

SERVING CITIZENS OF FULTON COUNTY 60 YEARS & OVER

SENIOR



JANUARY 2024

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

- | | |
|---|--|
| January 1 – Closed for New Year’s Day | January 15 – Closed for Martin Luther King Jr. Day |
| January 8 – Free Hearing Aid Cleaning at Fulton Co. Senior Center, Wauseon | January 16 – Free Blood Pressure Check at Archbold Senior Center |
| January 8 – Free Blood Pressure Check at Swanton Senior Center | January 17 – Toenail clinic at Fulton Co. Senior Center, Wauseon (Call for appt.) |
| January 9 – Free Blood Pressure Check at Delta Senior Center | January 18 – Day Trip, Spangler Candy World |
| January 10 – Free Hearing Aid Cleaning at Swanton Senior Center | January 22 – Free Blood Pressure Check at Fayette Senior Center |
| January 11 & 25 – New Arthritis Management/ Movement Class with Jordan | January 23 – Free Blood Pressure Check at Fulton Co. Senior Center, Wauseon |

SENIOR SPOTLIGHT



“The Senior Center is my happy place! If it weren’t for the Senior Center, I don’t know where I would be right now,” Nancy Hall said. In early 2022, Nancy visited the Fulton County Senior Center in Wauseon on the recommendation of her doctor. “I lost my husband in 2015, and had a difficult recovery from a surgery. I was in a dark place when I showed up at the Senior Center. I was crying a lot, and didn’t feel like doing anything,” she explained. “I slowly got involved and tried some exercise classes. I tried Silver Sneakers Classic exercise class. I liked it, and I still attend that each week. Next, I tried Golden Drummers. I liked drumming immediately. It’s a wonderful stress reliever. Karen is an awesome instructor. Everybody is so nice. It’s an awesome place,” she said. “I feel so much better! As of December, I have lost 77 pounds!” Nancy said.

Nancy grew up in Holland, Ohio, and graduated from Spencer-Sharples school, class of 1965, where she was awarded the Crisco award in Home Economics. She and her husband Kenneth raised three children. Nancy has three grandsons and three granddaughters. Nancy spent many years working in the restaurant industry in and around northwest Ohio. “I still like to cook and bake, especially around the holidays. My family often asks for my Polish Coffee Cake,” she said. “The meals at the Senior Center are really good. If you have never been to the Senior Center, you don’t know what you are missing!” Nancy said.

LEARN WAYS TO OVERCOME ARTHRITIS PAIN

The Fulton County Senior Center in Wauseon is pleased to announce a new class that will be offered in our gym at 9 AM on Thursday, January 11 and 25. Jordan Searel, owner of Kinesis, Movement = Medicine, (formerly Fusion Fitness) in Archbold, will lead this free exercise class. Seniors will learn how to improve their mobility and decrease joint pain with basic, easy to remember motions. "I call it movement counseling," Jordan said. "Seniors will have the option to ask for advice about muscle and joint issues that affect them specifically. It will be a conversation as well as a class. Arthritis is not irreversible, and we want to encourage seniors to keep moving and live full lives. The class will mostly be seated and will focus on the lower body one week, and the upper body the next. It will also include some basic nutrition and hydration advice. My class will help seniors be even more prepared to participate in the other exercise classes that the Senior Center offers," Jordan added. Jordan has experience helping clients relieve tension, inflammation, joint pain, and muscle pain. He looks forward to sharing practical tips that you can apply right away. This class is sponsored and will be offered at no charge to Fulton County seniors age 60 and over, \$10 per class all others. To sign up and reserve your spot, please call 419-337-9299.

OPEN ENROLLMENT SUMMARY

Information, Referral and Insurance Specialist, Valerie Edwards, had a record-setting year assisting county seniors. If you have called in to make an appointment with Val, and she did not have any openings, these statistics will explain why. Her total contacts, from January to mid-December were 1352. And 409 of those contacts, (phone calls and appointments) took place from October through December 11th, 2023. During the Medicare Open Enrollment period, Val helped seniors save a record amount of \$149,691. If you have your 2024 calendar, make a note to call Val in July or August so you can get an appointment with her for Medicare Open Enrollment when it opens in the fall.

