

SERVING CITIZENS OF FULTON COUNTY 60 YEARS & OVER

SENIOR

FEBRUARY 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

February 6 & 21 – “Dealing with High Energy Costs”

February 8 – Health Screenings by FC Health Center

February 8 & 22 – Free “Managing Arthritis” class

February 9 & 13 – “Downsizing Tips with Marcia”

February 12-15 – Vintage Love Letters w/ storyteller Bill S.

February 13 – Life Topic with Sandy, “Finding Peace”

February 14 – Happy Valentine’s Day!

February 19 – (ALL SITES) Closed for Presidents’ Day

February 21 – Make greeting cards with Deb B. (Sign up)

February 27 – Life Topic with Sandy, “Finding Hope”

February 28 – Toenail Clinic (Sign up)

February 29 – Happy Leap Day!

SENIOR SPOTLIGHT



Roger and Suzanne Doriot of rural Fayette are enjoying life back in Roger’s home area after spending nearly 47 years as missionaries in Indonesia. Roger graduated from Archbold High School, class of 1961, and in 1975 found himself nearly 10,000 miles from Fulton County, serving with his wife, Suzanne. The Doriots helped with translation, literacy, medical care and a variety of other tasks, as needs arose, raised a family, (they have five children and twelve grandchildren) and returned to Fulton County just over a year ago. The couple met in Texas while Suzanne was earning her nursing degree and Roger was completing courses in Bible translation.

“Our work in Indonesia was sometimes difficult, many times discouraging, even exasperating, but also rewarding, fulfilling, satisfying, and we would not have traded places with anyone, as we believed this was where the Lord wanted us to be,” Roger said.

Roger and Suzanne have been involved with our Senior Center sites in a variety of ways. “I think it’s really valuable to have places where seniors can meet together, do activities together, and learn together. The Senior Center meals are really good meals at a really good price! We attended a Senior Center day trip to watch the Toledo Walleye play hockey. We greatly appreciate the Silver Sneakers Classic exercise class, too. I need regular exercise, but I find it’s more motivating to join a group instead of exercising on my own,” Roger explained.

You can hear more of the Doriots’ story as they share at our Senior Center sites in the coming weeks. (Refer to the newsletter calendars for more information).

TOENAIL APPOINTMENTS

Community Health Professionals will provide toenail clinic appointments at the Fulton County Senior Center in Wauseon. The Wauseon site at 240 Clinton Street is taking appointments for a toenail clinic on Wednesday, February 28 and Wednesday, March 27.

Call 419-337-9299 to reserve your spot for any of these dates. A \$15 donation per person will be accepted at each clinic. Please soak your feet for 30 minutes before coming to the clinic so your nails will be softer and easier to work with. If you are diabetic, please indicate that when you sign up for your appointment.

WHERE'S VAL IN 2024?

Val Edwards, Information & Referral Specialist, will take appointments at the following locations. Get help understanding Medicare and Social Security issues, insurance, bills, completing applications, and more. Please make an appointment well in advance with Val for any of these dates by calling 419-337-9299. Val's services are offered at no cost to seniors in partnership with Wyse Commons and the local libraries.

Wednesday, February 14, from 10:00 AM to noon at the Delta Library.

Thursday, February 15, from 10:00 AM to noon at the Swanton Library.

Thursday, February 22, from 10:00 AM to noon at Wyse Commons on the Fairlawn campus.

Tuesday, February 27 from 10:00 AM to noon at the Evergreen Library in Metamora.

Val has some appointments available to meet with seniors at the Fulton County Senior Center, 240 Clinton Street, Wauseon.

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.

TAX HELP UPDATE

Unfortunately, Northwest Ohio Community Action Commission (NOGAC) is unable to assist seniors with tax preparation this year. To find the VITA site nearest you, please call 800-906-9887, or visit the website irs.treasury.gov/freetaxprep/

At the website, you will input your zip code and a radius of miles to find a tax preparer. We apologize for any inconvenience.

SCREEN YOUR HEALTH WITH FULTON COUNTY HEALTH CENTER

On Thursday, February 8, 2024, what will a \$5 donation get you? Get your total cholesterol, your HDL, your blood pressure and your non-fasting glucose checked. By donating \$5, you will also support the 2024 Heart Radiothon.

Fulton County Health Center will be at the Fulton County Senior Center, 240 Clinton Street, to give simple health screenings via a finger stick. Please call 419-337-9299 to sign up.

