

SERVING CITIZENS OF FULTON COUNTY 60 YEARS & OVER

# SENIOR

**NOVEMBER 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

- Nov 5** – 2 am, Daylight Savings Time Ends
- Nov 7** – Veterans Lunch at Archbold & Delta Sites (Make Reservation)
- Nov 8** – Veterans Lunch at Fayette, Swanton & Wauseon Sites (Make Reservation)
- Nov 9** – Day Trip, Clara J's Tea Room
- Nov 10** – Closed for Veterans Day
- Nov 15** – Day Trip, Toledo Walleye Hockey game
- Nov 23 & 24** – Closed for Thanksgiving
- Nov 30** – Evening Trip, Nite Lites at Michigan Int'l Speedway

### CHANGE CLOCKS & BATTERIES

Daylight Savings Time ends at 2:00 am on Sunday, November 5 and our clocks "fall back" one hour. It is a good idea to ask a family member, neighbor or property owner to replace the batteries in your smoke detectors when you change your clocks. Did you know that alarm sensors wear out? The fire department recommends replacing your smoke detectors every ten years. When you install a new detector, use a permanent marker to write the date on the inside of the new detector's cover.

## SENIOR SPOTLIGHT



In January 2024, Kyle Wilcoxon's role at the Fulton County Senior Center will come to a close. After 19 years at the Senior Center, 15 ½ of them as Head Cook and Kitchen Manager, Kyle will retire. "The most satisfying part of my Senior Center job is when I get handwritten notes from people telling me that a dish is 'just like they made' or it's 'the best they ever had.' I couldn't get a better compliment," he said. "The most challenging part of my job is trying to satisfy everyone's different

tastes. If they or their parents made a dish a certain way, then they tell me the way I make it doesn't taste right to them. Another big challenge is the number of meals we make varies greatly. We might have 500 meal reservations one day and 575 the next day. That makes ordering difficult. We'll have bigger numbers for ham loaf day, than stuffed peppers, for example," Kyle explained.

The Senior Center role was not his first as a chef. Kyle served as a cook in the Navy from 1980 to 2000. "If you totaled all of the time I was submerged on a submarine while in the Navy, I was probably underwater for five years," Kyle said. "Cooks are one of the biggest morale builders.

If you are in a submarine for 72 days, and the food's no good, there is nowhere else (to go for a meal). Submarine cooks are also the most versatile cooks in all of the military. Bread and bakery products are all made from scratch. I also had to be a good planner, and good at storing things," he said.

Kyle's foundation as a chef was laid early in life. "My specialties were the same things my mother made. When I was 11 or 12, I basically made the entire Thanksgiving dinner, stuffing, turkey, everything, with my mom looking over my shoulder," he said.

When he retires, Kyle hopes to travel, spend time in his Michigan cabin and continue to be involved in food service for different local organizations. "I will have to find something to keep me busy, but I won't get up at 3:30 in the morning anymore," Kyle said. Congratulations on your retirement!



### FREE LUNCH FOR VETERANS

All Fulton County seniors ages 60 and over are invited to make a reservation for a lunch celebrating Veterans Day. This is a FREE lunch for veterans and spouses. Suggested donation \$3.00 for all other Fulton County seniors. The lunch will be at noon and the date depends on the Senior Center site. Celebrate at noon on Tuesday, November 7 at the Archbold and Delta Senior Centers. Celebrate at noon on Wednesday, November 8 at the Fayette, Swanton and Wauseon Senior Centers.

When you call in your meal reservation, you must specify at which site you will be eating. The last day to make reservations is Tuesday, October 31. Call 419-337-9299.

### WHERE'S VAL?

It's November, which means Medicare Open Enrollment is well under way! Val Edwards, Information & Referral Specialist, will be available for extended hours on Wednesday, November 8, from 10:00 AM to 4:00 PM at the Delta Library to focus on Medicare Open Enrollment. Val also has some appointments available to meet with seniors at the Fulton County Senior Center, 240 Clinton Street, Wauseon. Please make an appointment well in advance with Val by calling 419-337-9299. Val's services are offered at no cost to seniors in partnership with Wyse Commons and the local libraries.