A SWEET DAY TRIP

Join us for a day trip to the brand new Spangler Candy World in Bryan, Ohio, on Thursday, January 18. The new building opened in December, and features a retail store with candy and merchandise, interactive historical displays that reflect Spangler Candy Company's 117-year history, games and activities, and a 40-seat theater that allows patrons to get an up-close view of the famous candy pieces being made in the factory. After our visit to Spangler, we'll dine in a local restaurant. Seniors may board the bus at the Delta Senior Center or the Fulton County Senior Center in Wauseon. For more information and to sign up for this day trip, please call 419-337-9299. We look forward to you joining us.

WALK TO HEALTHY STREET

When no gym activities are taking place, you may walk in the gym at the Wauseon Senior Center. Check the Wauseon calendar page in this newsletter for specific walking times. Simply taking a brisk 30-40 minute walk most days offers the following stunning rewards:

- A 35% reduction in the risk of Alzheimer's and other dementias.
- A 30 to 50% reduction in the risk of premature death.
- A 35% reduction in the risk of heart attacks and strokes.
- A 30% reduction in arthritic knee pain.
- Relief from mild to moderate depression on par with prescription antidepressants.
- Significant protection from cancers of the breast, colon, and uterus, along with significant improvement in the survivorship of breast, prostate, and colon cancers.

Above information is from Dr. Ann's Wellness Bulletin, Dr. Ann Kulze, M.D.

WINTER WEATHER ALERTS

Have you taken action and stocked up on a few shelf-stable meals in your kitchen in the unlikely event that bad weather closes our Senior Center kitchen? In addition, we thank you in advance for providing a safe way to bring your meal to your door. Your meal delivery driver appreciates it when you make their safety a priority and arrange to keep your driveway and sidewalks clear of snow and ice. If bad weather cancels Senior Center 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. A Level 2 or 3 snow emergency will cancel all meals and programs.

NUTRITION EDUCATION

PUTTING MYPLATE ON YOUR TABLE: GRAINS

MyPlate, the U.S. Department of Agriculture (USDA) food guidance system, helps individuals use the 2010 Dietary Guidelines for Americans to make smart choices from every food group. MyPlate includes an interactive, online guide that provides individuals with recommended food amounts to eat, based on gender, age and physical activity level. Find personalized guides and other resources at choosemyplate.gov. Here is an introduction to the grains food group.

Why Grains? Grains provide energy, fiber, iron & B vitamins.

Which Foods Are in the Grains Group?

Foods in the grains group are made from rice, wheat, oats, cornmeal, barley or other cereal grains. Examples of grain products are bread, pasta, crackers, tortillas, rice, breakfast cereal and oatmeal.

How Much Is Needed from the Grains Group?

The USDA's daily recommendation for grain intake is as follows: Women over age 51, 5 ounce equivalent and men over age 51, 6 ounce equivalent, with at least half of those being whole grains.

Note these 1-ounce equivalents: 1 slice of bread, ½ cup cooked rice, ½ cup cooked oatmeal, ½ cup cooked pasta, 1 cup ready-to-eat cereal, 3 cups air-popped popcorn, 1 mini bagel, 4 to 6 crackers, 1 small tortilla (6-inch).

Make at Least Half of Your Grains Whole.

Grains are divided into two subgroups: whole grains and refined grains.

Whole grains contain the entire grain kernel: the bran (fiber-rich), germ (nutrient-rich) and endosperm (carbohydrate-rich). Refined grains are milled, removing the bran and germ. Refining gives grains a finer texture and improves shelf life, but it also removes healthy vitamins and fiber.

When choosing whole grains, look for product labels that state "100% whole wheat" or "100% whole grain."

You can also look for grain products that have "whole wheat" or "whole grain" listed first on the ingredient list. This is a good indicator that the product contains mostly whole grains.

Examples of whole grain foods include whole-wheat or whole-rye bread, whole-wheat pasta, whole-wheat or whole-grain crackers, oatmeal, brown rice, and popcorn.

References

Original Authors: Linnette Goard, M.S., Cindy Oliveri, M.S. Revised by Bridgette Kidd, M.P.H., R.D., L.D., Healthy People Program Specialist, Family and Consumer Sciences, Ohio State University Extension; and Carol Smathers, M.P.H., M.S., Field Specialist, Youth Nutrition and Wellness, Family and Consumer Sciences Duyff, R. L. The American Dietetic Association Complete Food and Nutrition Guide. 4th ed. Hoboken: John Wiley and Sons, 2012. USDA. "MyPlate." (2010). Accessed September 2014. choosemyplate.gov. USDA and U.S. Department of Health and Human Services. Dietary Guidelines for Americans. 7th ed. Washington, DC: U.S. Government Printing Office, 2010.

