

SERVING CITIZENS OF FULTON COUNTY 60 YEARS & OVER

SENIOR



MARCH 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

March 1 & 13 – Habitat for Humanity Updates

March 5 – Janna Mennetti, Dietitian

March 6 – Music by Just Us 2

March 8 & 27 – Free Concert by Circle of Friends

March 11 – Free Hearing Aid Cleaning

March 12 & 26 – Music by Peter V. & Friends

March 13 & 19 & 26 – Free Concert by Nostalgia Men

March 14 & 28 – Managing Arthritis class

March 15 – Senior Self Defense Tips

March 19 – Deputy Sheriff

March 20 – Make Cards with Deb B.

March 26 – Utility Scams

March 27 – Downsizing Tips

March 29 – No Lunch Served, Good Friday Holiday

SENIOR SPOTLIGHT



Sonny Wyse of Lyons is the senior featured in our Spotlight this month.

“My interest in music started at Evergreen High School. As a teenager, I sang in the school choir and learned to play the guitar. I also play harmonica, mandolin and bass. A few years ago, my friend, Lester Hines, got me started going to nursing homes to sing and play. I also play and sing at senior centers, churches, the fair and Harrison Lake Gospel Drive-in. My youngest son often joins me, along with several friends. It’s not always the same group. I play because I feel the Lord is calling me to play music and share the Gospel,” he explained.

Sonny said music can improve difficult days. “Music can be uplifting and help you feel better. I was diagnosed with Muscular Dystrophy in my early twenties, and I worked as a plumber, then spent a lot of years as a mechanic with S & S Small Engines, but eventually had to give that up. I know what it’s like to not be able to do the things I used to do, so I’m glad to do what I can,” Sonny said.

Sonny first came to the Senior Center in Wauseon to play a music program with Peter Villalovos. After that, he started attending regularly. “I enjoy eating lunch at the Senior

Center and like to play Hand & Foot. I enjoy the company of the seniors and staff and have learned new things at the programs,” he said. A few times a week, you can find Sonny at a local fitness center and in the pool to maintain his strength and flexibility. Sonny is married to Sue. They have three sons, two granddaughters and a grandson.

NEW TIME FOR GOLDEN DRUMMERS

Starting in March, Golden Drummers classes will meet at 10 AM on Tuesdays and Fridays instead of 10:30 AM. This will allow for drumming members to attend 11 AM music and educational programs. We appreciate your flexibility.

CHANGE CLOCKS & BATTERIES

Daylight Savings Time ends at 2:00 am on Sunday, March 10, 2024, and our clocks "spring ahead" 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.

CHECKS PAYABLE

We appreciate all of you who make monetary donations to cover home-delivered meals and meals you eat inside any of our Senior Center sites. Please be sure to make checks payable to "Fulton County Senior Center." Also, when paying cash for your meal at the Fulton County Senior Center in Wauseon, please have correct change whenever possible. Thanks!

TOENAIL APPOINTMENTS

Community Health Professionals will provide toenail clinic appointments at the Wauseon site at 240 Clinton Street on Wednesday, March 27. Call 419-337-9299 to reserve your spot. 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.

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.

WHERE'S VAL?

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, April 10, from 10:00 AM to noon at the Delta Library.

Thursday, April 18, from 10:00 AM to noon at the Swanton Library.

Tuesday, April 23, from 10:00 AM to noon at the Evergreen Library.

Thursday, April 25, from 10:00 AM to noon at Wyse Commons on the Fairlawn campus.

Val has some appointments available to meet with seniors at the Fulton County Senior Center, 240 Clinton Street, Wauseon. Call her at 419-337-9299.

LUNCH RESERVATIONS

If you are making a reservation for lunch at a site or for home delivery, please note we require at least one business day's notice to add your reservation. Please do not leave meal reservation requests on the Senior Center answering machine over a weekend for Monday's meal, as our kitchen starts preparing food very early each morning and will not get the message in time. Also, when paying cash for your meal at the Fulton County Senior Center in Wauseon, please have correct change whenever possible. Thanks!

HELP US HELP YOU

Has your phone number changed? Have you moved? Has your email address changed? Is information for your contact person out of date? Please contact us with your up-to-date information. Provide updated information to your meal delivery driver or Site Manager, if that is convenient. Also, if you currently receive the B-zz newsletter by mail and have an email address, would you consider receiving the newsletter via email instead of regular mail to help us save money on postage?

WHAT IS IT?

Chair Exercises – seniors lead this class at Delta, Fayette, and Swanton. Exercise benefits include increased circulation, flexibility, strength and coordination. Please refer to the newsletter calendars for days and times.