### DRIVE-THRU CHRISTMAS LIGHTS EVENING TRIP

Join us for an evening trip on Thursday, November 30, to Nite Lites Drive-Thru Christmas Light Show at Michigan International Speedway. The displays feature five miles of lights, six lighted tunnels, sixteen mega trees, and more. You will enjoy the lights from the comfort of a Senior Center bus, with no walking among displays. Suggested donation of \$10 per person covers transportation and admission. All seniors will meet at the Fulton County Senior Center, 240 Clinton Street, Wauseon, at 5:30 pm, to leave at 5:45 pm. The bus will return at approximately 9:00 pm (depending on traffic) to the Fulton County Senior Center. Please pay as you board the bus. Eat supper on your own before you arrive for this trip. We recommend dressing in layers so you are comfortable on the bus. Call Beth to add your name to this trip, 419-337-9299.

### BEWARE OF SENDING MONEY

If you receive a letter in the mail from "Meals on Wheels," be sure to check the address. Likely, the letter is from a "Meals on Wheels" organization located out of state. If the letter asks for a money donation, don't be fooled into thinking your donation will benefit home-delivered meals of Fulton County Senior Center. Do not provide your personal information to charities. Be certain you understand to whom you are donating money.

The Fulton Center Senior Center will never send you a letter asking for money. Additionally, if you choose to submit a donation to cover the meals you receive from the Fulton County Senior Center, please make your check payable to Fulton County Senior Center and mail to 240 Clinton Street, Wauseon, OH, 43567. Call us at 419-337-9299 if you receive a confusing donation request and have questions. We're happy to help!

### CHRISTMAS GIFT IDEA

Looking for a clutter-free gift idea for Christmas? Consider purchasing meal tickets through the Fulton County Senior Center. Each meal ticket is a suggested \$3.00 donation. You'll be confident your senior loved one is enjoying a nutritious lunch among friends at the Senior Center. Lunch is served weekdays at noon. Remind your senior to reserve their meal one business day in advance. Valet parking is available at our sites, if desired. Simply park in the front of the Senior Center and notify the receptionist or Site Manager when you check in for your meal.

### 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.

**NUTRITION EDUCATION**

Don't Let a Fumble Bother Your Food Goals  
– Punt, Get Back In the Game!

You've been doing a great job with your goals whether they are healthier eating or increased physical activity. Then you have an "off" weekend. Maybe it was overindulging in food and drinks and then spending the rest of the weekend sitting and watching multiple games on television while munching on chips or cookies. Come Monday morning, you feel deflated when you realize what you did over the weekend.

Don't let it get you down. Few people can always be consistent with their diet and exercise goals. The important thing now is to get back to your plan. Don't spend time thinking about the past. Look to the future and take control again. Remember, you need to eat 3,500 calories to gain one pound of body fat so your weekend overindulgence may not be as bad as you think.

Here are some hints to "pick up the ball" and "get back in the game".

- Schedule time for physical activity – if it is on your calendar you are more likely to follow through.
- Call your supporting friend – maybe schedule a walking date! Walking in Wal-Mart is often safer and warmer than outside. The gym at the Wauseon Senior Center is available for walking when no other gym activity is scheduled.
- Cut back on what you eat a little for a few days.
- Check out the ads of your local grocery store. Pick up one or two new fruits or vegetables to try this week.
- Look for a couple of new recipes to incorporate healthy fruits and vegetables into your diet. The fiber will help you feel full longer.
- Be more conscious of your portion sizes.
- Track what you eat each day. Being aware of what we are actually consuming can help us make any necessary adjustment.

Maybe most important, be patient. Don't forget the successes you have already had and focus on the future. Wellness is not an overnight process – continue to work on your personal wellness goals such as healthy eating, physical activity and positive outlook and know that you can do it!

Writer: Marilyn Rabe, Extension Educator, Family and Consumer Sciences, Ohio State University Extension, Franklin County. Reviewer: Candace Heer, Extension Educator, Family and Consumer Sciences, Ohio State University Extension, Morrow County.

**SENIOR CENTER BROCCOLI SALAD**

5 cups	Small Broccoli Florets (Raw)
1/3 cup	Diced Onion
1/2 cup	Dried Cranberries
1/2 cup	Sunflower Seeds (Optional)
1 cup	Mayonnaise
1/4 cup	Sugar
1/2 cup	Crumbled Cooked Bacon
1/2 cup	Shredded Cheddar Cheese

In a mixing bowl, combine mayonnaise, sugar, onion, and cranberries. Add broccoli and toss to coat well. Refrigerate for at least 1 hour. Just before serving, stir in the sunflower seeds, bacon, and cheese.

