

SERVING CITIZENS OF FULTON COUNTY 60 YEARS & OVER

SENIOR



APRIL 2024

Fulton County Senior Center
240 Clinton St., Wauseon, Ohio 43567
Phone: 419-337-9299 • Fax: 419-337-9289 • Hours: 8am-4pm

SENIOR NEWS

CATCH OUR CHOIR IN ACTION

Watch the Senior Center Choir perform at 1:30 PM on April 2 at Wyse Commons on the Fairlawn Campus. The Choir will also perform at 11:00 AM on April 9 at the Fulton County Senior Center in Wauseon, April 17 at the Fayette Senior Center, and April 26 at the Swanton Senior Center. All performances are free.

SENIOR SPOTLIGHT



Tom Wagner of Pettisville is a man on the move, and he will soon help county seniors keep moving by driving one of the Senior Center's buses for day trips. "I first stopped by the Senior Center in the summer of 2021, when I was participating in the partnership between the Senior Center and Das Essen Haus restaurant," he said. Tom stopped by to pick up meal vouchers and has been a regular for lunch at the Fulton County Senior Center site in Wauseon since it fully re-opened following the pandemic.

Tom, a native of Swanton and a graduate of Swanton High School, class of 1972, was once the youngest school board member in Ohio, having served one term on the Swanton Board of Education from 1973 to 1977, shortly after graduating from high school.

Tom coached track and cross country at Pettisville School for 37 years and taught there for 36 years. "Pettisville didn't have a track at the time, and I wanted our cross country runners, especially, to experience a variety of terrains. So, I got my bus driver's license and drove them to local parks such as Oak Openings and Harrison Lake," Tom said, adding, "That's where my bus driving got its start. I am looking forward to driving for the Senior Center."

Tom, an experienced runner himself, has completed dozens of races. "I've run the Toledo Marathon two times, the Chicago Marathon three times, and the Columbus and Detroit Marathons one time each. I've also done many half marathons including the Columbus Half three times and the Chicago Half two times," Tom said.

A back injury last summer forced him to take a break from running. "I still like to keep moving. I am trying to get back to jogging and walking longer distances. I go to Goll Woods, near Archbold, nearly every day, and sometimes to Oak Openings," Tom said.

Tom also enjoys cheering on The Ohio State Buckeyes and spending time with his girlfriend and his family. Tom has two children, six grandchildren and a seventh grandchild due in September.

THANK YOU

Thank you to the following for your generous support of our sites, programs and activities: Tim R. and Ohio Living Home Health & Hospice, Friends & Family Ohio Homemakers & Community Education of Fulton County, Genacross Napoleon campus, Emily and Kingston, Sara and Hospice of Northwest Ohio, Trisha and Ayden Healthcare, Neena and Lakes of Monclova, Julie and United Healthcare, Candy and Delta Public Library, Emily and Swanton Public Library, Katie and Key Realty, Rebecca and Swanton Valley.

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 Evergreen Library in Metamora.

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.

CARAVAGGIO DAY TRIP

Join us for a day trip to the Toledo Museum of Art on Thursday, April 11. On display, you can view four paintings by Caravaggio that are usually housed at four different museums in the United States. You would have to travel over 3500 miles, visit four different states, and spend three days in a car to see all four of the Caravaggio paintings that are currently on display at TMA. Note, this exhibit provides you with an earpiece so you can learn about the paintings. It's a bit like having your own personal tour guide. \$10.00 suggested trip donation (per person, pay on bus). View the museum AND watch a glass blowing demonstration for FREE. Optional: purchase a \$10 ticket (at the museum entrance desk) for the exclusive viewing of four paintings by Caravaggio. Note, no backpacks. Bring money for lunch at the Museum Café (prices start at \$12) OR pack your lunch & leave it in the coat room. For seniors who wish to view the glass blowing demo, it is from 2 to 3 PM in the Glass Pavilion. Meet at the Fulton County Senior Center, Wauseon, at 9:30 AM to leave by 9:45 AM. Or board the bus at the Swanton Senior Center, 620 Dodge Street, at 10:15 AM. Return by 4 PM. To sign up for this trip, call 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.