The same screenings will be offered at our other sites at later dates. Wednesday, April 24, at the Swanton Senior Center; Thursday, April 25 at the Delta Senior Center; Friday, May 3 at the Archbold Senior Center and Thursday, May 9 at the Fayette Senior Center. Future newsletters will include sign-up information.

DID YOU KNOW?

125,269 meals were served to 1,132 seniors by the Fulton County Senior Center in 2023!

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 events, 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. Level 2 or 3 will cancel meals and all programs and activities.

SENIOR CENTER HAM LOAF RECIPE

1 ½ LB GROUND HAM
1 LB GROUND BEEF
½ LB GROUND PORK
3 EGGS
2 CUPS CRUSHED SALTINE CRACKERS
½ CUP MILK

In a large bowl combine all ingredients. Mix well and form into a loaf. Place loaf into a lightly greased 9x13 baking dish.

Bake at 350 degrees F for 90 minutes or until a thermometer inserted into the thickest part reads 165 degrees F.

While the loaf is baking, make a glaze of 1 cup catsup, ¼ cup plus 1 TBS brown sugar and 1 TBS mustard.

Mix well and spread over the loaf for the last 15 minutes of baking.

Let the loaf rest for 10 minutes before cutting and serving.

NUTRITION EDUCATION, PUTTING MYPLATE ON YOUR TABLE: DAIRY

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. Personalized guides and other resources can be found at choosemyplate.gov. Here is an introduction to the dairy food group.

Choose Fat-Free or Low-Fat Dairy Sources

Many cheeses, whole milk and some dairy-based desserts are high in saturated fat. To help maintain a healthy body weight and keep blood cholesterol levels healthy, these foods should be limited.

How Much Is Needed From the Dairy Group?

The USDA's daily recommendation for dairy intake for women and men over age 50 is 3 cups per day.

Note these equivalents for 1 cup of dairy:

- 1 cup milk
- 1/2 cup evaporated milk
- 1 cup yogurt
- 1½ ounces hard cheese (cheddar, mozzarella, Swiss, Parmesan)
- 1/3 cup shredded cheese
- 1/2 cup ricotta cheese
- 2 cups cottage cheese
- 1 cup frozen yogurt
- 1 cup calcium-fortified soy milk
- 1 cup pudding made with milk
- 1/4 cup dry milk powder

Tips for Getting Dairy Foods on Your Table

- Start your day with a yogurt fruit smoothie.
- Add fat-free or low-fat milk instead of water to oatmeal.
- Include milk as a beverage at meals.
- Have fat-free or low-fat yogurt as a snack.
- Use fat-free or low-fat milk when making cream soups.
- Top casseroles, soups, stews or vegetables with shredded, reduced-fat or low-fat cheese.
- Top a baked potato with fat-free or low-fat yogurt.
- Use dry milk in place of fluid milk in soups, stews or casseroles.
- Make pudding with fat-free or low-fat milk, and have it as a dessert or snack.

References:

Original Authors: Linnette Goard, M.S., Cindy Oliveri, M.S. ... Revised by Susan Zies, M.Ed., Extension Educator, Family and Consumer Sciences, Ohio State University Extension ... USDA. "MyPlate." (2010). Accessed October 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.

LUNCH CALENDAR

FEBRUARY, 2024

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

LS Alt = Lower Sodium Alternative (**Items must be ordered at least one week in advance**)

SUGGESTED DONATION: \$3.00. LUNCH SERVED AT NOON.

LF Alt = Low Fat Alternate (**Items must be ordered at least one week in advance**)

Checks Payable to: Fulton County Senior Center

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			Swiss Steak Mashed Potatoes Green Beans Peaches	Sweet & Sour Meatballs Steamed Brown Rice Midori Blend Vegetable Fresh Fruit Juice
Country Fried Steak w/ Country Gravy Mashed Potatoes Succotash Apricots	Meatloaf Au Gratin Potatoes Peas Oranges	Goulash Summer Squash Tossed Salad Fruit Crisp	Butternut Squash Soup Corned Beef on Rye Pea Salad Jell-O	Beef Tips Noodles Brussels Sprouts Hot Applesauce
Creamed Chipped Beef Mashed Potatoes Mixed Vegetables Fresh Fruit	Steamed Franks (LS Alt = Chicken Breast) Baked Beans California Blend Vegetable Mixed Fruit	Beef Stew Buttered Corn Pineapple Casserole	Chicken Breast Sandwich O'Brien Potatoes Buttered Beets Fruit Salad	Chicken Alfredo Pasta Steamed Carrots Broccoli Pears Iced Cake
CLOSED FOR PRESIDENTS' DAY	Baked Fish Macaroni & Cheese Stewed Tomatoes Fresh Fruit Juice	Biscuits & Gravy Au Gratin Potatoes Tossed Salad Fruit Crunch	Chicken & Noodles Mashed Potatoes Green Beans Peaches	Hamloaf (LS Alt = Meatloaf) Sweet Potatoes Butter Beans Pineapple Chunks
Cheese Omelets Smoky Links Hash Brown Casserole Baked Apples Orange Juice	Sloppy Joes Roasted Potatoes Creamy Cole Slaw Midori Blend Vegetable	Kielbasa & Sauerkraut (LS Alt = Pork Loin) Smashed Red Potatoes Peas w/Onions Fresh Fruit	Beef Vegetable Soup Turkey Sandwich Broccoli Salad 5 Cup Salad	