**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, grapefruit, & 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

**RESTRAIN DOGS**

If you receive home-delivered meals and have a dog, please restrain the dog or put it in another room when your meal driver delivers your meal. The driver will not deliver if the dog is loose. Thank you for working with us to ensure safe delivery of your home-delivered meal.

# LUNCH CALENDAR

NOVEMBER, 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					
		Swedish Meatballs Egg Noodles Brussel Sprouts Wax Beans Juice	1 Cabbage Rolls Mashed Potatoes Cook's Choice Vegetable 5 Cup Salad	2 Split Pea Soup (LS Alt = Vegetable Soup) Turkey Sandwich Pickled Beets Broccoli Salad					
Baked Ham (LS Alt = Pork Roast) Scalloped Potatoes Normandy Vegetable Blend Baked Apples	6	Chicken & Noodles Mashed Potatoes Green Beans Pears Pudding	7	Lasagna Steamed Broccoli Sliced Carrots Dark Sweet Cherries	8	Hot Chicken Sandwich Roasted Potatoes Green Beans Peas Orange Sections	9	10 <b>CLOSED FOR VETERAN'S DAY</b>	
Beef Stew Buttered Beets Fruit Crunch	13	Breakfast Sandwich Sausage, Egg and Cheese Hash Brown Casserole Corn Nuggets Pineapple	14	Parisian Soup Seafood Salad Sandwich Tossed Salad Pea Salad	15	Hamloaf (LS Alt = Meatloaf) Sweet Potatoes Malibu Blend Vegetables Apple Sauce	16	Chili Mexican Style Rice Corn Banana Juice	17
Fish Sandwich Macaroni & Cheese Stewed Tomatoes Cole Slaw Juice	20	Cheese Burger Seasoned Potato Wedges Normandy Vegetable Blend Fresh Fruit	21	Roast Turkey Savory Bread Dressing Green Bean Casserole Orange Cranberry Relish Pumpkin Pie	22	<b>CLOSED FOR THANKSGIVING</b>	23	<b>CLOSED FOR THANKSGIVING HOLIDAY</b>	24
Smoked Sausage (LS Alt = Uncured Franks) Sauerkraut Smashed Red Potatoes Peas & Onions Fresh Fruit	27	Beef Vegetable Soup Egg Salad Sandwich Spinach Salad Jell-O	28	Creamed Chicken Over Biscuits Winter Vegetable Blend Fruit Crisp	29	Steamed Franks (LS Alt = Chicken Breast) Baked Beans Cauliflower Peaches	30		