DAY TRIP ABOUT TRAINS

You're invited to join us for a day trip on Thursday, April 4 to the Museum of Fulton County. We'll view the exhibit "All Aboard!! TRAINS!" This exhibit explores the history of trains in the northwest Ohio area. View train and depot artifacts, model trains, and engage in hands-on activities. Learn about people who worked on and around the railroad. This is a guided tour. Suggested donation: \$10.00 per person, pay cash as you board the bus. Veterans get free admission to the museum. They need only pay the bus fee.

Bring money for lunch at Fulton County Senior Center, Wauseon, suggested lunch donation is \$3 for county seniors, \$5 all others. If you are riding the Senior Center bus, board the bus at 9:45 AM at the Fulton County Senior Center, Wauseon. Or board the bus at the Swanton Senior Center at 9:30 AM, and return to Swanton approximately 1:30 PM. Following the tour, the bus will take all seniors to the Wauseon Senior Center for lunch at noon, then return Swanton seniors to the Swanton Senior Center after lunch. Tell us if you are driving yourself and plan to meet us at the museum for the 10 AM tour. Also tell us if you need a lunch reservation for noon at Wauseon. For more information or to sign up, call 419-337-9299.

ORGANIZE VITAL INFO

The start of Spring often brings with it a desire to "Spring clean" and "get organized." How organized are your important papers? Use this checklist from Area Office on Aging of Northwest Ohio to keep track of your key paperwork. Gather them together (or make note of their location) and place in a safety deposit box, or give to a trusted family member who can retrieve them in an emergency.

Insurance

Medicare card
Secondary health
Life
Special care
Long Term Care
Catastrophic illness
Auto
Home
Other

Life Events

Birth certificate
Burial plot
Funeral arrangements
Immigration/
naturalization papers
Marriage/ divorce papers
Military papers
Social Security card

Legal

Auto title
Deeds
Living Will
Living trust
Power of attorney
Power of attorney
for health
Trust papers
Will

Financial

Bank notes
Bank savings accounts
Bonds
Broker name/ phone
Certificates of deposit
Checking account
Credit card list
IRAs
Mortgage papers
Mutual funds
Safety deposit key/
combination
Stock certificates
Tax records

TOENAIL APPOINTMENTS

Community Health Professionals will provide toenail clinic appointments in April and May. Toenail appointments will be offered at the Wauseon site, at 240 Clinton Street, on Wednesday, April 24 and May 22.

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.

NUTRITION EDUCATION: FRUIT

A healthy eating routine is important at every stage of life and can have positive effects that add up over time. The U.S. Department of Agriculture (USDA) recommends that people of all ages fill half of their plate with fruits and vegetables at each meal. Eating fruit provides many health benefits. People who eat more fruits and vegetables as part of an overall healthy diet are likely to have a reduced risk of some chronic diseases including heart disease, stroke and some cancers. The fiber contained in vegetables and fruits may reduce the risk of heart disease, obesity and Type 2 diabetes. Fruits provide dietary fiber, vitamin C, potassium and folate (folic acid). They are naturally low in fat, sodium and calories. Fruits do not contain cholesterol.

Which Foods Are in the Fruit Group?

Foods in this group include any fruit or 100% fruit juice. Fruits may be fresh, canned, frozen or dried, and may be whole, cut-up or pureed.

How Much Is Needed from the Fruit Group?

For women over age 31, 1&½ cups.

For men over age 19, 2 cups.

Note these equivalents for one cup of fruit:

- 1 small apple (2.5 inches in diameter)
- 32 seedless grapes
- 1 large peach
- ½ cup dried fruit such as raisins, prunes or dried apricots
- 2 canned peach or pear halves
- 1 cup 100% fruit juice
- 8 large strawberries
- 1 wedge or 1 cup watermelon chunks
- 1 medium pear
- 1 large orange

Although 100% fruit juice can be part of a healthful diet, it lacks dietary fiber. When consumed in excess, it can add extra calories.

Select whole fruits that are fresh, canned, frozen or dried rather than juice. When choosing canned fruits, select fruits packed in 100% fruit juice to limit added sugars.

Tips for Getting Fruit on Your Table

- Enjoy a piece of fruit with your breakfast.
- Select local fruits when in season.
- Offer fruits as dessert.
- Enjoy a piece of fruit such as an apple, banana or orange as a snack.
- Try a smoothie made with fruit and low-fat milk or yogurt.
- Try 100% applesauce topped with raisins as a snack.

