

SERVING CITIZENS OF FULTON COUNTY 60 YEARS & OVER

SENIOR B-zz

MAY 2024

Fulton County Senior Center
695 S. Shoop Ave., Wauseon, Ohio 43567
Phone: 419-337-9299 • Fax: 419-337-9289 • Hours: 8am-4pm

SENIOR NEWS

UPCOMING EVENTS

- May 6** – Wauseon Site Reopens to Seniors
- May 7** – Don't Get Scammed (Archbold)
- May 7** – Simple Tea Party (Delta)
- May 7** – Sip & Paint (Wauseon, Sign Up)
- May 8** – Program by Fulton County Sheriff (Fayette)
- May 9** – Managing Arthritis with Jordan S. (Wauseon)
- May 10** – Simple Tea Party (Swanton)
- May 15** – Circle of Friends Bluegrass Concert (Fayette)

- May 15** – Make Greeting Cards with Deb B. (Sign Up)
- May 20** – Timely Topic with Sandy S. (Wauseon)
- May 21** – Music by Just Us 2 (Delta)
- May 23** – Managing Arthritis with Jordan S. (Wauseon)
- May 24** – Program by Fulton County Sheriff (Swanton)
- May 27** – Closed for Memorial Day (No Meals Served)
- May 29** – Music by Just Us 2 (Fayette)
- May 29** – Day Trip, Toledo Mud Hens (Sign Up)

NOTE NEW ADDRESS

Please note our new address for donations, 695 S. Shoop Ave., Wauseon, OH 43567. Pre-addressed donation envelopes are available by request at each of our Senior Center sites.

DID YOU KNOW? The monthly issue of the Senior Center B-zz newsletter is available for free via email. Anyone may join our email list, including family and friends. Simply call our senior center to sign up at 419-337-9299 or send an email to Karen at kschroeder@fultoncountyoh.com and ask her to add you.

SENIOR SPOTLIGHT



We are excited to welcome you to our new Senior Center building, located at 695 S. Shoop Avenue, Wauseon, on the north side of the Fulton County Health Center campus. We are open 8 AM to 4 PM, Monday through Friday. Lunch is still served at noon and activities are planned throughout each day. Please call your lunch reservations at least 24 business hours in advance, 419-337-9299. This newsletter is the best way to keep up with the variety of programs we offer. Join us for free exercise classes, educational programs, socialization, BINGO, and much more.

THANK YOU FOR YOUR SUPPORT

Thank you for generously supporting class sponsorships, meal donations, BINGO, solar eclipse glasses, and birthday desserts! Erica & Rehabilitation Hospital of Northwest Ohio, Joanna & Genacross, Emily & Kingston, Suzanne & Paramount, Julie & Fulton County Visitors Bureau, Dr. Dellenbusch & BGSU, Sara & Heritage Home Health, Beth & Core Wealth, Taylor & Devoted Health Plans, Tim & Ohio Living Home Health & Hospice, Emily & Swanton Library, Carrie & Delta Library, Keri & Wauseon Library, Wendy & Normal Memorial Library, Trisha & Ayden Health Care, Julie & United Health Care, Jamie & Buckeye Health Plan.

SENIOR CENTER LUNCH REMINDERS

Our Wauseon kitchen staff starts early each weekday to prepare a few hundred meals for our sites and home-delivered meal recipients. If you receive home-delivered meals, please remember the following:

If you are unable to be **at home** for your meal delivery, contact us so we do not deliver your meal.

Did you know you can choose which meals you would like for the month and give a list to your driver?

Please restrain your **pets** during the time of meal delivery for the safety of your driver.

If you plan to eat lunch at a site, make your lunch reservation at least **one business day** in advance. Please cancel if you are unable to keep your site lunch reservation, so we prepare the correct number of meals.

We are honored to serve so many seniors. Thank you for doing your part to help us make your dining experience a positive one.

NUTRITION SPOTLIGHT: VEGETABLES

It's no secret that vegetables — which are loaded with fiber, vitamins, minerals, and antioxidants — are a must-have in a healthy diet. Although all vegetables are healthy, several stand out for their supply of nutrients and powerful health benefits.

Here is a list of the 14 most nutrient-dense veggies available. Spinach, carrots, and broccoli top the list, followed by garlic, Brussels sprouts, kale, green peas, Swiss Chard, beets, asparagus, red cabbage, sweet potatoes, collard greens, cauliflower.