# WAUSEON ACTIVITIES

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

NOVEMBER, 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		<b>8:30 Zumba Gold (Instructor Led) 1</b> 10:30 to 11 Walking in the Gym 11:00 Tai Chi (Senior Led) <b>11:00 Site Council (Note Date)</b> 12:00 Lunch 1:00 Silver Sneakers Chair Yoga® 1:00 Pepper Card Game 2:00 Golf Putting Game	<b>2</b> 9:00 Seated 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 2:45 Walking to Oldies Music	<b>3</b> 8 to 10:00 Walking 10:30 Golden Drummers <b>11:00 Will Hinton, Music</b> 12:00 Lunch & Birthday Party, Provided by Buckeye Health Plan 12:30 to 1:00 Walking in the Gym 1:00 to 2:30 Bonus BINGO 1:00 Card Games
9:00 Gentle Stretching (Video) <b>6</b> 10:00 Walking 11:00 I Spy Thanksgiving Paper Game 11:00 Tai Chi (Senior Led) 12:00 Lunch 1:00 Faith Topic with Sandy 1:00 to 2:30 Line Dancing 2:45 Walking to Oldies Music	<b>7</b> 9:00 Walking 10:30 Golden Drummers <b>11:00 Benefits for Veterans, Linda Magnan</b> 12:00 Lunch 12:30 to 1:00 Walking in the Gym 1:00 Choir Sing-a-Long 1:00 Silver Sneakers® Classic Exercise 1:00 Pinochle 2:00 Board Games	<b>8</b> <b>Wear Red, White &amp; Blue</b> 8:30 Zumba Gold (Instructor Led) 10:30 to 11 Walking in the Gym 11:00 Tai Chi (Senior Led) <b>11:00 Sight Center of Toledo</b> 12:00 Lunch, Celebrate Veterans (Sign Up) 1:00 Silver Sneakers Chair Yoga® 1:00 Pepper Card Game 2:00 Golf Putting Game	<b>9</b> <b>Day Trip, Clara J's Tea Room</b> 9:00 Seated 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 2:45 Walking to Oldies Music	<b>10</b> <p style="text-align: center;"><b>CLOSED FOR VETERANS DAY</b></p>
9:00 Gentle Stretching (Video) <b>13</b> <b>10:00 Free Hearing Aid Cleaning</b> 10:00 Walking 11:00 Thanksgiving Name Ten 11:00 Tai Chi (Senior Led) 12:00 Lunch 1:00 to 2:30 Line Dancing 2:45 Walking to Oldies Music	<b>14</b> 9:00 Walking 10:30 Golden Drummers <b>11:00 Music by Peter V. &amp; Friends</b> 12:00 Lunch 12:30 to 1:00 Walking in the Gym 1:00 Choir Sing-a-Long 1:00 Silver Sneakers® Classic Exercise 1:00 Pinochle 2:00 Board Games	<b>15</b> <b>Day Trip, Toledo Walleye; Wear Senior Center Shirt/ Hat</b> <b>8:30 Zumba Gold (Instructor Led)</b> <b>9:30 Toe Nail Clinic (Sign Up)</b> 10:30 to 11 Walking in the Gym 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 2:00 Golf Putting Game	<b>16</b> 9:00 Seated Workout (Video) 10:15 to 11:45 BINGO <b>11:00 State Line Gem &amp; Mineral Society</b> 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 2:45 Walking to Oldies Music	<b>17</b> 8 to 10:00 Walking 10:30 Golden Drummers 12:00 Lunch 12:30 to 1:00 Walking in the Gym 1:00 to 2:30 Bonus BINGO 1:00 Card Games 2:00 Corn Hole (Gym)
9:00 Gentle Stretching (Video) <b>20</b> 10:00 Walking <b>11:00 Free Blood Pressure Checks</b> 11:00 Tai Chi (Senior Led) 12:00 Lunch <b>1:00 Friday's Bonus BINGO (NOTE DATE)</b> 1:00 Line Dancing 1:00 Faith Topic with Sandy 2:45 Walking to Oldies Music	<b>21</b> 9:00 Workout to 50s Music (Video) NO Golden Drummers <b>11:00 Free Christmas Concert, Nostalgia</b> 12:00 Lunch 12:30 to 1:00 Walking in the Gym 1:00 Choir Sing-a-Long 1:00 Silver Sneakers® Classic Exercise 1:00 Pinochle 2:00 Board Games	<b>22</b> <b>Wear Autumn Leaf Colors</b> No Zumba Gold <b>10:15 to 11:45 BINGO (NOTE DATE)</b> 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 2:00 Golf Putting Game	<b>23</b> <p style="text-align: center;"><b>CLOSED HAPPY THANKSGIVING</b></p>	<b>24</b> <p style="text-align: center;"><b>CLOSED HAPPY THANKSGIVING</b></p>
9:00 Gentle Stretching (Video) <b>27</b> 10:00 Walking 11:00 Box of Brain Games 11:00 Tai Chi (Senior Led) 12:00 Lunch 1:00 to 2:30 Line Dancing 2:45 Walking to Oldies Music	<b>28</b> 9:00 Walking 10:30 Golden Drummers <b>11:00 Homeschool Group Program</b> 12:00 Lunch 12:30 to 1:00 Walking in the Gym 1:00 Choir Sing-a-Long 1:00 Silver Sneakers® Classic Exercise 1:00 Pinochle 2:00 Board Games	<b>29</b> <b>8:30 Zumba Gold (Instructor Led)</b> <b>9:00 Vascular Screenings by UTMIC (Sign Up)</b> 10:30 to 11 Walking in the Gym 11:00 Tai Chi (Senior Led) <b>11:00 UTMIC program, Vascular Staff</b> 12:00 Lunch 1:00 Silver Sneakers Chair Yoga® 1:00 Pepper Card Game 2:00 Golf Putting Game	<b>30</b> <b>Evening Trip; Nite Lites at MIS</b> 9:00 Seated Workout (Video) 10:15 to 11:45 BINGO <b>11:00 Lively Game/ Chat, Sara w/ Hospice</b> 12:00 Lunch 12:30 to 1:00 Walking in the Gym 1:00 Silver Sneakers® Classic Exercise 2:00 Card Games 2:45 Walking to Oldies Music	

