) Baked Beans Mixed Vegetables Mandarin Oranges	Cream of Broccoli Soup 24 Cold Cut Sandwich Grape Salad Jell-O	BBQ Pork 25 Roasted Potatoes Ranch Style Beans Cole Slaw	Salisbury Steak 26 or Liver & Onions Mashed Potatoes Peas & Carrots Mixed Fruit Brownies	Hamloaf 27 (LS Alt = Meatloaf) Sweet Potatoes Winter Blend Bananas
Goulash 30 Cooked Cabbage Fruit Crunch Pears	Baked Chicken 31 Mashed Potatoes Green Beans Fresh Fruit			

WAUSEON ACTIVITIES

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

OCTOBER, 2023

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9:30 to 11:30 Matter of Balance Class 2 with Area Office on Aging (Bingo Room) 11:00 Number Search/ Paper Puzzle 11:00 Tai Chi (Senior Led) 12:00 Lunch 1:00 to 2:30 Line Dancing 2:45 Walking to Oldies Music	8 to 10 Walking 3 9:30 to 1 Road to Wellness, Pettisville Miss. Church (Reservations) 10:30 Golden Drummers 12:00 Lunch No Pinochle No Choir Practice 1:00 Silver Sneakers® Classic Exercise 2:30 Golf Putting Green	Day Trip. Toledo Zoo; Wear Senior Center Shirt/ Hat 4 No Zumba Gold 9:00 Gentle Workout (via video) 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 2:30 Gentle Workout (via video)	9:00 Seated Upper Body Workout 5 (Video) 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 Card Games	8 to 10:00 Walking 6 10:30 Golden Drummers 11:15 Site Council 12:00 Lunch & Birthday Party, Provided by Hospice of Northwest Ohio 1:00 Walking in the Gym 1:00 to 2:30 Bonus BINGO 1:00 Hand & Foot
<p style="text-align: center;">CLOSED FOR COLUMBUS DAY</p>	8 to 10 Stretching & Walking 10 10:30 Golden Drummers 11:30 Wauseon School District Update 12:00 Lunch 1:00 Pinochle 1:00 Choir Practice 1:00 Silver Sneakers® Classic Exercise 2:30 Golf Putting Green	8:30 Zumba Gold (Instructor Led) 11 11:00 Tai Chi (Senior Led) 11:00 Benefits for Veterans 12:00 Lunch 1:00 Silver Sneakers Chair Yoga® 1:00 Pepper Card Game 2:30 Gentle Workout (via video)	Day Trip, MacQueen Orchard; Wear Senior Center Shirt/ Hat 12 9:00 Seated Upper Body Workout (Video) 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 Card Games	8 to 10:00 Walking 13 10:30 Golden Drummers 12:00 Lunch 1:00 Bible Study with Roger 1:00 Walking in the Gym 1:00 to 2:30 Bonus BINGO 1:00 Hand & Foot
9:30 to 11:30 Matter of Balance Class 16 with Area Office on Aging (Bingo Room) 10:00 Free Hearing Aid Cleaning 11:00 Tai Chi (Senior Led) 12:00 Lunch 1:00 to 2:30 Line Dancing 2:45 Walking to Oldies Music	Wear Senior Center Shirt/ Hat 17 8:30 Stretching & Walking 10:30 Golden Drummers 11:00 Faith Topic with Sandy (Note Time) 12:00 Lunch 1:00 Pinochle 1:00 Choir Practice 1:00 Silver Sneakers® Classic Exercise 2:30 Golf Putting Green	8:30 Zumba Gold (Instructor Led) 18 10:30 Card Making with Deb B. (Sign Up) 10:30 Walking in the Gym 11:00 Tai Chi (Senior Led) 11:00 Cartoon Drawings with Don Lee 12:00 Lunch 1:00 Silver Sneakers Chair Yoga® 1:00 Pepper Card Game 2:30 Gentle Workout (via video)	9:00 Seated Upper Body Workout 19 10:15 to 11:45 BINGO 11:00 Honor Flight, Dave Case & Will Hinton 12:00 Lunch 12:30 to 1:00 Walking in the Gym 1:00 Silver Sneakers® Classic Exercise 1:00 Painting with Peggy, Christmas theme 1:00 Pinochle (Dining)	8 to 10:00 Walking 20 10:30 Golden Drummers 12:00 Lunch 1:00 Walking in the Gym 1:00 to 2:30 Bonus BINGO 1:00 Hand & Foot
9:30 to 11:30 Matter of Balance Class with Area Office on Aging (Bingo Room) 23 11:00 I Spy Word Game 11:00 Tai Chi (Senior Led) 12:00 Lunch 1:00 to 2:30 Line Dancing 2:45 Walking to Oldies Music	8 to 10 Stretching & Walking 24 10:30 Golden Drummers 12:00 Lunch 11:00 Tips for Arthritis Plus Hand Exercises 1:00 Pinochle 1:00 Choir Practice 1:00 Silver Sneakers® Classic Exercise 2:30 Golf Putting Green	8:30 Zumba Gold (Instructor Led) 25 9:30 Toe Nail Clinic (Sign Up) 10:30 to 11 Walking in the Gym 11:00 Tai Chi (Senior Led) 11:00 Alzheimer's Association Understand & Respond to Dementia 12:00 Lunch 1:00 Silver Sneakers Chair Yoga® 1:00 Pepper Card Game 2:30 Gentle Workout (via video)	9:00 Seated Upper Body Workout 26 (Video) 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 Card Games	8 to 10:00 Walking 27 10:30 Golden Drummers 12:00 Lunch 1:00 Bible Study with Roger 1:00 Walking in the Gym 1:00 to 2:30 Bonus BINGO 1:00 Hand & Foot
9:30 to 11:30 Matter of Balance Class with Area Office on Aging (Bingo Room) 30 11:00 Tai Chi (Senior Led) 12:00 Lunch 1:00 to 2:30 Line Dancing 2:45 Walking to Oldies Music	Wear a Costume, Get a Meal Ticket 31 8 to 10 Walking in the Gym 10:30 Golden Drummers 11:00 Faith Topic with Sandy (Note Time) 12:00 Lunch 1:00 Pinochle No Choir 1:00 Silver Sneakers® Classic			