Choir – More voices are always welcome to join this group who enjoys singing. You'll find a light-hearted comradery here. The Choir occasionally performs at other Senior Center sites, nursing homes, etc. WHEN: Tuesdays at 1 PM.

Golden Drummers – This no-cost exercise class raises your heart rate while you tap out rhythms to music. Choose your own intensity level as you tap drumsticks on large, stationary, exercise balls. Stand or sit for this class. No experience needed; simply follow the instructor. WHEN: Tuesdays and Fridays at 10 AM. Call 419-337-9299 for information about equipment.

Line Dancing – A great way to combine fitness and fun for both the body and brain. Features various music styles, not just country! New dancers are welcome anytime. WHEN: Mondays at 1 PM. Suggested donation: \$2 per person per class.

Silver Sneakers Classic – A fitness instructor from Fulton County Health Center leads this exercise class. Choose your intensity level and improve your muscle tone, flexibility and endurance. Stand for this class or sit as needed. Use small, handheld weights, plus exercise bands and small exercise balls. WHEN: Tuesdays and Thursdays at 1 PM.

Silver Sneakers Chair Yoga – A fitness instructor from Fulton County Health Center leads this exercise class. Experience a calm, quiet atmosphere as you practice flexibility and stretching. Chair Yoga can improve your concentration and strength, boost your mood, plus reduce stress and joint strain. WHEN: Wednesdays at 1 PM.

Tai Chi – This senior-led exercise class increases balance and flexibility and fights stress. Follow an on-screen instructor via DVD. Movements are slow and fluid. Mondays and Wednesdays at 11 AM.

Zumba Gold – led by a certified instructor from Fulton County Health Center, this class features lower-intensity, easy-to-follow choreography with footwork style similar to line dancing. Participants report fun dance work-outs with improvements to their balance, range of motion and coordination. WHEN: Wednesdays at 8:45 AM.

SHAMROCK SHAKE RECIPE

INGREDIENTS

- 2 cups vanilla ice cream
- 3/4 cup whole milk
- 10 drops green food coloring
- 1/4 tsp mint extract
- whipped cream, sprinkles & cherries for serving

INSTRUCTIONS

- Place the ice cream, milk, food coloring and mint extract in a blender.
- Blend until smooth.
- Pour into two glasses. Top with whipped cream, sprinkles and cherries, then serve.

Source: DinnerAtTheZoo.com

SPOTLIGHT ON NUTRITION EDUCATION

Malnutrition refers to deficiencies, excesses or imbalances in a person's intake of energy and/or nutrients. Here are Five Facts about Malnutrition.

Source: NCOA National Council on Aging Nutrition Tools

FACT 1: Malnourished individuals can come in all sizes.

- 715,000 U.S. adults aged 65+ are underweight. One in 3 U.S. adults aged 65+ are overweight. You can be underweight or overweight and still be malnourished.

FACT 2: Malnutrition affects all groups of people.

- Nine million older adults cannot afford nutritious food. One in four adults aged 65+ either reduces meal sizes or skips meals. Sixteen percent of independent older adults are at high risk for malnutrition. Up to 60% of older adults in health care settings are malnourished.

FACT 3: Malnutrition can come from a number of factors.

- Chronic Conditions, poor appetite, restricted diets
- Limited income, living alone, medication side effects
- Poor dental health, trouble swallowing or chewing
- Changing taste buds, poor appetite, lack of mobility
- Depression, dementia, gastrointestinal disorders

FACT 4: You can't always prevent or treat malnutrition by just eating more

- Adjust your diet to get all the nutrients your body needs
- Exercise to build muscle and improve strength
- Consult a Registered Dietitian Nutritionist
- Consider using an oral nutritional supplement

FACT 5: Malnutrition has many warning signs

Muscle weakness, fatigue, increased illness or infection, feeling irritable or depressed, unplanned weight loss and or decreased appetite, could all be signs of malnutrition.

