

SERVING CITIZENS OF FULTON COUNTY 60 YEARS & OVER

SENIOR

DECEMBER 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

December 4 – Day Trip, Christmas at Wildwood Manor in Toledo

Check the calendars inside for a visit from Santa, more than a dozen Christmas concerts, cozy Christmas stories, and much more!

December 25 – Closed. Merry Christmas!

January 1 – Closed. Happy New Year!

SENIOR SPOTLIGHT



“We got married on December 15, 1951. It was a very snowy, blustery day. We had to borrow dad’s car because the gas line froze up on ours. We have not had terrible weather like that on our anniversary since,” Bonnie explained. Bonnie and John Mandly had no idea that the snowy road they traveled on their wedding day would lead them on a seven decade matrimonial adventure. “We are now 94 and 92. We feel very blessed to have shared 72 years and thank God for each additional day that we have together,” Bonnie said.

The Mandlys’ story started at Delta High School. John was class of 1947, and Bonnie was class of 1949. “My brother could only get the family car if

he agreed to take me to the football games so I could perform with the marching band. He would ask his buddy John to take me home after the games, and a romance blossomed,” Bonnie said.

“I served in the United States Army from February 6, 1951 to Feb. 6, 1953. We were married while I was home on leave. Shortly after, I was sent to France. I was so thankful that I was not sent to Korea,” John said.

After retirement, John from Pierce Construction and Bonnie from Owens-Illinois, then UTM College of Nursing, they spent a lot of time traveling and experiencing different parts of the world via cruise ship. “Right now, we are happy to get up in the morning and take care of ourselves,” John said with a chuckle. “And we are thankful to have such a nice senior center that offers so many activities and delicious food,” Bonnie added.

The Mandlys have two children, five grandchildren and three great-grandchildren. Happy Anniversary, Mandlys!

THANK YOU FOR YOUR GENEROUS SUPPORT

We are grateful for donations, sponsorship and support from so many in northwest Ohio, including the following: Ayden Healthcare, Browning Masonic, Buckeye Health Plan, Bowling Green Manor, Elara Caring, families, Genacross Napoleon, Genacross Wolf Creek Campus, Heritage Home Health, Hospice of Northwest Ohio, Kingston, Lakes of Monclova, North Clinton Church, The Manor at Perrysburg, Promedica, Rehabilitation Hospital of Northwest Ohio, Right at Home, Rupp Seed, Sight Center of Northwest Ohio, Swanton Valley, United Health Care and Wauseon Library. Thank you!

CHRISTMAS GIFT IDEA

A clutter-free gift idea is meal tickets for your senior through the Fulton County Senior Center. Each meal ticket is a suggested \$3.00 donation. Your senior loved one can enjoy a nutritious lunch among friends at the Senior Center. Lunch is served weekdays at noon. Remember to reserve meals one business day in advance. Valet parking is available at the Wauseon site. Simply park in the front of the Senior Center and notify the receptionist when you arrive for activities or your dine-in meal.

HEATING BILL HELP

Winter weather and cold temps are here. Northwestern Ohio Community Action Commission continues to offer help with heating costs.

Winter Crisis Program provides a benefit once per heating season to an income-eligible customer's main and/or electric accounts. The benefit can be used by eligible households that are disconnected (or have a pending disconnection notice), need to establish new service, possible furnace repair up to \$1500 (homeowners only). Households must be at or below 175% of the Federal Poverty Guidelines. Certain documentation is required. The program runs until March 31, 2024. Please call the appointment hotline number 1-419-219-4641 to schedule an appointment. For additional questions, call 419-337-8601. You will need social security number and utility account information when scheduling an appointment.

HOW TO MANAGE ENERGY BILLS YEAR-ROUND

The Percentage of Income Payment Plan (PIPP) helps eligible Ohioans manage their energy bills year-round. Payments are based on a percentage of household income and are consistent year-round.

How does PIPP work?

If your home is heated with gas, you will have a monthly payment of 5% of your gross household income for your natural gas bill, and 5% of your gross household income for your electric bill. If you heat with electric, your monthly payment is 10% of your gross household income. The balance of your utility bill is subsidized by the state of Ohio. There is a minimum monthly payment of \$10.00.