**DELTA-101 NORTHWOOD DR.
HOPE CHURCH
TUES. & THURS.**

DELTA / SWANTON ACTIVITIES

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9:00 Cards 2 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 Games & Cards	3 SITE CLOSED JOIN US FOR ROAD TO WELLNESS At Pettisville Missionary Church (Reservations)	4 Day Trip, Toledo Zoo; Wear Senior Center Shirt/ Hat 9:00 Games 10:00 Site Council 10:15 to 11:45 BINGO 12:00 Lunch & Birthday Dessert by Kingston 1:00 Word Search	5 9:00 Box of Brain Games 10:00 Site Council 10:15 to 11:45 BINGO 12:00 Lunch & Birthday Dessert by Hospice of Northwest Ohio 1:00 Puzzles	6 9 to 11 Free Vascular Screenings by University of Toledo Medical Center (Sign Up) 10:00 Chair Exercises (Senior Led) 11:00 Program by UTMV Vascular Staff 12:00 Lunch 1:00 Cards
9 CLOSED FOR COLUMBUS DAY	10 9:00 Games 11:00 "Just So You Know" & Free Blood Pressure Checks, Fulton Co. Health Dept. 12:00 Lunch 1:00 Word Search	11 9:00 Box of Brain Games 10:00 Free Hearing Aid Cleaning by Hearing Life 11:00 Free Bluegrass Concert by Circle of Friends (Note: BINGO is Fri. Oct. 13) 12:00 Lunch 1:00 Puzzles	12 Day Trip, MacQueen Orchard; Wear Senior Center Shirt/ Hat 9:00 Coffee & Conversation 10:15 to 11:45 BINGO with Delta Students 12:00 Lunch 1:00 Cards	13 9:00 Chit Chat No Chair Exercises 10:15 to 11:45 BINGO (Note Date) 12:00 Lunch 1:00 Word Games
16 9:00 Games 10:00 Chair Exercises (Senior Led) 11:00 Fulton County Board of Elections 12:00 Lunch 1:00 Word Search	17 9:00 Box of Brain Games 10:00 (Note Time) Craft with Brenda Harrington (Sign Up) 12:00 Lunch 1:00 Puzzles	18 9:00 Coffee & Conversation 10:15 to 11:45 BINGO 12:00 Lunch 1:00 Cards	19 9:00 Chit Chat 10:15 to 11:45 BINGO 12:00 Lunch 1:00 Word Games	20 9:00 Box of Brain Games 10:00 Chair Exercises (Senior Led) 11:00 Music by Just Us 2, Marc & Ellen Pember. Treats Provided by Genacross. 12:00 Lunch 1:00 Games
23 9:00 Box of Brain Games 10:00 Chair Exercises (Senior Led) 11:00 Depression Era Show & Tell. Paper Items by Museum of Fulton County. Bring an item to show and tell about. 12:00 Lunch 1:00 Puzzles	24 9:00 Coffee & Conversation 11:00 Fall Prevention BINGO, Erica, Rehabilitation Hospital of Northwest Ohio 12:00 Lunch 1:00 Cards	25 9:00 Chit Chat 10:15 to 11:45 Spooky BINGO (Wear black and or orange. Bring something orange or black for the prize table.) 12:00 Lunch 1:00 Word Games	26 9:00 Box of Brain Games 10:15 to 11:45 Spooky BINGO (Wear black and or orange. Bring something orange or black for the prize table.) 12:00 Lunch by Genacross, No To-Go Meals 1:00 Games	27 9:00 Word Games 10:00 Chair Exercises (Senior Led) 10:20 Swanton Students Visit Cards & Games with Students 12:00 Lunch 1:00 Word Search