WAUSEON ACTIVITIES

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

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			8:00 Walking to Your Favorite Music 1 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 2 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 Box of Brain Games
8:00 Walking (Gym) 5 9:00 Gentle Stretching (Gym) 11:00 Name That Car Word Game 11:00 Tai Chi (Senior Led) 12:00 Lunch 1:00 Line Dancing 2:00 Map It Monday: Visit Italy by Video	8:00 Gym Open for Walking 6 10:30 Golden Drummers 11:00 Hidden Colors Game 12:00 Lunch 12:30 Walking in the Gym 1:00 Choir 1:00 Silver Sneakers® Classic Exercise 1:00 Pinochle 2:00 Tabletop Beanbag Twister	8:00 Stretching & Walking 7 8:45 Zumba Gold (Sponsor: 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 Walking to Oldies Music	8:00 Walking to Your Favorite Music 8 9:00 Managing Arthritis Class w Jordan 10 to 2 Health Screenings (Sign Up) 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	Sports Day; Wear a Jersey or Team Shirt 8:00 Walking with Friends 9 10:30 Golden Drummers 12:00 Lunch 12:30 Walking in the Gym 1:00 to 2:30 Super Bowl BINGO, Predict the Score! 2:00 Box of Brain Games
8:00 Walking (Gym) 12 9:00 Gentle Stretching (Gym) 10:30 Free Hearing Aid Cleaning 11:00 Tenzi 11:00 Tai Chi (Senior Led) 12:00 Lunch 1:00 Line Dancing 2:00 Map It Monday: Visit Greece by Video	8:00 Gym Open for Walking 13 10:30 Golden Drummers 11:00 "Finding Peace," Sandy S. 12:00 Lunch 12:30 Walking in the Gym 1:00 Choir 1:00 Silver Sneakers® Classic Exercise 1:00 Pinochle 2:00 Corn Hole	Wear Red/ Pink/ White. 14 8:00 Stretching & Walking 8:45 Zumba Gold (Sponsor: Genacross) 9:45 Walking in the Gym 10:00 Valentine's Day Photo Booth 11:00 Vintage Love Letters w/ Bill 11:00 Tai Chi (Senior Led) 12:00 Lunch 1:00 Silver Sneakers Chair Yoga® 1:00 Hand & Foot Card Game 2:00 Walking to Oldies Music	8:00 Walking to Your Favorite Music 15 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 16 10:30 Golden Drummers 12:00 Lunch 12:30 Walking in the Gym 1:00 to 2:30 Bonus BINGO 2:00 Box of Brain Games
19 CLOSED FOR PRESIDENTS' DAY	8:00 Gym Open for Walking 20 10:30 Golden Drummers 11:00 Hidden Pictures (Holidays) 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 21 8:45 Zumba Gold (Sponsor: Genacross) 9:45 Walking in the Gym 10:00 Make Greeting Cards (Sign Up) 11:00 How to Deal with Energy Costs 11:00 Tai Chi (Senior Led) 12:00 Lunch 1:00 Silver Sneakers Chair Yoga® 1:00 Hand & Foot Card Game 2:00 Walking to Oldies Music	8:00 Walking to Your Favorite Music 22 9:00 Managing Arthritis Class w Jordan 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 23 10:30 Golden Drummers 12:00 Lunch 12:30 Walking in the Gym 1:00 to 2:30 Bonus BINGO 2:00 Box of Brain Games
8:00 Walking (Gym) 26 9:00 Gentle Stretching (Gym) 11:00 Sequence 11:00 Tai Chi (Senior Led) 12:00 Lunch 1:00 Line Dancing 2:00 Map It Monday: Visit Australia by Video	8:00 Gym Open for Walking 27 10:30 Golden Drummers 11:00 "Finding Hope," Sandy S. 11:00 Free Blood Pressure Checks 12:00 Lunch 12:30 Walking in the Gym 1:00 Choir 1:00 Silver Sneakers® Classic Exercise 1:00 Pinochle 2:00 Golf Putting Green	8:00 Stretching & Walking 28 8:45 Zumba Gold (Sponsor: Genacross) 9:30 Toenail Clinic (Sign Up) 9:45 Walking in the Gym 11:00 Music by Peter V. & Friends 11:00 Tai Chi (Senior Led) 12:00 Lunch 1:00 Silver Sneakers Chair Yoga® 1:00 Hand & Foot Card Game 2:00 Walking to Oldies Music	Happy Leap Day! Wear Green. 29 8:00 Walking to Your Favorite 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	