Paying on-time and in-full each month reduces your outstanding balance. If you make 24 on-time and in-full payments, your outstanding balance with your utility company will be eliminated.

Once you are enrolled in the PIPP program, you are required to re-verify your income each year. You must also be caught up on all your PIPP payments by your Anniversary Date, which is the date you signed up for PIPP. Failure to report changes in the household income or household members, missing a payment, or not re-verifying your income can result in being dropped from the program.

Who is eligible for PIPP?

Ohioans with a household income at or below 175% of the federal poverty guidelines and have utility service from an electric or natural gas company regulated by the Public Utility Commission of Ohio are eligible for the program.

A household applying for PIPP must report total gross household income for the past 30 days (12 months preferred) for all members, except wage or salary income earned by dependent minors under 18 years old. Both homeowners and renters are eligible for assistance.

Income levels are as follows. One-person household, up to \$25,515 total household income for 12 months. Two-person household, up to \$34,510 total household income for 12 months. Contact NOCAC's (Northwest Ohio Community Action Commission) appointment hotline number 419-219-4641 for more information and income requirements for households with additional members.

CHRISTMAS DONATIONS

Many of you generously want to give gifts to your meal delivery driver, site manager, etc. during the Christmas season. This is a friendly reminder that Fulton County Senior Center employees are not allowed to accept gifts at Christmas time (or throughout the year). Donations to the Senior Center are welcome. Please mail to 240 Clinton Street, Wauseon, OH 43567.

WINTER SPORTS PASS

If you live in the Delta school district and enjoy watching sports, visit the school office to receive your lifetime sports pass. You must live in the Pike-Delta-York school district, be age 65 or older. Use your lifetime pass to gain admission into regularly scheduled home events (not valid for tournaments or play-offs). Not a Delta resident? Contact your local school to ask about a Senior Sports Pass.

THE NUTRITION EDUCATION SHELF: SUPERFOODS

What are superfoods? They are nutrient-rich foods considered to be especially beneficial for health and well-being. The term 'superfood' tends to be used more by marketers than dieticians, so lists of superfoods tend to vary. A recent study by the Centers for Disease Control and Prevention developed and validated a classification scheme defining 'Powerhouse Fruits and Vegetables' based on nutrient and phytochemical density (the amount of nutrients compared to calories in the food).

Eat a variety of foods. Don't count on any one food to single-handedly reduce your risk of cancer. Superfoods can be part of a balanced diet, but shouldn't be thought of as a cure-all. Nutrient-rich vegetables and fruits can be helpful in reducing the risk of some diet-related diseases, especially when they are part of a diet that is low in fats, sodium and sugar.

Here is what the American Heart Association has to say about some common superfoods:

- Salmon is a fatty fish that is low in saturated fat and high in omega-3 fatty acids, which can decrease the risk of abnormal heartbeats, reduce triglycerides (the chemical form of fats in most foods and in your body) and slow the growth of plaque in the arteries. The American Heart Association recommends eating at least two 3.5 ounce servings of fish a week.
- Turkey is a leaner substitute for beef that can be grilled, roasted or ground.
- Nuts, legumes and seeds are good sources of protein and polyunsaturated and monounsaturated fats when eaten in moderation. Choices include unsalted almonds, peanuts, pistachios and walnuts. The American Heart Association recommends getting four servings a week.
- Berries like blueberries and strawberries have high levels of phytochemicals called flavonoids. One study showed that women who consumed more blueberries and strawberries had a lower risk of heart attack. The American Heart Association recommends nine servings of fruits and vegetables a day, about 4.5 cups.
- Soy products like tofu, soy butter and soy nuts are high in polyunsaturated fat, fiber, vitamins and minerals but low in saturated fat. They could replace other high-fat proteins in the diet.
- Pumpkin is low in calories, high in fiber and high in vitamin A.
- Kale provides vitamins A and C, potassium and phytochemicals.
- Low-fat or nonfat yogurt, which provides calcium, vitamin D and protein, can be a good substitute for sour cream in recipes.
- Red wine in moderation may have some health benefits, but the American Heart Association doesn't recommend drinking alcohol to get them. High alcohol consumption can have negative effects on health, such as increased triglyceride levels, high blood pressure, and liver damage.

