

SERVING CITIZENS OF FULTON COUNTY 60 YEARS & OVER

SENIOR



JUNE 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

- June 11** – Archbold & Delta Senior Center Sites Visit Wauseon
- June 12** – Fayette & Swanton Senior Center Sites Visit Wauseon
- June 19** – No Meals, Sites Closed for Juneteenth Holiday
- June 20** – Lunch Event Open House for Seniors, & Public Open House from 2 to 7 PM
- June 28** – Day Trip to HomeBuys, Cracker Barrel, Toledo Humane Society Thrift Store, & Used Book Sale
- Oct. 1** – Road to Wellness event
- Nov. 8** – Veterans Breakfast

NOTE NEW ADDRESS

The physical address and mailing address of the new Senior Center is
695 S. Shoop Ave., Wauseon, OH 43567.

Pre-addressed donation envelopes are available by request at each of our sites. Please update our address with your financial institutions that issue checks to the Senior Center.

SENIOR SPOTLIGHT



If it's a Thursday morning at the Fulton County Senior Center, you will find Brenda Brown of Wauseon in her usual seat, near the BINGO caller. Brenda has been playing BINGO for 35 years, and since 2014 at the Senior Center.

"I am here unless I am traveling or sick, and I'll be wearing my Senior Center T-shirt. If I can't go places where I can wear my Senior Center T shirts, I don't go," she said with a chuckle. "I play BINGO at the Senior Center on Friday afternoons, too," she added.

At home, Brenda enjoys solving jigsaw puzzles. "I like the 1,000-piece puzzles. I solved one that was 2,000 pieces. I like a challenge. When I don't have a jigsaw puzzle going, I like to do word search books. Sometimes I buy a package of 40 word search books from the publisher. They're the same books from Wal-Mart, but the cost is less than a dollar a book if you get them from the publisher. At the top of a puzzle page, it will tell you how many minutes it takes an expert to complete this particular puzzle. I can often solve the word search in almost half of the time that

an 'expert' can do it," she said. "I used to buy two boxes of puzzles at a time, and look for the duplicate puzzles between the two boxes. I would ask my older sister to race me, and we would each work on the same puzzle in our separate books, and see who finished it first. Let's just say my sister won't race me anymore," Brenda said.

(Side note: to prove her point, I timed Brenda while she completed a word search puzzle from a book. It only took her six minutes and 38 seconds to find all of the words.)

Brenda grew up in Kentucky, and retired from Silgan after working 35 years for Campbell's and Silgan. She enjoys spending time with her son and grandchildren and visiting local casinos. Brenda invites you to join her at the Senior Center for BINGO, at the jigsaw puzzle table or for a friendly word search competition.

NEW BUILDING

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 in 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.

FIVE MINUTES MATTERS

If you are busy, chronically tired, chronically ill or deal with limitations, give yourself permission to spend only five minutes on a project. Whether it is housekeeping, paying bills, yard work, studying, cleaning your vehicle, exercise or decluttering, five minutes is better than zero minutes. Working for a shorter amount of time is much less intimidating than trying to find energy and motivation to spend an entire day on a project. Pro tip: take a “before” photo of an area of your home you are working on, so you can view the visual progress in the “after” photo. Several five-minute work sessions throughout the day feels empowering, inspiring and gives us reasons to celebrate, according to Mayo Clinic online. Regarding decluttering, Dawn Madsen, the Minimal Mom on YouTube, reminds us that items don’t come into our homes all at once, so it’s okay to get rid of clutter slowly but consistently.

GRIEF SUPPORT GROUP OFFERED

Starting Thursday, June 13, we will be offering a monthly grief support group. Chaplain Bill Willenbrock MDiv of First Health Homecare/ Palliative/ Hospice will lead it. It will be held from 11 AM to noon at the new Fulton County Senior Center, 695 S. Shoop Ave. Wauseon. Please call for more information, 419-337-9299.

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.

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. Reserve a time with Val, and meet at the Delta Library June 12 from 10 AM to noon, at the Swanton Library on June 20 from 10 AM to noon, at the Evergreen Library June 25 10 AM to noon, or at Wyse Commons on June 27 from 10 AM to noon. Val has some appointments available to meet with seniors at the Fulton County Senior Center, 695 S. Shoop Ave., Wauseon.