NEW YEAR GOALS

The American Geriatrics Society's Health in Aging Foundation recommends these top 10 healthy New Year's resolutions for older adults to help achieve your goal of becoming and staying healthy. The Fulton County Senior Centers would like to help you meet your New Year's goals.

- 1. Eat fruits, vegetables, whole grains, fish, low-fat dairy and healthy fats.** In later life, you still need healthy foods, but fewer calories.
- 2. Consider a multivitamin.** Consult your healthcare provider about any nutrition issues that may need over-the-counter vitamins or nutrition supplements.
- 3. Be active.** Take a walk outside when the weather is good. Stroll around the inside of your home if winter weather is howling outside. Remember, if you get up and move during commercials, that's better than nothing.
- 4. See your provider regularly.** Schedule an annual wellness visit with your healthcare provider around your birthday month to discuss health screenings and any changes in your advance directives.
- 5. Toast with a smaller glass.** Excessive drinking can make you feel depressed, increase your chances of falling, cause trouble sleeping, interact with your medications, and can contribute to other health problems.
- 6. Guard against falls.** One in every three older adults falls each year; falls are a leading cause of injuries and death among older adults.
- 7. Give your brain a workout.** The more you use your mind, the better it will work.
- 8. Quit smoking.** Did you know that cigarette smokers are twice as likely to develop heart disease as non-smokers? It is never too late to quit.
- 9. Speak up when you feel down or anxious;** many seniors feel anxious or depressed. Reach out if these feelings linger longer than two weeks.
- 10. Get enough sleep;** at least 7 to 8 hours of sleep a night.

Source: <https://www.healthinaging.org/tools-and-tips/top-10-healthy-new-years-resolutions-older-adults>

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
1 CLOSED FOR NEW YEARS DAY	2 Breaded Chicken Strips O'Brien Potatoes California Blend Ambrosia	3 Goulash Cooked Cabbage Fruit Crunch Fresh Fruit	4 Beef Stroganoff Egg Noodles Brussels Sprouts Applesauce Juice	5 Chili w/Beans Mexican Style Rice Summer Squash Tropical Fruit Cookies
8 Hot Chicken Sandwich Roasted Potatoes Cole Slaw Baked Apples	9 Sausage, Egg & Cheese Sandwich Hash Brown Casserole Corn Nuggets Pineapple	10 Beef & Noodles Mashed Potatoes Green Beans Pears	11 Lasagna Steamed Broccoli Sliced Carrots Dark Sweet Cherries	12 Cheese Burger Soup Tossed Salad Kidney Bean Salad Jell-O
15 CLOSED FOR MLK Jr. DAY	16 Salisbury Steak (Alt = Liver & Onions) Mashed Potatoes Sugar Snap Peas Mixed Fruit	17 Swedish Meatballs Egg Noodles Cooked Cabbage Beets Grapes	18 Hamloaf (LS Alt=Meatloaf) Sweet Potatoes Malibu Blend Applesauce Pudding	19 Fish Sandwich Macaroni & Cheese Stewed Tomatoes Fresh Fruit Juice
22 Cheese Burgers Seasoned Potato Wedges Spinach Orange Sections	23 Baked Chicken Mashed Potatoes Green & Wax Beans Cranberry Relish Iced Cake	24 Grilled Bratwurst w/Peppers & Onions (LS Alt=Uncured Franks) Yukon Gold Potatoes Peas & Mushrooms Fruit Salad	25 Broccoli Cheese Soup Roast Beef Sandwich Potato Chips Cottage Cheese Watergate Salad	26 Creamed Chicken Over Biscuits Normandy Blend Fruit Crisp
29 Hot Dogs (LS Alt=Chicken Breast) Baked Beans Seasoned Corn Pineapple	30 Hamburger Gravy Mashed Potatoes Mixed Vegetables Fresh Fruit	31 Breaded Pork Chops Rice Pilaf Buttered Beets Pears Vegetable Juice		