Sources: Ohio State University Extension Office

American Heart Association. (2013). "What's so super about superfoods?" http://www.heart.org/HEARTORG/GettingHealthy/NutritionCenter/HealthyEating/Whats-so-super-about-superfoods_UCM_457937_Article.jsp

North Dakota State University. (2012). "Superfoods." <http://www.ag.ndsu.edu/ramseycountyextension/news/extended-to-you/2012-extended-to-you/superfoods>

Di Noia, J., Ph.D. (2014). "Defining Powerhouse Fruits and Vegetables: A Nutrient Density Approach." *Prev Chronic Dis* 2014;11:130390. DOI: <http://dx.doi.org/10.5888/pcd11.130390>

Writer: Shannon Carter, Extension Educator, Family and Consumer Sciences, OSU Extension

Reviewer: Pat Brinkman, Extension Educator, Family and Consumer Sciences, OSU Extension

LUNCH CALENDAR

DECEMBER, 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
				Sausage Patty Sandwich 1 Rosemary Potatoes Mixed Vegetables Mandarin Oranges
Cream Of Potato Soup 4 Ham Salad Sandwich (LS Alt=Chicken Salad) Tossed Salad Grape Salad	Cheese Burgers 5 Seasoned Potato Wedges Normandy Vegetable Blend Pineapple	Teriyaki Chicken 6 Fried Rice Asian Vegetable Blend Juice Bananas	Italian Sausage 7 W/ Peppers & Onions (LS Alt = Uncured Franks) Roasted Vegetables Seasoned Corn 5 Cup Salad	Beef & Noodles 8 Mashed Potatoes Green Beans Fresh Fruit
Sloppy Joes 11 Roasted Potatoes Malibu Blend Apricots	Western Omelet 12 Smoky Links Hash Brown Casserole Spiced Applesauce Orange Juice	Turkey Salad Sandwich 13 w/ Lettuce & Tomato Three Bean Salad Cheese Cubes Sunshine Salad	Stuffed Peppers 14 California Blend Baked Apples Mixed Fruit Cookies	Hamloaf 15 (LS Alt = Meatloaf) Sweet Potatoes Steamed Broccoli Pears
Baked Fish 18 Macaroni & Cheese Stewed Tomatoes Peaches Juice	Beef & Barley Soup 19 Deli Chicken Sandwich Pasta Salad Broccoli Salad Grapes	Steamed Franks 20 (LS Alt = Uncured Franks) Midori Blend Vegetables Baked Beans Mandarin Oranges	Baked Chicken 21 Mashed Potatoes Green Beans Cranberry Orange Relish	Sausage Gravy & Biscuits 22 Hash Brown Casserole Tossed Salad Fruit Crunch
CLOSED FOR CHRISTMAS DAY 25	Chicken Alfredo Pasta 26 Steamed Broccoli Summer Squash Mixed Fruit	Pot Roast 27 Boiled Potatoes Carrots Pineapple	Creamed Chipped Beef 28 Mashed Potatoes Mixed Vegetables Apple Slices	Baked Ham 29 (LS Alt = Pork Roast) Scalloped Potatoes Winter Blend Vegetables Peaches Yogurt (All SF)