**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 Games 9:30 to 10 Chair Exercises with Carole M. 10:15 to 11:45 BINGO 12:00 Lunch & Birthday Dessert 1:00 Box of Brain Games 1	Happy Groundhog Day! Wear Black/ White 9:00 Coffee & Conversation 10:00 Chair Exercises (Senior Led) 11:00 Dulcimer Music, Vickie Halsey 12:00 Lunch 1:00 Word Games 2
9:00 Cards 10:00 Chair Exercises (Senior Led) 11:00 Our Experience in Indonesia as Missionaries, Roger & Suzanne Doriot 12:00 Lunch 1:00 Word Search 5	9:00 Puzzles & Predict the Super Bowl Score 10:45 Site Council 11:00 "Dealing with Rising Energy Costs," Amy from Ohio Consumers' Counsel 12:00 Lunch 1:00 Cards & Games 6	Wear a Jersey/Team Colors 9:00 Games 10:00 Site Council 10:15 to 11:45 Super Bowl BINGO; Predict the Score 12:00 Lunch & Birthday Dessert Sponsored by Kingston 1:00 Box of Brain Games 7	Wear Red/Pink/White; Bring red/ pink/white prizes for the prize table. 9:00 Coffee & Conversation 9:30 to 10 Chair Exercises with Carole M. 10:15 to 11:45 Valentine BINGO with Delta Students 12:00 Lunch 1:00 Word Games 8	9:00 Word Search 10:00 Chair Exercises (Senior Led) 11:00 Downsizing Tips with Marcia Holly, Realtor 12:00 Lunch 1:00 Chit Chat 9
9:00 Puzzles 10:00 Chair Exercises (Senior Led) 10:30 BP Checks Only 11:00 Vintage Love Letters with Storyteller Bill Senecal 12:00 Lunch 1:00 Cards & Games 12	9:00 Games 10:30 BP Checks Only 11:00 Vintage Love Letters with Storyteller Bill Senecal 12:00 Lunch 1:00 Box of Brain Games 13	Wear Red/Pink/White; Bring red/ pink/white prizes for the prize table. 9:00 Coffee & Conversation 10:15 to 11:45 Valentine BINGO 12:00 Lunch 1:00 Word Games 14	9:00 Word Search 9:30 to 10 Chair Exercises with Carole M. 10:15 to 11:45 BINGO 12:00 Lunch 1:00 Chit Chat 15	9:00 Cards 10:00 Chair Exercises (Senior Led) 11:00 Guitar Music, Will Hinton 12:00 Lunch 1:00 Box of Brain Games 16
CLOSED FOR PRESIDENTS' DAY 19	9:00 Coffee & Conversation 11:00 Lively Game/ Chat with Sara C. of Hospice of Northwest Ohio 12:00 Lunch 1:00 Word Games 20	Wear Senior Center Shirt/ Hat 9:00 Puzzles 10:15 to 11:45 BINGO 12:00 Lunch 1:00 Chit Chat 21	Wear Senior Center Shirt/ Hat 9:00 Cards 9:30 to 10 Chair Exercises with Carole M. 10:15 to 11:45 BINGO 12:00 Lunch 1:00 Box of Brain Games 22	9:00 Games 10:00 Chair Exercises (Senior Led) 11:00 Game Day 12:00 Lunch 1:00 Word Search 23
9:00 Coffee & Conversation 10:00 Chair Exercises (Senior Led) 11:00 Ideas to Beat the Winter Blues/ Create Your Own Sunshine with Jen from Elara Caring 12:00 Lunch 1:00 Word Games 26	Wear White/ Snowmen 9:00 Puzzles 11:00 Snowman Games 12:00 Lunch 1:00 Chit Chat 27	9:00 Cards 10:15 to 11:45 BINGO 12:00 Lunch 1:00 Box of Brain Games 28	Happy Leap Day! Wear Green 9:00 Games 9:30 to 10 Chair Exercises with Carole M. 10:15 to 11:45 BINGO 12:00 Lunch 1:00 Word Search 29	