WAUSEON ACTIVITIES

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

JANUARY, 2024

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1	2	3	4	5
CLOSED HAPPY NEW YEAR!	8:00 Gym Open for Walking 10:30 Golden Drummers 11:00 Word Search 12:00 Lunch 12:30 Walking in the Gym NO Choir 1:00 Silver Sneakers® Classic Exercise 1:00 Pinochle 2:00 Box of Brain Games	8:00 Stretching & Walking 8:45 Zumba Gold (Sponsored by Genacross) 9:45 Walking in the Gym 11:00 Tai Chi (Senior Led) 11:00 Site Council 12:00 Lunch 1:00 Silver Sneakers Chair Yoga® 1:00 Hand & Foot Card Game 2:00 Arm Workout with Dumbbells (Video)	8:00 Walking to Oldies Music 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	8:00 Walking with Friends 10:30 Golden Drummers 12:00 Lunch & Birthday Party; Dessert is Sponsored by Heritage Health Care 12:30 Walking in the Gym 1:00 to 2:30 Bonus BINGO 2:00 Putting Green Game (Gym)
8	9	10	11	12
8:00 Walking (Gym) 9:00 Gentle Stretching (Gym) 10:30 Free Hearing Aid Cleaning 11:00 Sequence 11:00 Tai Chi (Senior Led) 12:00 Lunch NO Line Dancing 1:00 Chair Exercise via Video 2:00 Corn Hole	8:00 Gym Open for Walking 10:30 Golden Drummers 11:00 Paper Detective: Treasure & Picnic 12:00 Lunch 12:30 Walking in the Gym 1:00 Choir 1:00 Silver Sneakers® Classic Exercise 1:00 Pinochle 2:00 Box of Brain Games	Wear a Sweatshirt Today 8:00 Stretching & Walking 8:45 Zumba Gold (Sponsored by Genacross) 9:45 Walking in the Gym 11:00 Tai Chi (Senior Led) 11:00 "Our Life in Indonesia," the Doriot's 12:00 Lunch 1:00 Silver Sneakers Chair Yoga® 1:00 Hand & Foot Card Game 2:00 Corn Hole	8:00 Walking to Oldies Music 9:00 New Class! Manage Arthritis, Jordan S. 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	8:00 Walking with Friends 10:30 Golden Drummers 12:00 Lunch 12:30 Walking in the Gym 1:00 to 2:30 Bonus BINGO 2:00 Putting Green Game (Gym)
15	16	17	18	19
CLOSED MARTIN LUTHER KING JR. DAY	8:00 Stretching & Walking 10:30 Golden Drummers 11:00 Hidden Pictures: Snowflake / Rush 12:00 Lunch 12:30 Walking in the Gym 1:00 Choir 1:00 Silver Sneakers® Classic Exercise 1:00 Pinochle 2:00 Box of Brain Games	8:00 Gym Open for Walking 8:45 Zumba Gold (Sponsored by Genacross) 9:30 Toenail Clinic (Sign Up) 9:45 Walking in the Gym 11:00 Tai Chi (Senior Led) 11:00 "Creating Your Own Sunshine" w/ Jen 12:00 Lunch 1:00 Silver Sneakers Chair Yoga® 1:00 Hand & Foot Card Game 2:00 Corn Hole	Day Trip, New Spangler Candy Museum Wear a Senior Center Shirt/ Hat Today 8:00 Walking to Oldies Music 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	8:00 Walking with Friends 10:30 Golden Drummers 12:00 Lunch 12:30 Walking in the Gym 1:00 to 2:30 Bonus BINGO 2:00 Putting Green Game (Gym)
22	23	24	25	26
8:00 Walking (Gym) 9:00 Gentle Stretching (Gym) 11:00 January Name Ten Paper Game 11:00 Tai Chi (Senior Led) 12:00 Lunch 1:00 Line Dancing 2:45 Chair Exercise via Video	8:00 Gym Open for Walking 10:30 Golden Drummers 11:00 Free Blood Pressure Checks (Note Date) 12:00 Lunch 12:30 Walking in the Gym 1:00 Choir 1:00 Silver Sneakers® Classic Exercise 1:00 Pinochle 2:00 Box of Brain Games	8:00 Stretching & Walking 8:45 Zumba Gold (Sponsored by Genacross) 9:45 Walking in the Gym 11:00 Tai Chi (Senior Led) 12:00 Lunch 1:00 Silver Sneakers Chair Yoga® 1:00 Hand & Foot Card Game 2:00 Corn Hole	8:00 Walking to Oldies Music 9:00 New Class! Manage Arthritis, Jordan S. 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	8:00 Walking with Friends 10:30 Golden Drummers 12:00 Lunch 12:30 Walking in the Gym 1:00 to 2:30 Bonus BINGO 2:00 Putting Green Game (Gym)
29	30	31		
9:00 Gentle Stretching (Gym) 8:00 Walk Away The Winter Blues 11:00 I Spy Paper Game 11:00 Tai Chi (Senior Led) 12:00 Lunch 1:00 Line Dancing 2:45 Chair Exercise via Video	8:00 Stretching & Walking 10:30 Golden Drummers 11:00 Animals in Hiding Word Game 12:00 Lunch 12:30 Walking in the Gym 1:00 Choir 1:00 Pinochle 1:00 Silver Sneakers® Classic Exercise 2:00 Box of Brain Games	Wear White/ Silver/ Gray/ Glitter 8:00 Gym Open for Walking 8:45 Zumba Gold (Sponsored by Genacross) 11:00 Tai Chi (Senior Led) 11:00 Downsizing Ideas w/ Marcia Holly 12:00 Lunch 1:00 Silver Sneakers Chair Yoga® 1:00 Hand & Foot Card Game 2:00 Corn Hole		