WAUSEON ACTIVITIES

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

DECEMBER, 2023

SENIOR B-33

PAGE 5

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				8:30 Walking with Friends 10:30 Golden Drummers 12:00 Lunch & Birthday Party 12:30 to 1:00 Walking in the Gym 1:00 to 2:30 Bonus BINGO 2:00 Putting Green Game (Gym) 1
Day Trip, Christmas at Manor House 4 9:00 Gentle Stretching (Gym) 11:00 Christmas I Spy & Word Search 11:00 Tai Chi (Senior Led) 12:00 Lunch NO Line Dancing 1:00 Chair Exercise via Video	Wear Red/ White Today 5 9:00 Stretching & Walking 10:30 Golden Drummers 11:00 Visit & Photos with Santa 12:00 Lunch 12:30 to 1:00 Walking in the Gym 1:00 Choir Practice 1:00 Pinochle 1:00 Silver Sneakers® Classic Exercise 2:00 Box of Brain Games	6 8:30 Zumba Gold 9:30 Toe Nail Clinic (Sign Up) 10:30 to 11 Walking in the Gym 11:00 Tai Chi (Senior Led) 11:15 Site Council 11:45 Heating Help with NOCAC 12:00 Lunch 1:00 Silver Sneakers Chair Yoga® 1:00 Pepper Card Game 2:00 Arm Workout with Dumbbells (Video)	7 9:00 Walking to Oldies Music 10:15 to 11:45 BINGO 11:00 Music by Evergreen Viking Voices 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 8:30 Walking with Friends 10:00 Choir to Swanton Senior Center 10:30 Golden Drummers 12:00 Lunch 12:30 to 1:00 Walking in the Gym 1:00 to 2:30 Bonus BINGO 2:00 Putting Green Game (Gym)
11 9:00 Gentle Stretching (Gym) 10:00 Free Hearing Aid Cleaning 11:00 Tai Chi (Senior Led) 11:00 Christmas Games 12:00 Lunch NO Line Dancing 1:00 Chair Exercise via Video	12 9:00 Stretching & Walking 10:30 Golden Drummers 11:00 Christmas Concert, Sunshine Bell Choir 12:00 Lunch 12:30 to 1:00 Walking in the Gym NO Choir 1:00 Pinochle 1:00 Silver Sneakers® Classic Exercise 2:00 Box of Brain Games	13 8:30 Zumba Gold 10:30 to 11 Walking in the Gym 11:00 Tai Chi (Senior Led) 11:00 Concert by Senior Center Choir 12:00 Lunch 1:00 Silver Sneakers Chair Yoga® 1:00 Pepper Card Game 2:00 Arm Workout with Dumbbells (Video)	Wear Christmas Sweater/ Tie/ Socks 14 9:00 Walking to Oldies Music 10:15 to 11:45 BINGO 11:00 Dulcimer Music, Vickie H. 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	15 8:30 Walking with Friends 10:30 Golden Drummers 12:00 Lunch 12:30 Music by Wauseon Chorale 12:30 to 1:00 Walking in the Gym 1:00 to 2:30 Bonus BINGO 2:00 Putting Green Game (Gym)
18 9:00 Gentle Stretching (Gym) 11:00 Free Blood Pressure Checks (Note Date) 11:00 Christmas Name Ten Game 11:00 Tai Chi (Senior Led) 12:00 Lunch NO Line Dancing 1:00 Chair Exercise via Video	19 9:00 Stretching & Walking 10:30 Golden Drummers 11:00 Simple Canvas Art Painting w/ Angela 12:00 Lunch 12:30 to 1:00 Walking in the Gym NO Choir 1:00 Pinochle 1:00 Silver Sneakers® Classic Exercise 2:00 Box of Brain Games	Wear Green Today 20 8:30 Zumba Gold NO Card Making with Deb B. 10:30 to 11 Walking in the Gym 11:00 Tai Chi (Senior Led) 11:00 Concert by Circle of Friends 12:00 Lunch 1:00 Silver Sneakers Chair Yoga® 1:00 Pepper Card Game 2:00 Arm Workout with Dumbbells (Video)	21 9:00 Walking to Oldies Music 10:15 to 11:45 BINGO 11:00 Cozy Christmas Stories w/ Bill 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	22 8:30 Walking with Friends 10:30 Golden Drummers 12:00 Lunch 12:30 to 1:00 Walking in the Gym 1:00 to 2:30 Bonus BINGO 2:00 Putting Green Game (Gym)
25 CLOSED MERRY CHRISTMAS!	26 9:00 Stretching & Walking 10:30 Golden Drummers 12:00 Lunch 12:30 to 1:00 Walking in the Gym NO Choir 1:00 Pinochle 1:00 Learn the Macarena & Other Dances NO Silver Sneakers® Classic Exercise 2:00 Box of Brain Games	27 NO Zumba Gold 9:00 Stretching (Video) 10:30 to 11 Walking in the Gym 11:00 Tai Chi (Senior Led) 11:00 Sequence Board Game 12:00 Lunch NO Silver Sneakers Chair Yoga® 1:00 Pepper Card Game 2:00 Arm Workout with Dumbbells (Video)	28 9:00 Walking to Oldies Music 10:15 to 11:45 BINGO 12:00 Lunch 12:30 to 1:00 Walking in the Gym NO Silver Sneakers® Classic Exercise 1:00 Winter Carnival Games & Prizes (Gym) 1:00 Pinochle 2:00 Card Games	29 8:30 Walking with Friends 10:30 Golden Drummers 12:00 Lunch 12:30 to 1:00 Walking in the Gym 1:00 to 2:30 Bonus BINGO 2:00 Putting Green Game (Gym)