THANK YOU FOR YOUR SUPPORT

Thank you for generously supporting class sponsorships, BINGO, birthday desserts, and more! Erica & Rehabilitation Hospital of Northwest Ohio, Joanna & Genacross, Emily & Kingston, Suzanne & Paramount, Sara & Heritage Home Health, Emily & Swanton Library, Carrie & Delta Library, Keri & Wauseon Library, Julie & Browning Masonic, Rebecca & Swanton Valley, Lora & Fairlawn.

ON THE NUTRITION SHELF: VEGETABLES

Why Vegetables? It is recommended that people of all ages fill half of their plate with fruits and vegetables at each meal. Vegetables offer many benefits, as they have a high nutrient content. Nutrients commonly found in vegetables are potassium, dietary fiber, folate (folic acid), vitamin A and vitamin C. Because vegetables offer a great deal of nutrients and only contain few calories and very little fat, they are an important part of weight management. People who eat vegetables as part of an overall healthy diet are more likely to have a reduced risk of some chronic diseases, such as heart disease, high blood pressure and certain types of cancer.

All vegetables and 100% vegetable juices count as part of the vegetables group. This includes fresh, frozen, canned or dried vegetables. There are five subgroups of vegetables:

- dark green vegetables such as broccoli, bok choy, collard greens, dark green lettuce, kale, spinach and watercress
- red and orange vegetables such as acorn squash, butternut squash, carrots, pumpkin, red peppers, sweet potatoes and tomatoes
- starchy vegetables such as black-eyed peas, green peas, lima beans, potatoes and water chestnuts
- beans and peas such as black beans, garbanzo beans (chickpeas), kidney beans, lentils, navy beans, pinto beans, soy beans, split peas and white beans
- other vegetables such as artichokes, asparagus, avocado, bean sprouts, beets, Brussels sprouts, cabbage, cauliflower, celery, cucumbers, eggplant, green beans, green peppers, mushrooms, okra, onions, turnips, wax beans and zucchini

How Much Is Needed From the Vegetable Group? The United States Department of Agriculture recommends women over 51 years of age consume two cups of vegetables per day, while the USDA recommends men over age 51 consume two and a half cups per day. Note these equivalents for 1 cup of vegetables:

- 2 cups raw spinach or 1 large baked sweet potato
- 1 cup cooked carrots or 1 cup tomato juice
- 1 cup cooked black beans or 1 cup canned green beans
- 1 cup raw, sliced cucumber or 1 cup raw or cooked mushrooms
- 2 large stalks celery or 1 large bell pepper

While it is not necessary to consume vegetables from each of the subgroups each day, try to eat veggies from each of the subgroups throughout the course of a week.

Tips for Getting Vegetables on Your Table

- Buy vegetables that are in season for better prices and optimum flavor.
- Always keep frozen vegetables in your freezer for convenience to add to any meal as a side dish.
- Buy canned vegetables for convenience, but select "reduced sodium," "low sodium" or "no salt added" options.
- Include a green salad with dinner each night. Add any vegetables you have on hand to your salad such as baby carrots, grape tomatoes or chickpeas.
- Shred carrots or zucchini into many dishes such as meatloaf, casseroles, quick breads or muffins.
- Include vegetables as a pizza topping. Ask for mushrooms, green peppers or onions.
- Have a yogurt-based vegetable dip handy for dipping fresh chopped vegetables like cucumbers, broccoli, peppers or carrots.
- Add extra vegetables to meals such as lasagna and stir fry.
- Allow children to select a new vegetable to try while shopping. This will make them more engaged in the process and more likely to enjoy the vegetable.
- Always make vegetables available for toppings on sandwiches, tacos and baked potatoes.
- Add extra vegetables to pasta sauces, soups, stews and rice dishes.

Reference: USDA, ChooseMyPlate.gov. "What Foods Are in the Vegetable Group?" Accessed August 25, 2014. choosemyplate.gov/food-groups/vegetables.html.

Original Authors: Linnette Goard, M.S., Cindy Oliveri, M.S. Revised by Joanna Rini, M.A.Ed., Extension Educator, Family and Consumer Sciences, Ohio State University Extension

CARD GAMES

Which card games do you like to play? We offer Euchre, Hand & Foot, Pepper, Pinochle, and more! Bring your senior friends and find a table to play cards. Do you need a round table or a rectangular table? We can set one up for you. Check our activity calendar for play times. There is usually time each weekday afternoon.

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.