LUNCH CALENDAR

MARCH, 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
				Beef Pot Roast Boiled Potatoes Sliced Carrots Mandarin Oranges 1
Chicken Tenders 4 O'Brien Potatoes California Blend Ambrosia	Goulash 5 Cooked Cabbage Fruit Crunch Mixed Fruit	Beef Stroganoff 6 Egg Noodles Brussels Sprouts Applesauce Juice	Creamed Chipped Beef 7 Mashed Potatoes Mixed Vegetables Apple Slices	Chili w/Beans 8 Mexican Style Rice Corn Tropical Fruit
Baked Ham 11 (LS Alt=Pork Roast) Scalloped Potatoes Roasted Vegetables Fresh Fruit	Hot Chicken Sandwich 12 Potato Wedges Cole Slaw Baked Apples	Sausage, Egg & Cheese 13 Sandwich Hash Brown Casserole Corn Nuggets Pineapple	Beef & Noodles 14 Mashed Potatoes Green Beans Pears	Bean Soup 15 Spinach Salad Pickled Beets Jell-O
Lasagna 18 Steamed Broccoli Sliced Carrots Dark Sweet Cherries	Salisbury Steak 19 Mashed Potatoes Sugar Snap Peas Mixed Fruit	Swedish Meatballs 20 Egg Noodles Cooked Cabbage Buttered Beets Grapes	Hamloaf 21 (LS Alt=Meatloaf) Sweet Potatoes Malibu Blend Vegetable Applesauce	Fish Sandwich 22 Macaroni & Cheese Stewed Tomatoes Fresh Fruit Juice
Cheese Burgers 25 Seasoned Potato Wedges Spinach Tangerine	Baked Chicken 26 Mashed Potatoes Peas & Carrots Cranberry Relish	Polish Sausage 27 (LS Alt= Pork Loin) Smashed Red Potatoes Broccoli Banana	Corn Chowder 28 Ham & Swiss Sandwich Three Bean Salad Pineapple Salad	29 Good Friday Holiday No Meals Served

WAUSEON ACTIVITIES

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

MARCH, 2024

SENIOR B-33

PAGE 5

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				8:00 Walking with Friends 1 10:00 Golden Drummers (New Time) 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) 4 9:00 Gentle Stretching (Gym) 11:00 St. Patrick's Day Paper Games 11:00 Tai Chi (Senior Led) 12:00 Lunch 1:00 to 2:30 Line Dancing 2:30 Map It Monday Armchair Traveler: Visit Castles in Budapest by Video	8:00 Gym Open for Walking 5 10:00 Golden Drummers (New Time) 11:00 Dietitian Janna M. from FCHC 12:00 Lunch 12:30 Walking in the Gym 1:00 Choir 1:00 Silver Sneakers® Classic Exercise 2:00 Hand & Foot Card Game	8:00 Stretching & Walking 6 8:45 Zumba Gold (Sponsor: Genacross) 9:45 Walking in the Gym 10:30 Site Council 11:00 Tai Chi (Senior Led) 11:00 Music by Just Us 2 12:00 Lunch 1:00 Silver Sneakers Chair Yoga® 1:00 Hand & Foot Card Game 2:00 Walking to Oldies Music	Wear Senior Center Shirt 7 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 Hand & Foot Card Game 2:00 Sequence & Other Games	8:00 Walking with Friends 8 10:00 Golden Drummers (New Time) 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) 11 9:00 Gentle Stretching (Gym) 10:30 Free Hearing Aid Cleaning 11:00 Tai Chi (Senior Led) 11:00 Animals in Hiding Word Game, Part 1 12:00 Lunch 1:00 to 2:30 Line Dancing 2:30 Map It Monday Armchair Traveler: Visit Pyramids & Great Sphinx by Video	8:00 Gym Open for Walking 12 10:00 Golden Drummers (New Time) 11:00 "Carl Britsch: Archbold's Architect" 12:00 Lunch 12:30 Walking in the Gym 1:00 Choir 1:00 Silver Sneakers® Classic Exercise 2:00 Hand & Foot Card Game	8:00 Stretching & Walking 13 8:45 Zumba Gold (Sponsor: Genacross) 9:45 Walking in the Gym 11:00 Tai Chi (Senior Led) 11:00 Habitat for Humanity Update w/ Heidi 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 14 9:00 Managing Arthritis 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 Hand & Foot Card Game 2:00 Sequence & Other Games	Wear Green 15 8:00 Walking with Friends 10:00 Golden Drummers (New Time) 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) 18 9:00 Gentle Stretching (Gym) 11:00 Free Blood Pressure Checks 11:00 Tai Chi (Senior Led) 12:00 Lunch 1:00 to 2:30 Line Dancing 2:30 Map It Monday Armchair Traveler: Visit the New York City High Line & Hudson River by Video	8:00 Gym Open for Walking 19 10:00 Golden Drummers (New Time) 11:00 Deputy Sheriff 12:00 Lunch 12:30 Walking in the Gym 1:00 Choir 1:00 Silver Sneakers® Classic Exercise 1:00 SERO Meeting (BINGO Rm) 2:00 Hand & Foot Card Game	8:00 Stretching & Walking 20 8:45 Zumba Gold (Sponsor: Genacross) 9:45 Walking in the Gym 10:00 Make Cards with Deb B. 11:00 Tai Chi (Senior Led) 11:00 Overview of Area Office on Aging 12:00 Lunch 1:00 Silver Sneakers Chair Yoga® 2:00 Hand & Foot Card Game 2:00 Walking to Oldies Music	Wear Senior Center Shirt 21 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 Hand & Foot Card Game 2:00 Sequence & Other Games	8:00 Walking with Friends 22 10:00 Golden Drummers (New Time) 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) 25 9:00 Gentle Stretching (Gym) 11:00 Animal Trivia & Word Search 11:00 Tai Chi (Senior Led) 12:00 Lunch 1:00 Line Dancing 2:00 Map It Monday Armchair Traveler: Visit the Lost City of Petra, Jordan by Video	8:00 Gym Open for Walking 26 10:00 Golden Drummers (New Time) 11:00 Utility Scams; Amy, Ohio Consumers 12:00 Lunch 12:30 Walking in the Gym 1:00 Choir 1:00 Silver Sneakers® Classic Exercise 2:00 Hand & Foot Card Game	8:00 Stretching & Walking 27 8:45 Zumba Gold (Sponsor: Genacross) 9:30 Toenail Clinic (Sign Up) 9:45 Walking in the Gym 11:00 Tai Chi (Senior Led) 11:00 Free Concert, Circle of Friends 12:00 Lunch 1:00 Silver Sneakers Chair Yoga® 2:00 Hand & Foot Card Game	8:00 Walking to Your Favorite Music 28 9:00 Managing Arthritis 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 to 2:30 Bonus BINGO (Note Date) 2:00 Sequence & Other Games	8:00 Walking with Friends 29 10:00 Golden Drummers (New Time) No Lunch Served. Closed at Noon for Good Friday