References: USDA. "MyPlate." choosemyplate.gov.

LUNCH CALENDAR

APRIL, 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
Hot Dog (LS Alt= Chicken Breast) Baked Beans Cauliflower Pineapple 1	Hamburger Gravy Mashed Potatoes Mixed Vegetables Fresh Fruit 2	BBQ Pork Paco Blend Beets Pears 3	Chicken Chunks Tater Tots Green Beans Jell-O 4	Sweet & Sour Meatballs White Rice Brussels Sprouts Midori Vegetable Blend Banana 5
Meat Sauce w/ Pasta Sweet & Sour Spinach Wax Beans Peaches 8	Parisian Soup Tossed Salad Grape Salad Cottage Cheese 9	Beef & Cheese Burrito Corn & Black Bean Blend Cilantro Lime Rice Mango 10	Cream Chipped Beef Mashed Potatoes Succotash Apple Slices 11	Baked Fish Macaroni & Cheese Stewed Tomatoes Fresh Fruit Juice 12
Chicken Breast Sandwich Red Potatoes Garlic Chalet Blend Mandarin Oranges 15	Cabbage Roll Mashed Potatoes Peas & Onions Pears 16	Salisbury Steak Roasted Yukon Potatoes Carrots Peaches 17	Sausage Patty Sandwich Mixed Vegetable Fruit Crisp Cucumber Salad 18	Chicken & Noodles Mashed Potatoes Riviera Blend Applesauce 19
Chili Mexican Rice Corn Fresh Fruit 22	Cheese Omelets Smoky Links Potato Coins Baked Apples Orange Juice 23	Cheese Burgers Batter Bites Tuscan Asiago Blend Tangerine 24	Submarine Sandwich Pickled Beets Potato Salad Juice 25	Hamloaf (LS Alt= Meatloaf) Sweet Potatoes Butter Beans Pineapple 26
Sloppy Joes Potato Chips California Blend Cole Slaw Fruit Crunch 29	Sausage Gravy Hash Brown Casserole Peas & Carrots Grapes 30			