LUNCH CALENDAR

JUNE, 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 FAYETTE & SWANTON	TUESDAY ARCHBOLD & DELTA	WEDNESDAY FAYETTE & SWANTON	THURSDAY FAYETTE & DELTA	FRIDAY ARCHBOLD & SWANTON
Hot Dog (LS Alt= Chicken Breast) 3 Baked Beans Cauliflower Pineapple	Goulash 4 Broccoli Fruit Crisp	BBQ Beef 5 Baby Bakers Beets Pears	Chicken Tenders 6 Tater Tots Green Beans Mixed Fruit	Fish Sandwich 7 Macaroni & Cheese Stewed Tomatoes Fresh Fruit Juice
Lasagna 10 Sweet & Sour Spinach Wax Beans Peaches	Chicken Rice Soup 11 Tossed Salad Apricots Cottage Cheese	Beef & Cheese Burrito 12 Corn & Black Bean Blend Cilantro Lime Rice Mango	Creamed Chipped Beef 13 Mashed Potatoes Succotash Apple Slices	Swedish Meatballs 14 Egg Noodles Midori Vegetable Blend Brussel Sprouts Banana
Chicken Breast Sandwich 17 Cheddar Cheese Spudz Garlic Chalet Blend Mandarin Oranges	Cabbage Roll 18 Smashed Red Potatoes Peas & Onions Pears	19 Sites Closed Juneteenth	Beef & Noodles 20 Mashed Potatoes Rivera Blend Applesauce	Smoked Sausage w/ Kraut 21 Mixed Vegetable Fruit Crunch
Salisbury Steak 24 Mashed Potatoes Carrots Peaches	Chili 25 Mexican Rice Corn Fresh Fruit	Cheese Omelet 26 Smoky Links Potato Coins Baked Apples Orange Juice	Cheese Burgers 27 Batter Bites Tuscan Asiago Blend Tangerine	Submarine Sandwich 28 Pickled Beets Broccoli Salad Juice

WAUSEON ACTIVITIES

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

JUNE, 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8:00 Walking (Gym) 3 9:00 Gentle Stretching (Gym) 10:00 Tai Chi (Senior Led) 11:00 Monday Brain Booster: Camping Word Search & Jumble 12:00 Lunch 1:00 to 2:30 Line Dancing 2:00 Card Games 2:30 Map It Monday Armchair Traveler Video	8:00 Gym Open for Walking 4 10:00 Golden Drummers 11:00 Beat the Heat, Utility Info 12:00 Lunch 12:30 Walking in the Gym 1:00 Choir Restarts in August 1:00 Site Council (Note Time) 1:00 Silver Sneakers® Classic Exercise 2:00 Card Games	8:00 Stretching & Walking 5 8:45 Zumba Gold (Sponsor: Genacross) 9:45 Walking in the Gym 10:00 Make Cards with Deb B. 10:00 Tai Chi (Senior Led) 11:00 Sharing Treasures, OSU Extension 12:00 Lunch 1:00 Silver Sneakers Chair Yoga® 1:00 Card Games 2:00 Walking to Oldies Music	8:00 Walking to Your Favorite Music 6 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 Card Games 2:00 Sequence & Other Games	8:00 Walking with Friends 7 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 1:00 Card Games 2:00 Box of Brain Games