SENIOR B-33

**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 Chit Chat <b>1</b> 10:00 Site Council 10:15 to 11:45 BINGO 12:00 Lunch & Birthday Dessert by Kingston 1:00 Games	9:00 Coffee & Conversation <b>2</b> 10:00 Site Council 10:15 to 11:45 BINGO 12:00 Lunch & Birthday Dessert by Buckeye Health 1:00 Cards	9:00 Box of Brain Games <b>3</b> 10:00 Chair Exercises (Senior Led) <b>10:20 Program by Swanton HS students</b> 12:00 Lunch 1:00 Puzzles
9:00 Box of Brain Games <b>6</b> 10:00 Chair Exercises (Senior Led) <b>10:00 Make three Christmas Cards with Cindy J. (Sign Up)</b> 12:00 Lunch 1:00 Word Search	<b>Wear Red, White &amp; Blue 7</b> 9:00 Chit Chat 11:00 Canasta Craze / Game Day 12:00 Lunch, Celebrate Veterans (Sign Up) 1:00 Games	<b>Wear Red, White &amp; Blue 8</b> 9:00 Coffee & Conversation 10:15 to 11:45 BINGO 12:00 Lunch, Celebrate Veterans (Sign Up) 1:00 Cards	<b>Day Trip, Clara J's Tea Room 9</b> 9:00 Box of Brain Games 10:15 to 11:45 BINGO with Delta Students 12:00 Lunch 1:00 Puzzles	<b>10</b>  <b>CLOSED FOR VETERANS DAY</b>
9:00 Chit Chat <b>13</b> 10:00 Chair Exercises (Senior Led) <b>11:00 "Just So You Know" &amp; Free Blood Pressure Checks, Fulton Co. Health Dept.</b> 12:00 Lunch 1:00 Games	9:00 Coffee & Conversation <b>14</b> <b>11:00 "Just So You Know" &amp; Free Blood Pressure Checks, Fulton Co. Health Dept.</b> 12:00 Lunch 1:00 Cards	<b>Day Trip, Toledo Walleye; Wear Senior Center Shirt/ Hat 15</b> 9:00 Box of Brain Games <b>10:15 to 11:45 Wear Black/ White/ Red for Mickey &amp; Minnie Mouse Day BINGO</b> 12:00 Lunch 1:00 Puzzles	<b>Wear Black/ White/ Red for Mickey &amp; Minnie Mouse Day 16</b> 9:00 Word Search 10:15 to 11:45 BINGO 12:00 Lunch 1:00 Games & Cards	9:00 Games <b>17</b> 10:00 Chair Exercises (Senior Led) <b>11:00 Free Christmas Concert by Nostalgia</b> 12:00 Lunch 1:00 Word Search
<b>Buckeye v. Wolverine BINGO 20 (Wear Team Colors)</b> 9:00 Coffee & Conversation <b>10:15 to 11:45 Tailgate Party BINGO (Note Date)</b> 12:00 Lunch 1:00 Cards	<b>Buckeye v. Wolverine BINGO 21 (Wear Team Colors)</b> 9:00 Box of Brain Games <b>10:15 to 11:45 Tailgate Party BINGO (Note Date)</b> 12:00 Lunch 1:00 Puzzles	9:00 Word Search <b>22</b> 11:00 Games & Fellowship 12:00 Lunch 1:00 Games & Cards	<b>23</b>  <b>CLOSED FOR THANKSGIVING</b>	<b>24</b>  <b>CLOSED FOR THANKSGIVING</b>
9:00 Box of Brain Games <b>27</b> 10:00 Chair Exercises (Senior Led) <b>10:00 PoKeNo (Note Time; Bring Pennies)</b> 12:00 Lunch 1:00 Puzzles	<b>Wear Senior Center Shirt/ Hat 28</b> 9:00 Word Search <b>11:00 Free Bluegrass Concert by Circle of Friends</b> 12:00 Lunch 1:00 Games & Cards	<b>Wear Brown/ Gold/ Autumn Colors; Bring Brown or Gold item for prize table 29</b> 9:00 Games 10:15 to 11:45 BINGO 12:00 Lunch 1:00 Word Search	<b>Wear Brown/ Gold/ Autumn Colors; Bring Brown or Gold item for prize table 30</b> Evening Trip; Nite Lites at MIS 9:00 Chit Chat 10:15 to 11:45 BINGO 12:00 Lunch 1:00 Puzzles	