WAUSEON ACTIVITIES

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

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>8:00 Walking (Gym) 1 9:00 Gentle Stretching (Gym) 11:00 Monday Brain Booster: Animal Word Games 11:00 Tai Chi (Senior Led) 12:00 Lunch 1:00 to 2:30 Line Dancing 2:30 Map It Monday Armchair Traveler: Colosseum Walking Tour by Video</p>	<p>8:00 Gym Open for Walking 2 10:00 Golden Drummers 11:00 Word Games 12:00 Lunch 12:30 Walking in the Gym 12:45 Choir Leaves, Perform at Wyse Commons 1:00 Silver Sneakers® Classic Exercise 2:00 Hand & Foot Card Game</p>	<p>8:00 Stretching & Walking 3 8:45 Zumba Gold (Sponsor: Genacross) 9:45 Walking in the Gym 10:00 Site Council 11:00 Tai Chi (Senior Led) 11:00 Concert by Nostalgia Men 12:00 Lunch 1:00 Silver Sneakers Chair Yoga® 1:00 Hand & Foot Card Game 2:00 Walking to Oldies Music</p>	<p>Trains Exhibit at Museum of Fulton Co.; Wear Senior Center Shirt/ Hat 4 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</p>	<p>8:00 Walking with Friends 5 10:00 Golden Drummers 12:00 Lunch & Birthday Dessert Provided by Heritage Health Care 12:30 Walking in the Gym 1:00 to 2:30 BINGO 2:00 Box of Brain Games</p>
<p>Wear Black for the Eclipse 8 8:00 Walking (Gym) 9:00 Gentle Stretching (Gym) 10:30 Free Hearing Aid Cleaning 11:00 Monday Brain Booster: Eclipse Word 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 Waikiki Beach in Honolulu</p>	<p>8:00 Gym Open for Walking 9 10:00 Golden Drummers 11:00 Concert by Senior Center Choir 12:00 Lunch 12:30 Walking in the Gym (No Choir Practice) 1:00 Silver Sneakers® Classic Exercise 2:00 Hand & Foot Card Game</p>	<p>Wear Something Silly 10 8:00 Stretching & Walking 8:45 Zumba Gold (Sponsor: Genacross) 9:45 Walking in the Gym 11:00 Tai Chi (Senior Led) 11:00 Wacky Stories with Bill S. 12:00 Lunch 1:00 Scripture Study with Sandy 1:00 Hand & Foot Card Game 2:00 Walking to Oldies Music</p>	<p>Day Trip to Toledo Museum of Art: Glass Blowing & Caravaggio Exhibit 11 8:00 Walking to Your Favorite Music 9:00 Managing Arthritis with 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 Free Herb Planting 2:00 Sequence & Other Games</p>	<p>8:00 Walking with Friends 12 10:00 Golden Drummers 12:00 Lunch 12:30 Walking in the Gym 1:00 to 2:30 BINGO 2:00 Box of Brain Games</p>
<p>8:00 Walking (Gym) 15 9:00 Gentle Stretching (Gym) 11:00 Free Blood Pressure Checks 11:00 Monday Brain Booster: Ice Cream Hidden Picture & Word Search 11:00 Tai Chi (Senior Led) 12:00 Lunch 1:00 to 2:30 Line Dancing 2:30 Map It Monday Armchair Traveler: Visit Stonehenge By Video</p>	<p>8:00 Gym Open for Walking 16 10:00 Golden Drummers 11:00 Mental Health News, Wendy J. 12:00 Lunch 12:30 Walking in the Gym 1:00 Choir 1:00 Silver Sneakers® Classic Exercise 2:00 Hand & Foot Card Game</p>	<p>8:00 Stretching & Walking 17 8:45 Zumba Gold (Sponsor: Genacross) 9:45 Walking in the Gym 10:00 Choir to Fayette Senior Center 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</p>	<p>Day Trip to Sadowski's Produce; Wear Senior Center Shirt/ Hat 18 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</p>	<p>8:00 Walking with Friends 19 10:00 Golden Drummers 12:00 Lunch 12:30 Walking in the Gym 1:00 to 2:30 BINGO 2:00 Box of Brain Games</p>
<p>Wear Blue or Green for Earth Day 22 8:00 Walking (Gym) 9:00 Gentle Stretching (Gym) 11:00 Monday Brain Booster: Earth Day Word 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 Buckingham Palace</p>	<p>Wear Denim Today. 23 8:00 Gym Open for Walking 10:00 Golden Drummers 11:00 Word Games 12:00 Lunch 12:30 Walking in the Gym 1:00 Choir 1:00 Silver Sneakers® Classic Exercise 2:00 Hand & Foot Card Game</p>	<p>8:00 Stretching & Walking 24 8:45 Zumba Gold (Sponsor: Genacross) 9:30 Toenail Clinic (Sign Up) 9:45 Walking in the Gym 10:00 Card Making with Deb 11:00 Tai Chi (Senior Led) 11:00 Music by Peter V. & Friends 1:00 Scripture Study with Sandy 1:00 Silver Sneakers Chair Yoga® 2:00 Walking to Oldies Music</p>	<p>8:00 Walking to Your Favorite Music 25 9:00 Managing Arthritis with 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</p>	<p>8:00 Walking with Friends 26 10:00 Golden Drummers 10:00 Choir to Swanton Senior Center 12:00 Lunch 12:30 Walking in the Gym 1:00 to 2:30 BINGO 2:00 Box of Brain Games</p>
<p>8:00 Walking (Gym) 29 9:00 Gentle Stretching (Gym) 11:00 Monday Brain Booster: Treasure Island Word Game 11:00 Tai Chi (Senior Led) 12:00 Lunch 1:00 to 2:30 Line Dancing 2:30 Map It Monday Armchair Traveler: Experience A Year with the Royal Family</p>	<p>Wear Senior Center Shirt 30 8:00 Gym Open for Walking 10:00 Golden Drummers 11:00 Music by Michael Buck 12:00 Lunch 12:30 Walking in the Gym 1:00 Choir 1:00 Silver Sneakers® Classic Exercise 2:00 Hand & Foot Card Game</p>			