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

DELTA / SWANTON ACTIVITIES

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 CLOSED HAPPY NEW YEAR!	2 9:00 Puzzles 11:00 Game Day 12:00 Lunch 1:00 Cards	3 Wear Senior Center Shirt/ Hat Today 9:00 Word Games 10:15 to 11:45 BINGO 12:00 Lunch and Birthday Dessert, Sponsored by Kingston 1:00 Chit Chat	4 Wear Senior Center Shirt/ Hat Today 9:00 Games 10:15 to 11:45 BINGO 12:00 Lunch and Birthday Dessert 1:00 Word Search	5 9:00 Coffee & Conversation 10:00 Chair Exercises (Senior Led) 11:00 Rock On with State Line Gem & Mineral Society 12:00 Lunch 1:00 Cards & Games
8 9:00 Puzzles 10:00 Chair Exercises (Senior Led) 11:00 Free Blood Pressure Checks and "Just So You Know," by Fulton Co. Health Dept. 12:00 Lunch 1:00 Cards	9 9:00 Word Games 11:00 Free Blood Pressure Checks and "Just So You Know," by Fulton Co. Health Dept. 12:00 Lunch 1:00 Chit Chat	10 Wear a Sweatshirt Today 9:00 Games 9:45 Free Hearing Aid Cleaning by Hearing Life of Wauseon 10:15 to 11:45 BINGO 12:00 Lunch 1:00 Word Search	11 Wear a Sweatshirt Today 9:00 Coffee & Conversation 10:15 to 11:45 BINGO with Delta Students 12:00 Lunch 1:00 Cards & Games	12 9:00 Box of Brain Games No Chair Exercises 10:20 (Note Time) Bunco with Swanton High School Students 12:00 Lunch 1:00 Chit Chat
15 CLOSED MARTIN LUTHER KING JR. DAY	16 9:00 Games 9 to 11 Free Vascular Screenings (Sign Up) 11:00 Program for all seniors by UTMC Vascular Staff 12:00 Lunch 1:00 Word Search	17 Wear Red/ Tan or Winnie the Pooh 9:00 Coffee & Conversation 10:15 to 11:45 Winnie The Pooh Hunny Pot BINGO 12:00 Lunch 1:00 Cards & Games	18 Day Trip, New Spangler Candy Museum - Wear a Senior Center Shirt On The Trip Wear Red/ Tan or Winnie the Pooh 9:00 Box of Brain Games 10:15 to 11:45 Winnie the Pooh Hunny Pot BINGO 12:00 Lunch 1:00 Chit Chat	19 9:00 Puzzles 10:00 Chair Exercises (Senior Led) 11:00 "Dealing with Rising Energy Costs," Amy Carles, Ohio Consumers' Counsel 12:00 Lunch 1:00 Cards
22 9:00 Games 10:00 Chair Exercises (Senior Led) 11:00 Show & Tell: Your Hobby or Collection 12:00 Lunch 1:00 Word Search	23 9:00 Coffee & Conversation 11:00 Dulcimer Music, Vickie Halsey 12:00 Lunch 1:00 Cards & Games	24 9:00 Box of Brain Games 10:15 to 11:45 BINGO 12:00 Lunch 1:00 Chit Chat	25 9:00 Puzzles 10:15 to 11:45 BINGO 12:00 Lunch 1:00 Cards	26 9:00 Word Games 10:00 Chair Exercises (Senior Led) 11:00 Lively Game/ Chat with Sara C. Hospice of Northwest Ohio 12:00 Lunch 1:00 Cards & Games
29 9:00 Coffee & Conversation 10:00 Chair Exercises (Senior Led) 11:00 Mexican Train Dominoes 12:00 Lunch 1:00 Cards & Games	30 9:00 Box of Brain Games 11:00 Guitar Music by Will Hinton 12:00 Lunch 1:00 Chit Chat	31 9:00 Puzzles 10:15 to 11:45 BINGO 12:00 Lunch 1:00 Cards		