**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 Coffee & Conversation 1 10:00 Chair Exercises with Lynn 11:00 Update from Heidi Kern, Executive Director of Habitat for Humanity 12:00 Lunch 1:00 Box of Brain Games
No Chair Exercise 4 9 to 11:30 Hand, Knee, Foot Card Game (Note Time) 11:30 Simple Sketching with Diane K. 12:00 Lunch 1:00 Word Search	9:00 Cards 5 11:00 Games/ Who Wants to Be a Millionaire? 12:00 Lunch 1:00 Puzzles	9:00 Table Talk 6 10:00 Site Council 10:15 to 11:45 BINGO 12:00 Lunch & Birthday Dessert Sponsored by Kingston 1:00 Games	9:00 Coffee & Conversation 7 9:30 Chair Exercises with Carole 10:00 Site Council 10:15 to 11:45 BINGO 12:00 Lunch & Birthday Dessert 1:00 Box of Brain Games	9:00 Word Search 8 10:00 Chair Exercises with Lynn 11:00 Free Bluegrass Concert by Circle of Friends 12:00 Lunch 1:00 Chit Chat
9:00 Cards 11 10:00 Chair Exercises with Lynn 11:00 Free Blood Pressure Checks & "Just So You Know" with Fulton County Health Department 12:00 Lunch 1:00 Puzzles	9:00 Table Talk 12 11:00 Free Blood Pressure Checks & "Just So You Know" with Fulton County Health Department 12:00 Lunch 1:00 Games	Bring Your Grandchild to BINGO 13 9:00 Coffee & Conversation 10:15 to 11:45 Lucky Charm BINGO (Bring a Lucky Charm) 12:00 Lunch 1:00 Box of Brain Games	Bring Your Grandchild to BINGO 14 9:00 Skip Bo 9:30 Chair Exercises with Carole 10:15 to 11:45 Lucky Charm BINGO (Bring a Lucky Charm. No Delta Students due to Spring Break) 12:00 Lunch 1:00 Chit Chat	9:00 Games 15 10:00 Chair Exercises with Lynn 11:00 Senior Self Defense Tips with Master B Karate 12:00 Lunch 1:00 Puzzles
9:00 Table Talk 18 10:00 Chair Exercises with Lynn 11:00 "Just Chew On It," a Pondering Program 12:00 Lunch 1:00 Games	9:00 Coffee & Conversation 19 11:00 Free Concert by Nostalgia Men 12:00 Lunch 1:00 Box of Brain Games	Wear Something Goofy for National Goof Off Day 20 9:00 Word Search 10:15 to 11:45 BINGO 12:00 Lunch 1:00 Chit Chat	Wear Something Goofy for National Goof Off Day 21 9:00 Phase 10 9:30 Chair Exercises with Carole 10:15 to 11:45 BINGO 12:00 Lunch 1:00 Puzzles	9:00 Cards 22 No Chair Exercises 10:20 (Note Time) Swanton High School Students. Bring Your Favorite Card Game or Board Game & Teach the Students 12:00 Lunch 1:00 Word Games
9:00 Coffee & Conversation 25 10:00 Chair Exercises with Lynn 11:00 Dealing with Rising Energy Costs with Amy Carles, Ohio Consumers Counsel 12:00 Lunch 1:00 Box of Brain Games	9:00 Word Search 26 11:00 Music by Peter V. & Friends 12:00 Lunch 1:00 Chit Chat	March Madness Day; Wear a Basketball Shirt or Team Colors 27 9:00 Games 10:15 to 11:45 March Madness BINGO 12:00 Lunch 1:00 Puzzles	March Madness Day; Wear a Basketball Shirt or Team Colors 28 9:00 Table Talk 9:30 Chair Exercises with Carole 10:15 to 11:45 March Madness BINGO 12:00 Lunch 1:00 Word Games	29 CLOSED FOR GOOD FRIDAY