**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 10:00 Chair Yoga <b>11:00 Free Concert by Peter V. &amp; Friends</b> 12:00 Lunch 1:00 Word Search	9:00 Skip Bo 10:15 to 11:45 BINGO 11:30 Site Council 12:00 Lunch with Birthday Dessert Provided by Buckeye Health Plan 1:00 Games	9:00 Pepper 10:15 to 11:45 BINGO 11:30 Site Council 12:00 Lunch with Birthday Dessert Provided by Buckeye Health Plan 1:00 Box of Brain Games
9:00 Cards <b>11:00 CarFit with Fulton Co. Health Dept.</b> Wacky Wordies & Word Search 12:00 Lunch 1:00 Chit Chat	Wear Red, White & Blue 9:00 Pepper <b>10:15 to 11:45 BINGO (NOTE DATE)</b> 12:00 Lunch, Celebrate Veterans (Sign Up) 1:00 Word Search	Wear Red, White & Blue 9:00 Cards 10:00 Chair Yoga <b>11:00 Free Concert by local Kitchen Band</b> 12:00 Lunch, Celebrate Veterans (Sign Up) 1:00 Games	<b>Day Trip, Clara J's Tea Room</b> 9:00 Skip Bo 10:15 to 11:45 BINGO 12:00 Lunch 1:00 Box of Brain Games	<b>CLOSED FOR VETERANS DAY</b>
9:00 Box of Brain Games <b>10:15 to 11:45 BINGO (NOTE DATE)</b> 12:00 Lunch 1:00 Word Search	9:00 Cards <b>11:00 Free Concert by Michael Buck</b> 12:00 Lunch 1:00 Games	<b>Day Trip, Toledo Walleye; Wear Senior Center Shirt/ Hat</b> 9:00 Cards 10:00 Chair Yoga <b>11:00 Free Concert by Just Us 2 (Marc &amp; Ellen Pember)</b> 12:00 Lunch 1:00 Box of Brain Games	9:00 Skip Bo <b>11:00 Free Christmas Concert by Nostalgia (BINGO moved to 11/13)</b> 12:00 Lunch 1:00 Cards & Games	9:00 Pepper 10:15 to 11:45 BINGO 12:00 Lunch 1:00 Puzzles
9:00 Skip Bo <b>10:15 to 11:45 BINGO (NOTE DATE)</b> 12:00 Lunch 1:00 Games	9:00 Skip Bo <b>9:45 Free Blood Pressure Checks</b> <b>10:15 to 11:45 BINGO (NOTE DATE)</b> 12:00 Lunch 1:00 Box of Brain Games	9:00 Cards 10:00 Chair Yoga 11:00 Games & Conversation 12:00 Lunch 1:00 Cards & Games	<b>CLOSED HAPPY THANKSGIVING</b>	<b>CLOSED HAPPY THANKSGIVING</b>
9:00 Cards <b>11:00 "Just So You Know" &amp; Free Blood Pressure Checks, Fulton Co. Health Dept.</b> 12:00 Lunch 1:00 Box of Brain Games	<b>Wear Senior Center Shirt/ Hat</b> 9:00 Box of Brain Games <b>11:00 Free Concert by Sunshine Bell Choir</b> 12:00 Lunch 1:00 Cards & Games	9:00 Cards 10:00 Chair Yoga <b>11:00 Cartoons &amp; Caricatures by Cartoonist, Don Lee</b> 12:00 Lunch 1:00 Puzzles	<b>Evening Trip; Nite Lites at MIS</b> 9:00 Skip Bo 10:15 to 11:45 BINGO 12:00 Lunch 1:00 Chit Chat	



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 NOVEMBER 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