**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 Word Search 1 10:00 Chair Exercises (Senior Led) 11:00 "Let's Talk About Arthritis," Plus Hand Exercises (Penny Strup) 12:00 Lunch 1:00 Games
Day Trip, Christmas at Manor House 4 9:00 Word Search No Chair Exercises 10:15 to 11:45 BINGO (Note Date) 12:00 Lunch & Birthday Dessert by Kingston 1:00 Puzzles	Wear Red/ Green 5 9:00 Chit Chat 11:00 Decorate Christmas Cookies and Listen to Cozy Christmas Stories with Bill S. 12:00 Lunch 1:00 Cards & Games	Wear Senior Center Shirt/ Hat 6 9:00 Coffee & Conversation 10:00 Site Council 11:00 Christmas Concert by Sunshine Bell Choir (Note: BINGO is Mon. Dec. 4) 12:00 Lunch 1:00 Word Search	9:00 Box of Brain Games 7 10:00 Site Council 10:15 to 11:45 BINGO 12:00 Lunch & Birthday Dessert 1:00 Games	9:00 Games 8 10:00 Chair Exercises (Senior Led) 11:00 Free Christmas Concert by Senior Center Choir 12:00 Lunch 1:00 Box of Brain Games
Wear Red/ Green 11 9:00 Chit Chat 10:00 Chair Exercises (Senior Led) 10:30 Free Blood Pressure Check by Health Dept. 11:00 Decorate Christmas Cookies & Listen to Christmas Stories with Bill S. 12:00 Lunch	9:00 Coffee & Conversation 12 10:30 Free Blood Pressure Check by Fulton County Health Department 11:00 Performance by Del-Aires and Delta Concert Choir 12:00 Lunch 1:00 Word Search	Wear Christmas Socks/ Tie/ Sweater 13 Bring red/green gifts for prize table 9:00 Box of Brain Games 10:15 to 11:45 Red/ Green BINGO 11:45 Heating Help with NOCAC 12:00 Lunch 1:00 Games	Wear Christmas Socks/ Tie/ Sweater 14 Bring red/green gifts for prize table 9:00 Games 10:15 to 11:45 Red/ Green BINGO with Delta students 12:00 Lunch 1:00 Box of Brain Games	9:00 Word Search 15 10:00 Chair Exercises (Senior Led) 10:20 (Note Time) Fun & Games with Swanton High School Students 12:00 Lunch 1:00 Cards & Games
9:00 Coffee & Conversation 18 10:00 Chair Exercises (Senior Led) 11:00 Board Games 12:00 Lunch 1:00 Word Search	Wear Senior Center Shirt/ Hat 19 9:00 Box of Brain Games 11:00 Christmas Concert by Sunshine Bell Choir 12:00 Lunch 1:00 Games	Bring a Wrapped White Elephant Gift for the Prize Table 20 9:00 Puzzles 10:15 to 11:45 "Don't Get Your Tinsel in a Tangle" BINGO 12:00 Lunch 1:00 Box of Brain Games	Bring a Wrapped White Elephant Gift for the Prize Table 21 9:00 Word Search 10:15 to 11:45 "Don't Get Your Tinsel in a Tangle" BINGO 12:00 Lunch 1:00 Cards & Games	9:00 Word Games 22 10:00 Chair Exercises (Senior Led) 11:00 Christmas Themed Card Games 12:00 Lunch 1:00 Chit Chat
25 CLOSED MERRY CHRISTMAS!	9:00 Box of Brain Games 26 11:00 Canasta Craze 12:00 Lunch 1:00 Box of Brain Games	Invite Your Grandkids To BINGO 27 9:00 Word Search 10:15 to 11:45 BINGO 12:00 Lunch 1:00 Cards & Games	Invite Your Grandkids To BINGO 28 9:00 Word Games 10:15 to 11:45 BINGO 12:00 Lunch 1:00 Chit Chat	Wear White/ Silver/ Gold/ Sparkles 29 9:00 Word Search 10:00 Chair Exercises (Senior Led) 11:00 "Happy Noon Year" Game Day 12:00 Lunch 1:00 Puzzles