Source: HealthLine.com

JOIN OUR TEAM

The Fulton County Board of Commissioners is accepting applications for the position of Substitute Meal Delivery Driver for the Senior Center. This person will report to the Fulton County Senior Center in Wauseon daily to perform delivery duties as per assigned route, Monday through Friday from 9:30 AM until completion of assigned route, approximately 3-4 hours per weekday.

Submit applications to Fulton County Senior Center; 240 Clinton St; Wauseon, OH 43567 EEO/ADA Employer.

COUPONS FOR LOCAL FARMERS' MARKETS

The 2024 Farmers' Market program will begin soon. If you are age 60 or over and a resident of Fulton County, you may be eligible to receive coupons from the Senior Farmers' Market Nutrition Program. Eligible seniors receive ten \$5 coupons and a list of participating farmers' markets and roadside stands. Coupons can be redeemed for fresh vegetables and fruits plus herbs and honey.

You will automatically receive an application in the mail for 2024 if you received coupons for local farmers' markets in 2023. Coupons will be sent monthly. If you are homebound, you may assign a proxy to shop for produce for you. If you are new to the program and would like to apply for farmers' market coupons for the 2024 season, applications will be available soon at our five Senior Center sites. Each household must complete an application every year. Submit your completed application to Laura Ankney at the Wauseon site or to Area Office on Aging, Toledo. The application is also online at www.areaofficeonaging.com and click on the "Apply Now" button.

Income is based upon the "take-home" income of the total number of people living in the household.

All applications are processed on a first-come, first-served basis. The Senior Farmers' Market Nutrition Program is made possible by funding from the United States Department of Agriculture and state and local funding.

WHAT IS IT?

Cardio Drumming (“Golden Drummers”) – This 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, as you follow an experienced instructor. Participants of this class report increased stamina, flexibility and unexplained smiling with occasional bursts of laughter.

WHEN: Tuesdays & Fridays at 10:00 AM.

Silver Sneakers® Classic – A fitness instructor from Fulton County Health Center leads this class. Choose your intensity level. Participants report improved muscle tone, flexibility and endurance. Use small, handheld weights, plus exercise bands and small exercise balls. Stand or sit for this class.

WHEN: Tuesdays & Thursdays at 1 PM. You do not need to be a member of Silver Sneakers to participate.

Silver Sneakers Yoga ® – Get ready to move through a complete series of seated & standing yoga poses. Chair support is offered so you can perform a variety of postures designed to increase flexibility, balance & range of movement. Restorative breathing exercises & final relaxation will promote stress reduction & mental clarity.

WHEN: Wednesdays from 1 PM to 2 PM. This class is led by an instructor from Fulton County Health Center.

Tai Chi – Seniors who participate in this class report they have increased stamina and flexibility and feel more relaxed. Movements are slow and fluid. You may remain seated, if needed. The seniors follow an instructor via a DVD on a large screen.

WHEN: Mondays and Wednesdays at 10:00 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 workouts with improvements to their balance, range of motion and coordination.

There is no charge for the above classes, which are open to Fulton County seniors age 60 and over. No experience necessary. Join anytime! Call for more information, 419-337-9299. Refer to this monthly newsletter for the full schedule.

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.

DON'T FALL FOR SCAMS

Scammers never rest. Seniors in and around Fulton County are regularly targeted by scammers. The Better Business Bureau has some tips to avoid falling victim to scams.

- It's OK to be skeptical and ask questions of the caller.
- Scammers often use high pressure to make the senior believe this is an urgent matter.
- The Social Security Administration will never call someone and ask for their Social Security Number.
- The Internal Revenue Service will not call someone and ask for payment over the phone.
- If someone asks for your personal information, refuse to give it to them, and simply hang up.
- Don't trust your caller ID. The internet has made it possible for scammers to use fake IDs when they call you, so it could appear to be a legitimate or local source.
- Contact the Social Security Administration directly if you're concerned about a call from someone claiming to be with the SSA. Reach the real SSA at 800-772-1213.
- Remember, never give personal information to unsolicited callers.
- You are in control. Just hang up.

DON'T ANSWER ROBOCALLS

Helpful information from the Ohio Attorney General's Office.