8:00 Walking (Gym) 10 9:00 Gentle Stretching (Gym) 10:00 Tai Chi (Senior Led) 10:30 Free Hearing Aid Cleaning with Hearing Life 12:00 Lunch 1:00 to 2:30 Line Dancing 2:00 Card Games 2:30 Map It Monday Armchair Traveler Video	8:00 Gym Open for Walking 11 10:00 Golden Drummers 11:00 Senior Scams, OH Atty Gen Office 12:00 Lunch 12:30 Walking in the Gym 1:00 Choir Restarts in August 1:00 Silver Sneakers® Classic Exercise 2:00 Card Games	Wear Senior Center Shirt/ Hat 12 8:00 Stretching & Walking 8:45 Zumba Gold (Sponsor: Genacross) 9:45 Walking in the Gym 10:00 Tai Chi (Senior Led) 11:00 Bluegrass Music, Jerry Eicher 12:00 Lunch 1:00 Silver Sneakers Chair Yoga® 1:00 Card Games 2:00 Walking to Oldies Music	8:00 Walking to Your Favorite Music 13 9:00 (new!) Grief Support Group 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 Card Games 2:00 Sequence & Other Games	Wear Red/ White/ Blue for Flag Day 14 8:00 Walking with Friends 10:00 Golden Drummers 12:00 Lunch 12:30 Walking in the Gym 1:00 to 2:30 BINGO 1:00 Card Games 2:00 Box of Brain Games
8:00 Walking (Gym) 17 9:00 Gentle Stretching (Gym) 10:00 Tai Chi (Senior Led) 11:00 Free Blood Pressure Checks 12:00 Lunch 1:00 to 2:30 Line Dancing 2:00 Card Games 2:30 Map It Monday Armchair Traveler Video	8:00 Gym Open for Walking 18 10:00 Golden Drummers 11:00 Music by Peter V & Friends 12:00 Lunch 12:30 Walking in the Gym 1:00 Choir Restarts in August 1:00 Silver Sneakers® Classic Exercise 2:00 Card Games	19 CLOSED FOR JUNETEENTH	Wear Senior Center Shirt/ Hat 20 8:00 Walking to Your Favorite Music 10:15 to 11:45 BINGO 12:00 to 2: Seniors, Sign Up for the Lunch Event with Elvis 2 to 7 PM Open House for the Public: Caricatures with Don Lee, Tours, & Music	8:00 Walking with Friends 21 10:00 Golden Drummers 12:00 Lunch 12:30 Walking in the Gym 1:00 to 2:30 BINGO 1:00 Card Games 2:00 Box of Brain Games
8:00 Walking (Gym) 24 9:00 Gentle Stretching (Gym) 11:00 Monday Brain Booster 10:00 Tai Chi (Senior Led) 12:00 Lunch 1:00 to 2:30 Line Dancing 2:00 Card Games 2:30 Map It Monday Armchair Traveler Video	8:00 Gym Open for Walking 25 10:00 Golden Drummers 11:00 Build Stronger Hands; Penny Strup 12:00 Lunch 12:30 Walking in the Gym 1:00 Choir Restarts in August 1:00 Silver Sneakers® Classic Exercise 2:00 Card Games	8:00 Stretching & Walking 26 8:45 Zumba Gold (Sponsor: Genacross) 9:30 Toenail Clinic (Sign Up) 9:45 Walking in the Gym 10:00 Tai Chi (Senior Led) 12:00 Lunch 1:00 Silver Sneakers Chair Yoga® 1:00 Card Games 2:00 Walking to Oldies Music	8:00 Walking to Your Favorite Music 27 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 Card Games 2:00 Sequence & Other Games	Thrifting Day Trip; Wear Senior Center Shirt/ Hat 28 8:00 Walking with Friends 10:00 Golden Drummers 12:00 Lunch 12:30 Walking in the Gym 1:00 to 2:30 BINGO 1:00 Card Games 2:00 Box of Brain Games