SENIOR
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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 Chit Chat 1 10:15 to 11:45 BINGO 12:00 Lunch with Birthday Dessert 1:00 Puzzles	Happy Groundhog Day! 2 Wear Black/ White 9:00 Coffee & Conversation 10:15 to 11:45 BINGO 12:00 Lunch with Birthday Dessert 1:00 Word Search
9:00 Cards 5 11:00 "Animals In Hiding" Word Game 12:00 Lunch 1:00 Table Talk	9:00 Pepper 6 10:45 Site Council 11:00 Lively Game/ Chat with Sara from Hospice of Northwest Ohio 12:00 Lunch 1:00 Cards & Games	9:00 Chit Chat 7 10:00 Chair Yoga 10:45 Site Council 11:00 Music by Peter V. & Friends 12:00 Lunch 1:00 Puzzles	Wear a Jersey or Your Favorite Team's Colors 8 9:00 Coffee & Conversation 10:15 to 11:45 Super Bowl BINGO, Predict the Score! 12:00 Lunch 1:00 Word Search	Wear a Jersey or Your Favorite Team's Colors 9 9:00 Box of Brain Games 10:15 to 11:45 Super Bowl BINGO, Predict the Score! 12:00 Lunch 1:00 Cards
9:00 Word Search 12 10:15 to 11:45 BINGO (NOTE DATE) 12:00 Lunch 1:00 Paper Games	9:00 Chit Chat 13 11:00 Downsizing Tips with Marcia 12:00 Lunch 1:00 Puzzles	Happy Valentine's Day! 14 Wear Red/ Pink/ White 9:00 Coffee & Conversation 10:00 Chair Yoga 11:00 Our Life as Missionaries in Indonesia, Roger & Suzanne Doriot 12:00 Lunch 1:00 Word Search	9:00 Box of Brain Games 15 11:00 Vintage Love Letters with Storyteller Bill S. (BINGO is moved to Mon. 12th) 12:00 Lunch 1:00 Cards	9:00 Games 16 10:15 to 11:45 BINGO 12:00 Lunch 1:00 Table Talk
CLOSED FOR PRESIDENTS' DAY 19	9:00 Coffee & Conversation 20 11:00 Free Blood Pressure Checks & "Just So You Know" with Fulton Co. Health Department 12:00 Lunch 1:00 Word Search	9:00 Box of Brain Games 21 10:00 Chair Yoga 11:00 Show & Tell (Bring Something That Helps Us Learn About You) 12:00 Lunch 1:00 Cards	Wear Senior Center Shirt/ Hat 22 9:00 Games 10:15 to 11:45 BINGO 12:00 Lunch 1:00 Table Talk	Wear Senior Center Shirt/ Hat 23 9:00 Pepper 10:15 to 11:45 BINGO 12:00 Lunch 1:00 Chit Chat
9:00 Coffee & Conversation 26 11:00 Free Blood Pressure Checks & "Just So You Know" with Fulton Co. Health Department 12:00 Lunch 1:00 Word Search	9:00 Box of Brain Games 27 11:00 Dulcimer Music, Vickie Halsey 12:00 Lunch 1:00 Cards	9:00 Games 28 10:00 Chair Yoga 11:00 Scams & Senior Topics with Fayette Police Dept. Community Resource Officer 12:00 Lunch 1:00 Table Talk	Happy Leap Day! Wear Green 29 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.

DATED MATERIAL - DELIVER BEFORE FEBRUARY 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.....	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 Lugbill, James Mapes, Jack Myers, Aimee Roth, Sam Sanderson, Jeffrey Waidelich
Substitutes.....	James Baldwin, Anita Ehram, Aria Frey, Jeanette Gorsuch, Tim Gorsuch, Steve Jackson, Karen James, Vicki Kline, Cheryl Kohls, Henna Law, Michael Mangas, Sharon McCabe, Judy Mino, Becky Peabody, Dennis Peabody, Mary Schultz, Robert Shaw, Judy Thournt

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