- Register your phone number(s) with the Do Not Call Registry online at www.DoNotCall.gov or by phone at 1-888-382-1222.
- Research services offered by your phone provider to block unwanted calls.
- Install a trusted and reliable app on your cell phone to block or warn of suspicious calls.
- Add trusted phone numbers to your cell phone contacts.
- Limit the people and businesses with whom you share your phone number.

LUNCH CALENDAR

MAY, 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

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 FAYETTE & SWANTON	TUESDAY ARCHBOLD & DELTA	WEDNESDAY FAYETTE & SWANTON	THURSDAY FAYETTE & DELTA	FRIDAY ARCHBOLD & SWANTON
		1	2	3
Home delivery meal clients will receive meals as usual. Wauseon seniors with reservations can pick up drive through meals at former Senior Center. Satellite Sites, see your Site Manager for more information.				
Salisbury Steak 6 Roasted Yukon Potatoes Carrots Peaches	Cabbage Roll 7 Mashed Potatoes Far East Blend	Hot Chicken Sandwich 8 Red Potatoes Garlic Chalet Blend Juice	Braised Beef Tips 9 Mashed Potatoes Brussels Sprouts Pears	Sausage Patty Sandwich 10 Mixed Vegetable Fruit Crisp
Creamed Chipped Beef 13 Mashed Potatoes Mixed Vegetables Fresh Fruit	Hot Dogs 14 (LS Alt=Chicken Breast) Baked Beans California Blend Vegetables Mixed Fruit	Beef Stew 15 Buttered Corn Pineapple Casserole	Swedish Meatballs 16 Egg Noodles Brussels Sprouts Midori Vegetable Blend Tropical Fruit	Chicken Alfredo Pasta 17 Steamed Carrots Broccoli Banana
Hamburger Gravy 20 Mashed Potatoes Mixed Vegetables Fresh Fruit	BBQ Beef 21 Paco Blend Beets Pears	Broccoli Cheese Soup 22 Corned Beef & Swiss Pasta Salad Grape Salad	Ham Loaf 23 (LS Alt=Meatloaf) Sweet Potatoes Hot Applesauce	Goulash 24 Summer Squash Spinach Salad Fruit Crunch
27 SITES CLOSED MEMORIAL DAY	Sausage, Egg, Cheese 28 Sandwich Hash Brown Casserole Corn Nuggets Pineapple	Creamed Chicken 29 Normandy Blend Baked Apples	Beef & Noodles 30 Mashed Potatoes Green Beans Peaches	Meatloaf 31 Au Gratin Potatoes Peas Oranges

