

WAUSEON ACTIVITIES

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

OCTOBER, 2023

SENIOR

B-33

PAGE 5

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>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</p>	<p>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</p>	<p>Day Trip. Toledo Zoo; 4 Wear Senior Center Shirt/ Hat 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)</p>	<p>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</p>	<p>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>
<p>9 CLOSED FOR COLUMBUS DAY</p>	<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</p>	<p>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)</p>	<p>Day Trip, MacQueen Orchard; Wear 12 Senior Center Shirt/ Hat 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</p>	<p>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</p>
<p>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</p>	<p>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</p>	<p>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)</p>	<p>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)</p>	<p>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</p>
<p>9:30 to 11:30 Matter of Balance Class 23 Class with Area Office on Aging (Bingo Room) 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</p>	<p>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</p>	<p>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)</p>	<p>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</p>	<p>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</p>
<p>9:30 to 11:30 Matter of Balance Class 30 Class with Area Office on Aging (Bingo Room) 11:00 Tai Chi (Senior Led) 12:00 Lunch 1:00 to 2:30 Line Dancing 2:45 Walking to Oldies Music</p>	<p>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</p>			

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

DELTA / SWANTON ACTIVITIES

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>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</p>	<p>SITE CLOSED 3 JOIN US FOR ROAD TO WELLNESS At Pettisville Missionary Church (Reservations)</p>	<p>Day Trip, Toledo Zoo; Wear Senior Center Shirt/ Hat 4 9:00 Games 10:00 Site Council 10:15 to 11:45 BINGO 12:00 Lunch & Birthday Dessert by Kingston 1:00 Word Search</p>	<p>9:00 Box of Brain Games 5 10:00 Site Council 10:15 to 11:45 BINGO 12:00 Lunch & Birthday Dessert by Hospice of Northwest Ohio 1:00 Puzzles</p>	<p>9 to 11 Free Vascular Screenings 6 by University of Toledo Medical Center (Sign Up) 10:00 Chair Exercises (Senior Led) 11:00 Program by UTMC Vascular Staff 12:00 Lunch 1:00 Cards</p>
<p>CLOSED FOR COLUMBUS DAY 9</p>	<p>9:00 Games 10 11:00 "Just So You Know" & Free Blood Pressure Checks, Fulton Co. Health Dept. 12:00 Lunch 1:00 Word Search</p>	<p>9:00 Box of Brain Games 11 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</p>	<p>Day Trip, MacQueen Orchard; Wear Senior Center Shirt/ Hat 12 9:00 Coffee & Conversation 10:15 to 11:45 BINGO with Delta Students 12:00 Lunch 1:00 Cards</p>	<p>9:00 Chit Chat 13 No Chair Exercises 10:15 to 11:45 BINGO (Note Date) 12:00 Lunch 1:00 Word Games</p>
<p>9:00 Games 16 10:00 Chair Exercises (Senior Led) 11:00 Fulton County Board of Elections 12:00 Lunch 1:00 Word Search</p>	<p>9:00 Box of Brain Games 17 10:00 (Note Time) Craft with Brenda Harrington (Sign Up) 12:00 Lunch 1:00 Puzzles</p>	<p>9:00 Coffee & Conversation 18 10:15 to 11:45 BINGO 12:00 Lunch 1:00 Cards</p>	<p>9:00 Chit Chat 19 10:15 to 11:45 BINGO 12:00 Lunch 1:00 Word Games</p>	<p>9:00 Box of Brain Games 20 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</p>
<p>9:00 Box of Brain Games 23 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</p>	<p>9:00 Coffee & Conversation 24 11:00 Fall Prevention BINGO, Erica, Rehabilitation Hospital of Northwest Ohio 12:00 Lunch 1:00 Cards</p>	<p>9:00 Chit Chat 25 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</p>	<p>9:00 Box of Brain Games 26 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</p>	<p>9:00 Word Games 27 10:00 Chair Exercises (Senior Led) 10:20 Swanton Students Visit Cards & Games with Students 12:00 Lunch 1:00 Word Search</p>
<p>Wear a Costume 30 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</p>	<p>Wear a Costume 31 9:00 Chit Chat 11:00 Halloween Music & Fun with Terry S. 12:00 Lunch 1:00 Word Games</p>			

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 I Spy Shapes & Word Search 12:00 Lunch 1:00 Word Search	ARCHBOLD SITE CLOSED REGISTER TO JOIN US FOR ROAD TO WELLNESS At Pettisville Missionary Church 9:30 AM to 1 PM	Day Trip, Toledo Zoo. Wear Senior Center Shirt/ Hat 4 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; Wear Senior Center Shirt/ Hat 12 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			