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 Coffee & Conversation 1 10:15 to 11:45 BINGO 12:00 Lunch & Birthday Dessert 1:00 Cards & Games
9:00 Left Center Right 4 11:00 Word Game: Animals In Hiding (Part 2) 12:00 Lunch 1:00 Games	9:00 Cards 5 11:00 Vintage Love Letters with Storyteller, Bill S. 12:00 Lunch 1:00 Word Search	9:00 Word Search 6 10:00 Chair Yoga 10:45 Site Council 11:00 Dulcimer Music by Vickie Halsey 12:00 Lunch 1:00 Chit Chat	9:00 Coffee & Conversation 7 10:15 to 11:45 BINGO 12:00 Lunch & Birthday Dessert 1:00 Cards & Games	9:00 Pepper 8 10:15 to 11:45 BINGO 12:00 Lunch 1:00 Box of Brain Games
9:00 Puzzles 11 11:00 St. Patrick's Day Paper Games 12:00 Lunch 1:00 Skip Bo	9:00 Pepper 12 10:45 Site Council 11:00 Music by Peter V & Friends 12:00 Lunch 1:00 Chit Chat	9:00 Coffee & Conversation 13 10:00 Chair Yoga 11:00 Free Concert by Nostalgia Men 12:00 Lunch 1:00 Cards & Games	Bring a Lucky Charm 14 9:00 Skip Bo 10:15 to 11:45 Lucky Charm BINGO 12:00 Lunch 1:00 Box of Brain Games	Bring a Lucky Charm 15 9:00 Cards 10:15 to 11:45 Lucky Charm BINGO 12:00 Lunch 1:00 Puzzles
9:00 Word Search 18 11:00 Hidden Pictures (Puppy/ Pony) 12:00 Lunch 1:00 Chit Chat	9:00 Coffee & Conversation 19 11:00 Free Blood Pressure Checks & "Just So You Know" with Fulton County Health Department 12:00 Lunch 1:00 Cards & Games	National Goof-Off Day & Wacky 20 Wednesday. Wear Something Wacky 9:00 Games with Friends 10:00 Chair Yoga 11:00 Beat the Winter Blues with Jen from Elara Caring 12:00 Lunch 1:00 Box of Brain Games	9:00 Left Center Right 21 10:15 to 11:45 BINGO 12:00 Lunch 1:00 Puzzles	9:00 Pepper 22 10:15 to 11:45 BINGO 12:00 Lunch 1:00 Word Games
9:00 Coffee & Conversation 25 11:00 Free Blood Pressure Checks & "Just So You Know" with Fulton County Health Department 12:00 Lunch 1:00 Cards & Games	9:00 Games with Friends 26 11:00 Free Concert by Nostalgia Men 12:00 Lunch 1:00 Box of Brain Games	9:00 Left Center Right 27 10:00 Chair Yoga 11:00 Downsizing Tips with Realtor Marcia Holly 12:00 Lunch 1:00 Puzzles	Wear a Basketball Shirt or 28 Team Colors 9:00 Skip Bo 10:15 to 11:45 March Madness BINGO 12:00 Lunch 1:00 Word Games	29 CLOSED FOR GOOD FRIDAY



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 MARCH 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, Judy Thourot, Jeffrey Waidelich
Substitutes.....	James Baldwin, Anita Ehram, Aria Frey, Tim Gorsuch, Steve Jackson, Karen James, Vicki Kline, Cheryl Kohls, Kelli Kuntz, Henna Law, Michael Mangas, Sharon McCabe, Judy Mino, Becky Peabody, Dennis Peabody, Linda Rhoads, Mary Schultz, Robert Shaw, Tom Wagner, Shawn Wingate

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