WAUSEON ACTIVITIES

FULTON COUNTY SENIOR CENTER
695 S. SHOOP AVE. | WAUSEON, OH 43567 | 419.337.9299

MAY, 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1	2	3
		Activities, classes and dine-in lunches will start on May 6.	Call by 3 PM today for dine-in lunch reservations for next week.	We look forward to you joining us starting May 6.
8:00 Walking (Gym) 6 9:00 Gentle Stretching (Gym) 10:00 Tai Chi (Senior Led) 11:00 Monday Brain Booster: Car Tunes Hidden Picture/ Word Search 12:00 Lunch 1:00 to 2:30 Line Dancing 2:30 Walking in the Gym	8:00 Gym Open for Walking 7 10:00 Golden Drummers 11:15 Site Council 12:00 Lunch 12:30 Walking in the Gym 1:00 Sip & Paint by Core Wealth & Devoted Health No Choir 1:00 Silver Sneakers® Classic Exercise 2:00 Hand & Foot Card Game	8:00 Stretching & Walking 8 8:45 Zumba Gold (Sponsor: Genacross) 9:45 Walking in the Gym 10:00 Tai Chi (Senior Led) 11:00 Word Games 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/ Hat 9 8:00 Walking to Your Favorite Music 9:00 Managing Arthritis (Sponsor: Ohio Living) 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 10 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 2:30 Box of Brain Games
8:00 Walking (Gym) 13 9:00 Gentle Stretching (Gym) 10:00 Tai Chi (Senior Led) 10:30 Free Hearing Aid Cleaning by Hearing Life 11:00 Sequence 12:00 Lunch 1:00 to 2:30 Line Dancing 2:30 Map It Monday Video: Old Faithful	8:00 Gym Open for Walking 14 10:00 Golden Drummers 11:00 Julie Brink, Visitors Bureau 12:00 Lunch 12:30 Walking in the Gym No Choir 1:00 Silver Sneakers® Classic Exercise 2:00 Hand & Foot Card Game	8:00 Stretching & Walking 15 8:45 Zumba Gold (Sponsor: Genacross) 9:45 Walking in the Gym 10:00 Card Making with Deb B. 10:00 Tai Chi (Senior Led) 11:00 Heidi & Habitat For Humanity 12:00 Lunch 1:00 Silver Sneakers Chair Yoga® 1:00 Hand & Foot Card Game 2:00 Walking to Oldies Music	Wear Pink for Pink Panther Day 16 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 17 10:00 Golden Drummers 12:00 Lunch 12:30 Walking in the Gym 1:00 to 2:30 BINGO 2:30 Box of Brain Games
8:00 Walking (Gym) 20 9:00 Gentle Stretching (Gym) 10:00 Tai Chi (Senior Led) 11:00 Free Blood Pressure Checks 11:00 Monday Brain Booster: Cows 12:00 Lunch 1:00 Timely Topic with Sandy 1:00 to 2:30 Line Dancing 2:30 Map It Monday Video: Grand Canyon	Wear Senior Center Shirt/ Hat 21 8:00 Gym Open for Walking 10:00 Golden Drummers 11:00 "Just Chew On It" w/ Wendy 12:00 Lunch 12:30 Walking in the Gym No Choir 1:00 Silver Sneakers® Classic Exercise 2:00 Hand & Foot Card Game	8:00 Stretching & Walking 22 8:45 Zumba Gold (Sponsor: Genacross) 9:30 Toenail Clinic (Sign Up) 9:45 Walking in the Gym 10:00 Tai Chi (Senior Led) 11:00 Music by Michael Buck 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 23 9:00 Managing Arthritis (Sponsor: Rehab Hospital of Northwest Ohio) 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 24 10:00 Golden Drummers 12:00 Lunch 12:30 Walking in the Gym 1:00 to 2:30 BINGO 2:30 Box of Brain Games
27 CLOSED FOR MEMORIAL DAY	8:00 Gym Open for Walking 28 10:00 Golden Drummers 11:00 Word Games 12:00 Lunch 12:30 Walking in the Gym No Choir 1:00 Silver Sneakers® Classic Exercise 2:00 Hand & Foot Card Game	Day Trip, Toledo Mud Hens 29 8:00 Stretching & Walking 8:45 Zumba Gold (Sponsor: Genacross) 9:45 Walking in the Gym 10:00 Tai Chi (Senior Led) 11:00 Word Games 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 30 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 31 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