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					
1 CLOSED HAPPY NEW YEAR!	9:00 Cards 11:00 ZINGO 12:00 Lunch 1:00 Puzzles	2	9:00 Games 10:00 Chair Yoga 10:45 Site Council 11:00 "My Israel Trip," Teo Moreno of Pettisville 12:00 Lunch 1:00 Chit Chat	3	9:00 Skip Bo 10:15 to 11:45 BINGO 12:00 Lunch 1:00 Box of Brain Games	4	9:00 Coffee & Conversation 10:15 to 11:45 BINGO 12:00 Lunch & Birthday Dessert 1:00 Cards & Games	5	
9:00 Cards 11:00 January Name Ten/ Word Search 12:00 Lunch 1:00 Puzzles	8	9:00 Games 11:00 Music by Peter Villalovos & Friends 12:00 Lunch 1:00 Chit Chat	9	9:00 Phase 10 10:00 Chair Yoga 11:00 "Dealing With High Energy Prices" Amy Carles, Ohio Consumers' Counsel 12:00 Lunch 1:00 Box of Brain Games	10	9:00 Coffee & Conversation 10:15 to 11:45 BINGO 12:00 Lunch 1:00 Cards & Games	11	Wear a Sweatshirt Today 9:00 Pepper 10:15 to 11:45 BINGO 12:00 Lunch 1:00 Word Search	12
15 CLOSED MARTIN LUTHER KING JR. DAY	9:00 Cards with Friends 11:00 Free Blood Pressures Checks by Fulton County Health Department. "Just So You Know" Health Tips Program 12:00 Lunch 1:00 Box of Brain Games	16	9:00 Coffee & Conversation 10:00 Chair Yoga 11:00 Music by Will Hinton 12:00 Lunch 1:00 Cards & Games	17	Wear Red/ Tan or Winnie the Pooh 9:00 Skip Bo 10:15 to 11:45 Winnie The Pooh Hunny Pot BINGO 12:00 Lunch 1:00 Word Search	18	Wear Red/ Tan or Winnie the Pooh 9:00 Cards 10:15 to 11:45 Winnie The Pooh Hunny Pot BINGO 12:00 Lunch 1:00 Chit Chat	19	
9:00 Coffee & Conversation 11:00 Free Blood Pressures Checks by Fulton County Health Department. "Just So You Know" Health Tips Program 12:00 Lunch 1:00 Box of Brain Games	22	9:00 Coffee & Conversation 11:00 Habitat for Humanity Update with Director Heidi Kern 12:00 Lunch 1:00 Cards & Games	23	9:00 Coffee & Conversation 10:00 Chair Yoga 11:00 ZINGO 12:00 Lunch 1:00 Word Search	24	9:00 Skip Bo 10:15 to 11:45 BINGO 12:00 Lunch 1:00 Chit Chat	25	Wear a Senior Center Shirt/Hat 9:00 Pepper 10:15 to 11:45 BINGO 12:00 Lunch 1:00 Box of Brain Games	26
9:00 Coffee & Conversation 10:00 Movie Trivia Monday (Note Time) 12:00 Lunch 1:00 Cards & Games	29	9:00 Pepper 11:00 "Dealing With High Energy Prices" Amy Carles, Ohio Consumers' Counsel 12:00 Lunch 1:00 Word Search	30	Wear a Senior Center Shirt/ Hat 9:00 Games 10:00 Chair Yoga 11:00 Lively Game/ Chat, Sara C. with Hospice of Northwest Ohio 12:00 Lunch 1:00 Chit Chat	31				



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 JANUARY 1, 2024

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.....	Juan Avina, Tiffany Emery, Meredith Grime, Brenda Hauck, Angela Johnston, Jim Luginbill, James Mapes, Jack Myers, Aimee Roth, Sam Sanderson, Jeffrey Waidelich
Substitutes.....	James Baldwin, Anita Ehrsam, Aria Frey, Jeanette Gorsuch, Tim Gorsuch, Michael Grauman, Steve Jackson, Karen James, Vicki Kline, Cheryl Kohls, Michael Mangas, Sharon McCabe, Judy Mino, Becky Peabody, Dennis Peabody, Mary Schultz, Robert Shaw, Judy Thourot

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