**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 Cards 1 9:30 Chair Exercises with Lynn 11:00 Senior Scams with Mary, Swanton Police Department 12:00 Lunch 1:00 Word Search	9:00 Brain Box Games 2 9:30 Parking Lot Stroll with Jeanne 11:00 Hollywood Squares Wii & Other Games 12:00 Lunch 1:00 Puzzles	9:00 Table Talk 3 9:30 Chair Exercises with Lynn 10:00 Site Council 10:15 to 11:45 BINGO with Swanton Library 12:00 Lunch & Birthday Dessert sponsored by Kingston 1:00 Games	Day Trip to Trains Exhibit at Museum of Fulton County; Wear Senior Center Shirt/ Hat 4 9:00 Coffee & Conversations 9:30 Chair Exercises with Carole 10:00 Site Council 10:15 to 11:45 BINGO 12:00 Lunch & Birthday Dessert	5 1:00 Cards 9:00 Cards & Games 9:30 Chair Exercises with Lynn 11:00 Free Concert with Nostalgia Men 12:00 Lunch 1:00 Box of Brain Games
9:00 Table Talk 8 9:30 Chair Exercises with Lynn 11:00 Free Blood Pressure Checks & "Just So You Know" with Fulton County Health Department & Solar Eclipse Word Games 12:00 Lunch 1:00 Puzzles	9:00 Wii Games, Family Feud 9 9:30 Parking Lot Stroll with Jeanne 11:00 Free Blood Pressure Checks & "Just So You Know" with Fulton County Health Department 12:00 Lunch 1:00 Games	9:00 Coffee & Conversations 10 9:30 Chair Exercises with Lynn 9:45 Free Hearing Aid Cleaning 10:15 to 11:45 BINGO 12:00 Lunch 1:00 Cards	Day Trip to Toledo Museum of Art: 11 Glass Blowing & Caravaggio Exhibit 9:00 Americana Time Line (From the Brain Game Box) 9:30 Chair Exercises with Carole 10:15 to 11:45 BINGO w Delta Students 12:00 Lunch 1:00 Monopoly Deal (From the Brain Games Box)	Funky Friday! Wear Something Silly 12 9:00 Word Search 9:30 Chair Exercises with Lynn 11:00 Light-hearted Poems with Storyteller Bill Senecal 12:00 Lunch 1:00 Chit Chat
9:00 Hidden Pictures Paper (Flowers/ Mother's Day) 15 9:30 Chair Exercises with Lynn 11:00 Earth Day Program with Laura from Black Swamp Conservancy 12:00 Lunch 1:00 Games	9:00 Wii Games, Bowling 16 9:30 Parking Lot Stroll with Jeanne 11:00 Deputy Sheriff 12:00 Lunch 1:00 Cards	National Banana Day is Tomorrow! Wear Yellow. Bring Yellow Prizes for the Prize Table 17 9:00 Cards & Games 9:30 Chair Exercises with Lynn 10:15 to 11:45 Banana BINGO 12:00 Lunch 1:00 Box of Brain Games	Day Trip to Sadowski's Produce: 18 Wear Senior Center Hat/ Shirt 9:00 Word Search 9:30 Chair Exercises with Carole 10:15 to 11:45 Banana BINGO; National Banana Day! Wear Yellow. Bring Yellow Prizes for the Prize Table 12:00 Lunch 1:00 Chit Chat	9:00 Tenzi Dice Game 19 9:30 Chair Exercises with Lynn 10:20 (Note Time) Swanton High School Students 12:00 Lunch 1:00 Puzzles
Happy Earth Day! Wear Blue or Green 22 9:00 Coffee & Conversations 9:30 Chair Exercises with Lynn 10:30 (Note Time) Set Up for 11:00 Earth Day program: Shopping by Swapping 12:00 Lunch 1:00 Cards	9:00 Wii Games, Golf 23 9:30 Parking Lot Stroll with Jeanne 11:00 Downsizing Tips, Marcia Holly, Realtor 12:00 Lunch 1:00 Box of Brain Games	Wear Denim for Denim Day 24 9:00 Table Talk No Chair Exercises 9:30 to 11:30 Health Screenings with Fulton Co. Health Center 10:15 to 11:45 BINGO 12:00 Lunch 1:00 Chit Chat	Wear Denim for Denim Day 25 9:00 Wii Games, Family Feud 9:30 to 11:30 Health Screenings with Fulton Co. Health Center 9:30 Chair Exercises with Carole 10:15 to 11:45 BINGO with Delta Library Caller 12:00 Lunch 1:00 Puzzles	Wear Senior Center Shirt/ Hat 26 9:00 "I Should Have Known That" 9:30 Chair Exercises with Lynn 11:00 Concert by Senior Center Choir 12:00 Lunch 1:00 Games
9:00 I Spy Paper Games 29 9:30 Chair Exercises with Lynn 11:00 Occupation Show & Tell (Bring An Object that Represents A Job or Skill You Had/ Have) 12:00 Lunch 1:00 Box of Brain Games	9:00 Blokus 30 (From the Brain Games Box) 9:30 Parking Lot Stroll with Jeanne 11:00 "Tell Me More," a Question & Answer Program 12:00 Lunch 1:00 Chit Chat			