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		9:00 Uno Flip 9:30 "Traveling Little Library" 9:30 Chair Exercises with Lynn 10:00 Site Council 10:15 to 11:45 BINGO with Swanton Library caller 12:00 Lunch with Birthday Dessert Sponsored by Kingston 1:00 Games	9:00 Hidden Pictures: Mouse House/ Double Dutch 9:30 Chair Exercises with Carole 10:00 Site Council 10:15 to 11:45 BINGO 12:00 Lunch with Birthday Dessert 1:00 Word Search	9:00 From the Brain Game Box: Quadrillion 9:30 Chair Exercises with Lynn 11:00 Toledo Humane Society Update with Jackie 12:00 Lunch 1:00 Chit Chat
9:00 Brain Game Box: Timeline/ Inventions No Chair Exercises 10:00 (Note Time) Beginner Acrylic Painting Class with Alice Wynja Materials Sponsored by Friends & Family Ohio Homemakers 12:00 Lunch 1:00 Table Talk	9:00 Wii Games, Family Feud 10:00 Parking Lot Stroll with Jeanne 10:30 Animals In Hiding Part 1 Word Games 11:00 A Simple Tea. Bring a tea cup to use & talk about. "Decorating On a Dime" with Sue Link 12:00 Lunch 1:00 Games	Wear Senior Center Shirt/ Hat 9:00 Uno Flip 9:30 Chair Exercises with Lynn 10:15 to 11:45 BINGO 12:00 Lunch 1:00 Word Search	Wear Senior Center Shirt/ Hat 9:00 Coffee & Conversation 10:00 Chair Exercises with Carole 10:15 to 11:45 BINGO with Delta students 12:00 Lunch 1:00 Chit Chat	9:00 Hobby Hour (Bring a hobby/ project to work on) 9:30 Parking Lot Stroll with Jeanne 9:30 Chair Exercises with Lynn 11:00 A Simple Tea. Bring a tea cup to use & talk about. "Decorating On a Dime" with Sue Link 12:00 Lunch 1:00 Puzzles
9:00 Monday Brain Booster: Hidden Pictures (Memorial Day/ Hikes) 9:30 Chair Exercises with Lynn 11:00 Free Blood Pressure Checks & "Just So You Know" with Fulton County Health Department 12:00 Lunch 1:00 Games	9:00 Hobby Hour (Bring a hobby/ project to work on) 10:00 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 Word Search	Wear Pink for Pink Panther Day 9:00 Coffee & Conversation 9:30 Chair Exercises with Lynn 10:15 to 11:45 BINGO 12:00 Lunch 1:00 Chit Chat	Wear Pink for Pink Panther Day 9:00 Brain Game Box: Monopoly Deal 10:00 Chair Exercises with Carole 10:15 to 11:45 BINGO 12:00 Lunch 1:00 Puzzles	9:00 Buzzword & Plexer Word Games 9:30 Chair Exercises with Lynn 11:00 Game Day 12:00 Lunch 1:00 Table Talk 9:00 Brain Game Box: Set 9:30 Chair Exercises with Lynn
11:00 Mental Health Information with Wendy Jennings 12:00 Lunch 1:00 Word Search	9:00 Coffee & Conversation 10:00 Parking Lot Stroll with Jeanne 11:00 Free Concert by Just Us 2, Marc & Ellen Pember, "Coffee House Vibes" 12:00 Lunch 1:00 Chit Chat	9:00 Brain Game Box: Tenzi 9:30 Chair Exercises with Lynn 10:15 to 11:45 Spring Clean BINGO (Bring items for the Prize Table) 12:00 Lunch 1:00 Puzzles	9:00 Brain Game Box: No Thanks 10:00 Chair Exercises with Carole 10:15 to 11:45 Spring Clean BINGO with Delta Library (Bring Items for the Prize Table) 12:00 Lunch 1:00 Table Talk	9:00 Hobby Hour (Bring a hobby/ project to work on) 9:30 Chair Exercises with Lynn 11:00 Deputy Sheriff 12:00 Lunch 1:00 Games
27 CLOSED FOR MEMORIAL DAY	9:00 Hobby Hour (Bring a hobby/ project to work on) 10:00 Parking Lot Stroll with Jeanne 11:00 An Overview of Services Offered by Area Office on Aging with Shawn W. 12:00 Lunch 1:00 Puzzles	Day Trip, Toledo Mud Hens; Wear Senior Center Shirt / Hat 9:00 Uno Flip 9:30 Chair Exercises with Lynn 10:15 to 11:45 BINGO 12:00 Lunch 1:00 Table Talk	9:00 Brain Game Box: Pairzi 10:00 Chair Exercises with Carole 10:15 to 11:45 BINGO 12:00 Lunch 1:00 Games	9:00 Brain Game Box: Phase 10 9:30 Chair Exercises with Lynn 11:00 Avoiding Utility Scams & Unwanted Charges, Amy, Ohio Consumers' Counsel 12:00 Lunch 1:00 Cards

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.

