

WAUSEON ACTIVITIES

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

JANUARY, 2024

SENIOR

B-33

PAGE 5

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 CLOSED HAPPY NEW YEAR!	2 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	3 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)	4 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	5 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 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	9 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	10 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	11 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	12 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 CLOSED MARTIN LUTHER KING JR. DAY	16 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	17 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	18 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	19 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 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	23 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	24 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	25 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	26 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 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	30 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	31 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		

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!	2 9:00 Cards 11:00 ZINGO 12:00 Lunch 1:00 Puzzles	3 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	4 9:00 Skip Bo 10:15 to 11:45 BINGO 12:00 Lunch 1:00 Box of Brain Games	5 9:00 Coffee & Conversation 10:15 to 11:45 BINGO 12:00 Lunch & Birthday Dessert 1:00 Cards & Games
8 9:00 Cards 11:00 January Name Ten/ Word Search 12:00 Lunch 1:00 Puzzles	9 9:00 Games 11:00 Music by Peter Villalovos & Friends 12:00 Lunch 1:00 Chit Chat	10 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	11 9:00 Coffee & Conversation 10:15 to 11:45 BINGO 12:00 Lunch 1:00 Cards & Games	12 Wear a Sweatshirt Today 9:00 Pepper 10:15 to 11:45 BINGO 12:00 Lunch 1:00 Word Search
15 CLOSED MARTIN LUTHER KING JR. DAY	16 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	17 9:00 Coffee & Conversation 10:00 Chair Yoga 11:00 Music by Will Hinton 12:00 Lunch 1:00 Cards & Games	18 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	19 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
22 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	23 9:00 Coffee & Conversation 11:00 Habitat for Humanity Update with Director Heidi Kern 12:00 Lunch 1:00 Cards & Games	24 9:00 Coffee & Conversation 10:00 Chair Yoga 11:00 ZINGO 12:00 Lunch 1:00 Word Search	25 9:00 Skip Bo 10:15 to 11:45 BINGO 12:00 Lunch 1:00 Chit Chat	26 Wear a Senior Center Shirt/Hat 9:00 Pepper 10:15 to 11:45 BINGO 12:00 Lunch 1:00 Box of Brain Games
29 9:00 Coffee & Conversation 10:00 Movie Trivia Monday (Note Time) 12:00 Lunch 1:00 Cards & Games	30 9:00 Pepper 11:00 "Dealing With High Energy Prices" Amy Carles, Ohio Consumers' Counsel 12:00 Lunch 1:00 Word Search	31 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		