30 Wear a Costume 9:00 Coffee & Conversation 10:00 Chair Exercises (Senior Led) 11:00 Halloween Program: "Derby Family Murder" by Bev Ernst, Storyteller 12:00 Lunch by Genacross, No To-Go Meals 1:00 Cards	31 Wear a Costume 9:00 Chit Chat 11:00 Halloween Music & Fun with Terry S. 12:00 Lunch 1:00 Word 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 2 11:00 1 Spy Shapes & Word Search 12:00 Lunch 1:00 Word Search	<div style="text-align: center;"> ARCHBOLD SITE CLOSED REGISTER TO JOIN US FOR ROAD TO WELLNESS At Pettisville Missionary Church 9:30 AM to 1 PM </div> 3	Day Trip, Toledo Zoo. 4 Wear Senior Center Shirt/ Hat 9:00 Cards 10:00 Chair Yoga 10:45 Site Council 11:00 Movie "Trivia" 12:00 Lunch 1:00 Puzzles	9:00 Skip Bo 5 10:15 to 11:45 BINGO 12:00 Lunch & Birthday Dessert Provided by Hospice of Northwest Ohio 1:00 Games	9:00 Pepper 6 10:15 to 11:45 BINGO 12:00 Lunch & Birthday Dessert Provided by Hospice of Northwest Ohio 1:00 Box of Brain Games
CLOSED FOR COLUMBUS DAY 9	9:00 Cards 10 10:30 Site Council 11:00 Music by Peter V. & Friends 12:00 Lunch 1:00 Puzzles	9:00 Cards 11 10:00 Chair Yoga 11:00 Stroke Prevention Tips with Erica from Rehabilitation Hospital of Northwest Ohio 12:00 Lunch 1:00 Games	Day Trip, MacQueen Orchard; 12 Wear Senior Center Shirt/ Hat 9:00 Skip Bo 10:15 to 11:45 BINGO 12:00 Lunch 1:00 Box of Brain Games	9:00 Pepper 13 10:15 to 11:45 BINGO 12:00 Lunch 1:00 Cards & Games
9:00 Cards 16 11:00 Buzzword (Grass/ Luck) 12:00 Lunch 1:00 Puzzles	9:00 Cards 17 11:00 "Just So You Know" & Free BP Check, Fulton Co. Health Dept. 12:00 Lunch 1:00 Games	9 to 11 Free Vascular Screenings by University of Toledo Medical Center (Sign up) 18 10:00 Chair Yoga 11:00 Vascular program by UTMC staff 12:00 Lunch 1:00 Box of Brain Games	9:00 Skip Bo 19 10:15 to 11:45 BINGO 12:00 Lunch 1:00 Cards & Games	9:00 Pepper 20 10:15 to 11:45 BINGO 12:00 Lunch 1:00 Word Search
9:00 Cards 23 10:30 Toe Nail Clinic (Sign Up) 11:00 "Just So You Know" & Free BP Check, Fulton Co. Health Dept. 12:00 Lunch 1:00 Games	9:00 Cards 24 11:00 Music by Just Us 2 (Marc & Ellen Pember) 12:00 Lunch 1:00 Box of Brain Games	9:00 Cards 25 10:00 Chair Yoga 11:00 Free Bluegrass Concert by Circle of Friends 12:00 Lunch 1:00 Cards & Games	Wear Orange/ Black; Bring Pennies And/ Or an Orange or Black Item for the Prize Table 26 9:00 Skip Bo 10:15 to 11:45 BINGO 12:00 Lunch 1:00 Word Search	Wear Orange/ Black; Bring Pennies And/ Or an Orange or Black Item for the Prize Table 27 9:00 Pepper 10:15 to 11:45 BINGO 12:00 Lunch 1:00 Chit Chat
9:00 Cards 30 11:00 ZINGO 12:00 Lunch 1:00 Box of Brain Games	Happy Halloween! Wear a Costume, Get a Lunch Ticket 31 9:00 Cards 11:00 Historical Archbold Halloween Stories with Bev Ernst. 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

 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 OCTOBER 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	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