MAY, 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		9:00 Kings in the Corner (Brain Game Box) 10:00 Chair Yoga 11:00 How to Avoid Utility Scams & Unwanted Charges with Amy Carles, Ohio Consumers' Counsel 12:00 Lunch 1:00 Chit Chat	9:00 Skip Bo 10:15 to 11:45 BINGO with Wendy from Normal Memorial Library 12:00 Lunch & Birthday Dessert 1:00 Hobby Hour (Bring your own hobby/ project and work on it)	9:00 Pepper 9:30 to 11:30 Health Screenings with Fulton Co. Health Center (Sign Up) 10:15 to 11:45 BINGO 12:00 Lunch & Birthday Dessert 1:00 Games
9:00 Left Center Right 11:00 Monday Brain Booster: Hidden Colors Word Game 12:00 Lunch 1:00 Games	9:00 Shut the Box (Brain Game Box) 10:45 Site Council 11:00 How to Avoid Utility Scams & Unwanted Charges with Amy Carles, Ohio Consumers' Counsel 12:00 Lunch 1:00 Chit Chat	9:00 True/ False Questions (Brain Game Box) 10:00 Chair Yoga 10:45 Site Council 11:00 Deputy Sheriff 12:00 Lunch 1:00 Puzzles	Wear Pastel Colors to Celebrate Spring 9:00 Spot It! (Brain Game Box) 9:30 to 11:30 Health Screenings with Fulton Co. Health Center (Sign Up) 10:15 to 11:45 BINGO 12:00 Lunch	1:00 Games Wear Pastel Colors to Celebrate Spring 9:00 Tenzi (Brain Game Box) 10:15 to 11:45 BINGO 12:00 Lunch 1:00 Cards
9:00 I Got It! (Brain Game Box) 11:00 Tell Me More (A Question & Answer Program with Dorothy) 12:00 Lunch 1:00 Chit Chat	9:00 Monopoly Deal (Brain Game Box) 11:00 ZINGO 12:00 Lunch 1:00 Hobby Hour (Bring your own hobby/ project and work on it).	9:00 Hobby Hour (Bring your own hobby/ project and work on it). 10:00 Chair Yoga 11:00 Free Bluegrass Concert by Circle of Friends 12:00 Lunch 1:00 Games	Wear Senior Center Shirt/ Hat 9:00 Five Crowns (Brain Game Box) 10:15 to 11:45 BINGO 12:00 Lunch 1:00 Cards	Wear Senior Center Shirt/ Hat 9:00 Pepper 10:15 to 11:45 BINGO 12:00 Lunch 1:00 Box of Brain Games
9:00 Things They Don't Teach You In School (Brain Game Box) 11:00 Monday Brain Booster: Hidden Pictures & Word Search (Ice Cream) 12:00 Lunch 1:00 Puzzles	9:00 Time Line (Brain Game Box) 11:00 Free Blood Pressure Checks and "Just So You Know" with Fulton County Health Dept. 12:00 Lunch 1:00 Games	9:00 Spot It! (Brain Game Box) 10:00 Chair Yoga 11:00 Free Blood Pressure Checks and "Just So You Know" with Fulton County Health Dept. (Note Date) 12:00 Lunch 1:00 Cards	9:00 Kings in the Corner (Brain Game Box) 10:15 to 11:45 BINGO 12:00 Lunch 1:00 Hobby Hour (Bring your own hobby/ project and work on it).	9:00 Kanoodle (Brain Game Box) 10:15 to 11:45 BINGO 12:00 Lunch 12:15 Update about Archbold Community Garden with Abby P. & Garden Tour 1:00 Chit Chat
CLOSED MEMORIAL DAY	9:00 Blokus (Brain Game Box) 11:00 Lively Game/ Chat with Sara C. of Hospice of Northwest Ohio 12:00 Lunch 1:00 Hobby Hour (Bring your own hobby/ project and work on it)	Day Trip, Toledo Mud Hens; Wear Senior Center Shirt / Hat 9:00 Five Crowns (Brain Game Box) 10:00 Chair Yoga 11:00 Free Concert by Just Us 2, Marc & Ellen Pember 12:00 Lunch 1:00 Word Search	9:00 Shut the Box (Brain Game Box) 10:15 to 11:45 BINGO 12:00 Lunch 1:00 Skip Bo	9:00 Qwirkle (Brain Game Box) 10:15 to 11:45 BINGO 12:00 Lunch 1:00 Table Talk

SENIOR
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Forwarding and return postage guaranteed
Address service requested
Postmaster: Send address changes to:
Fulton County Senior Center
695 S. Shoop Ave.
Wauseon, OH 43567-1109

Icon of an envelope in a green circle. Text: 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 MAY 1, 2024

FULTON COUNTY SENIOR CENTER STAFF

Table listing staff roles and names: 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), Food Program Manager (Kim Machinski), Volunteer Coordinator (Angela Johnston), Kitchen Aides (Sherry Bittinger, Aria Frey, Maryann Griffin, Candace Gonzales, Henna Law), 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, Tim Gorsuch, Steve Jackson, Karen James, Vicki Kline, Cheryl Kohls, Kelli Kuntz, 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.

Table with 3 columns: Site Name, Days, and Hours. Rows include 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).