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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 Left Center Right 11:00 Monday Brain Booster: Name That Car & Word Search 12:00 Lunch 1:00 Games	1	9:00 Cards with Friends 10:45 Site Council 11:00 "Make Your Own Sunshine" with Jen from Elara Caring 12:00 Lunch 1:00 Word Search	2	9:00 Games 10:00 Chair Yoga 10:45 Site Council 11:00 Silly Stories with Storyteller, Bill Senecal 12:00 Lunch 1:00 Puzzles	3	Day Trip to Trains Exhibit at Museum of Fulton County; Wear Senior Center Hat/ Shirt 9:00 Skip Bo 10:15 to 11:45 BINGO 12:00 Lunch & Birthday Dessert 1:00 Cards & Games	4	9:00 Coffee & Conversation 10:15 to 11:45 BINGO 12:00 Lunch & Birthday Dessert 1:00 Box of Brain Games	5
Wear Black for the Eclipse 9:00 Games 11:00 Eclipse Word Games 12:00 Lunch 1:00 Word Search	8	9:00 Chit Chat 11:00 Guitar Music by Will Hinton 12:00 Lunch 1:00 Puzzles	9	9:00 Chit Chat 10:00 Chair Yoga 11:00 Music by Peter V & Friends 12:00 Lunch 1:00 Puzzles	10	Day Trip to Toledo Museum of Art: Glass Blowing & Caravaggio Exhibit 9:00 Coffee & Conversation 10:15 to 11:45 BINGO 12:00 Lunch 1:00 Box of Brain Games	11	9:00 Pepper 10:15 to 11:45 BINGO 12:00 Lunch 1:00 Cards	12
9:00 Games 11:00 Monday Brain Booster: Animal Word Games 12:00 Lunch 1:00 Puzzles	15	9:00 Cards with Friends 11:00 Free Blood Pressure Checks and "Just So You Know" with Fulton County Health Dept. 12:00 Lunch 1:00 Puzzles	16	9:00 Coffee & Conversation 10:00 Chair Yoga 11:00 Free Concert by the Senior Center Choir 12:00 Lunch 1:00 Box of Brain Games	17	Day Trip To Sadowski's Produce; Wear Senior Center Hat/ Shirt 9:00 Skip Bo 10:15 to 11:45 Spring Clean BINGO 12:00 Lunch 1:00 Cards	18	9:00 Cards 10:15 to 11:45 Spring Clean BINGO 12:00 Lunch 1:00 Word Search	19
Happy Earth Day! Wear Blue/ Green 9:00 Chit Chat 11:00 Free Blood Pressure Checks and "Just So You Know" with Fulton County Health Dept. 12:00 Lunch 1:00 Hidden Pictures	22	9:00 Coffee & Conversation 11:00 Free Concert by Just Us 2, Marc & Ellen Pember 12:00 Lunch 1:00 Box of Brain Games	23	9:00 Games 10:00 Chair Yoga 11:00 Overview of Services Offered by Area Office on Aging with Shawn W. 12:00 Lunch 1:00 Cards	24	Wear Denim for Denim Day 9:00 Left Center Right 10:15 to 11:45 BINGO 12:00 Lunch 1:00 Word Search	25	Wear Senior Center Hat/ Shirt 9:00 Pepper 10:15 to 11:45 BINGO 12:00 Lunch 1:00 Puzzles	26
9:00 Coffee & Conversation 11:00 Mental Health News with Wendy; Improve Your Brain's Mood 12:00 Lunch 1:00 Box of Brain Games	29	9:00 Cards with Friends 11:00 Overview of Services Offered by Area Office on Aging with Shawn W. 12:00 Lunch 1:00 Cards	30						



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 APRIL 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