SENIOR
B-33

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 10:15 to 11:45 BINGO 12:00 Lunch & Birthday Dessert 1:00 Box of Brain Games 1
Day Trip, Christmas at Manor House 4 9:00 Cards 11:00 Cozy Christmas Stories with Bill Senecal 12:00 Lunch 1:00 Cards	9:00 Cards 5 11:00 Music by The Company from Archbold High School 11:40 Site Council 12:00 Lunch 1:00 Games	9:00 Coffee & Conversation 6 10:00 Chair Yoga 10:45 Site Council 11:00 Fayette School Band & Choir 12:00 Lunch 1:00 Puzzles	Wear Christmas Sweater/ Socks/ Tie 7 9:00 Skip Bo 10:15 to 11:45 BINGO 11:45 Heating Help with NOCAC 12:00 Lunch & Birthday Dessert 1:00 Box of Brain Games	Wear Christmas Sweater/ Socks/ Tie 8 9:00 Pepper 10:15 to 11:45 BINGO 11:45 Heating Help with NOCAC 12:00 Lunch 1:00 Cards & Games
9:00 Cards 11 10:00 (Note Time) Christmas Movie Trivia 12:00 Lunch 1:00 Games	9:00 Coffee & Conversation 12 11:00 Will Hinton, Guitar Music 12:00 Lunch 1:00 Puzzles	9:00 Chit Chat 13 10:00 Chair Yoga 11:00 Cookie Exchange/ Recipe Exchange/ Decorate Christmas Cookies 12:00 Lunch 1:00 Box of Brain Games	Wear Green/ Red; Bring Something for the Prize Table that is Red or Green 14 9:00 Skip Bo 10:15 to 11:45 Green/ Red BINGO; Red/Green Prizes 12:00 Lunch 1:00 Cards & Games	Wear Green/ Red; Bring Something for the Prize Table that is Red or Green 15 9:00 Pepper 10:15 to 11:45 Green/ Red BINGO; Red/Green Prizes 12:00 Lunch 1:00 Word Search
9:00 Coffee & Conversation 18 No BP Checks 11:00 Christmas Themed Games 12:00 Lunch 1:00 Puzzles	9:00 Chit Chat 19 10:30 Free Blood Pressure Checks (Note Time) 10:30 Decorate Christmas Cookies with Bill S. 12:00 Lunch 1:00 Box of Brain Games	9:00 Cards 20 10:00 Chair Yoga 11:00 Free Christmas Concert by Sunshine Bell Choir 12:00 Lunch 1:00 Cards & Games	Bring a Wrapped, Gently Used Gift 21 9:00 Skip Bo 10:15 to 11:45 White Elephant BINGO 12:00 Lunch 1:00 Word Search	Bring a Wrapped, Gently Used Gift 22 9:00 Pepper 10:15 to 11:45 White Elephant BINGO 12:00 Lunch 1:00 Chit Chat
25 CLOSED MERRY CHRISTMAS!	9:00 Cards 26 11:00 ZINGO 12:00 Lunch 1:00 Cards & Games	9:00 Cards 27 10:00 Chair Yoga 11:00 ZINGO 12:00 Lunch 1:00 Word Search	Wear Sparkly/ Gold/ Silver/ White 28 9:00 Coffee & Conversation 10:15 to 11:45 Happy Noon Year BINGO 12:00 Lunch 1:00 Chit Chat	Wear Sparkly/ Gold/ Silver/ White 29 9:00 Pepper 10:15 to 11:45 Happy Noon Year 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 DECEMBER 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, Sam Sanderson, Jim Lugbill, Brenda Hauck, James Mapes, Angela Johnston
Substitutes	Judy Thourot, James Baldwin, Robert Shaw, Vicki 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