SENIOR B-33

**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 Brain Game: Kings In The Corner 3 9:30 Chair Exercises with Lynn 11:00 Update on County Activities with Julie Brink, Fulton County Visitors Bureau Coordinator 12:00 Lunch 1:00 Cards	9 to 10 Chair Yoga (\$5) 4 10:00 Brain Game: Shut The Box 11:00 Hand Strengthening Exercises with Penny S. 12:00 Lunch 1:00 Cards & Games	9:00 "Favorite" Word Search/Game 5 9:30 "Traveling Little Library" 10:00 Site Council 10:15 to 11:45 BINGO with Swanton Library 12:00 Lunch & Birthday Dessert 1:00 Word Search	9:00 Brain Game: Time Line, Inventions 6 9:30 Chair Exercises with Carole 10:00 Site Council 10:15 to 11:45 BINGO 12:00 Lunch & Birthday Dessert 1:00 Puzzles	9:00 Coffee & Conversation 7 9:30 Chair Exercises with Lynn 11:00 Beat the Heat/ Info About Utilities, Amy Carles, Ohio Consumers' Counsel 12:00 Lunch 1:00 Brain Game: Skip Bo
9:00 Word Games 10 (Buzzword: Stick & Word Search) 9:30 Chair Exercises with Lynn 10:00 Learn Mahjong with Louise 11:00 Free Blood Pressure Checks & "Just So You Know" with Fulton Co Health Dept 12:00 Lunch 1:00 Cards & Games	9 to 10 Chair Yoga (\$5) 11 Wear Senior Center Shirt/ Hat Delta Seniors are Invited to Sign Up to Visit the new Senior Center Building in Wauseon (Tour, Program, Lunch) At the Delta Site: To Go Meals Only (No Dine In, No Program)	Wear Senior Center Shirt/ Hat 12 Swanton Seniors are Invited to Sign Up to Visit the new Senior Center Building in Wauseon (Tour, Program, Lunch) At the Swanton Site: To Go Meals Only (No Dine In, No Program)	9:00 Coffee & Conversation 13 9:30 Chair Exercises with Carole 10:15 to 11:45 BINGO 12:00 Lunch 1:00 Brain Game: Q*Bitz	Wear Red/ White/ Blue for Flag Day 14 9:00 Card Game: Squirrel 9:30 Chair Exercises with Lynn 11:00 Music by Just Us 2, Marc & Ellen Pember, "Coffee House Vibes for Father's Day" 12:00 Lunch 1:00 Cards
9:00 Brain Game: Spot It! 17 9:30 Chair Exercises with Lynn 10:00 Learn Mahjong with Louise 11:00 Tell Me More, a Question & Answer Program 12:00 Lunch 1:00 Word Search	9 to 10 Chair Yoga (\$5) 18 10:00 Brain Game: Q*Bitz 11:00 Avoid Utility Scams, Amy Carles, Ohio Consumers' Counsel 12:00 Lunch 1:00 Puzzles	CLOSED FOR JUNETEENTH	9:00 Brain Game: Phase 10 20 9:30 Chair Exercises with Carole 10:15 to 11:45 BINGO 12:00 Lunch 1:00 Cards	9:00 Word Game: Hidden Pictures, Cats & Dance For Joy 21 9:30 Chair Exercises with Lynn 10:15 to 11:45 BINGO (Note Date) 12:00 Lunch 1:00 Cards & Games
9:00 Brain Game: Tenzi 24 9:30 Chair Exercises with Lynn 10:00 Free Art Class with Diane K., Painting Faces on Rocks (Note Time) 12:00 Lunch 1:00 Puzzles	9 to 10 Chair Yoga (\$5) 25 10:00 Brain Game: Mille Bornes 11:00 Free Bluegrass Concert by Circle of Friends 12:00 Lunch 1:00 Cards	9:00 Brain Game: Quiddler 26 10:15 to 11:45 Vintage BINGO (Wear Something Vintage) 12:00 Lunch 1:00 Hobby Hour (Bring a Project & Work on It)	9:00 Brain Game: Q*Bitz 27 9:30 Chair Exercises with Carole 10:15 to 11:45 Vintage BINGO (Wear Something Vintage) with Delta Library Caller 12:00 Lunch 1:00 Cards & Games	Thrifting Day Trip; Wear Senior Center Shirt/ Hat 28 9:00 Brain Game Box 9:30 Chair Exercises with Lynn 11:00 Game Day 12:00 Lunch 1:00 Word Search

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 Brain Game: Wits & Wagers 3 10:00 Movie (Note Time) 12:00 Lunch 1:00 Puzzles	9:00 Brain Game: Time Line 4 10:45 Site Council 11:00 ZINGO 12:00 Lunch 1:00 Word Search	9:00 Brain Game: Tenzi 5 10:00 Chair Yoga 10:45 Site Council 11:00 Music by Michael Buck 12:00 Lunch 1:00 Cards	9:00 Brain Game: Spot It 6 10:15 to 11:45 BINGO 12:00 Lunch & Birthday Dessert 1:00 Games	Wear Senior Center Shirt/ Hat 7 9:00 Brain Game: Monopoly Deal 10:15 to 11:45 BINGO 12:00 Lunch & Birthday Dessert 1:00 Coffee & Conversation
9:00 Brain Game: Kings in the Corner 10 11:00 Music by Will Hinton 12:00 Lunch 1:00 Word Search	Archbold Seniors are Invited to Sign Up to Visit the new Senior Center Building in Wauseon 11 At the Archbold Site: To-Go Meals Only (No Dine In, No Program)	Fayette Seniors are Invited to Sign Up to Visit the new Senior Center Building in Wauseon 12 At the Fayette Site: To-Go Meals Only (No Dine In, No Program)	9:00 Coffee & Conversation 13 10:15 to 11:45 BINGO 12:00 Lunch 1:00 Brain Game: Five Crowns	Wear Red/ White/ Blue for Flag Day 14 9:00 Pepper 10:15 to 11:45 BINGO 12:00 Lunch 1:00 Puzzles
9:00 Brain Game: Five Crowns 17 11:00 Program by Colleen Rufenacht 12:00 Lunch 1:00 Cards	9:00 Pepper 18 11:00 Free Blood Pressure Checks and "Just So You Know" with Fulton County Health Dept. 12:00 Lunch 1:00 Games	CLOSED FOR JUNETEENTH	9:00 Brain Game: I Got It 20 10:15 to 11:45 BINGO 12:00 Lunch 1:00 Puzzles	9:00 Brain Game: Shut the Box 21 10:15 to 11:45 BINGO 12:00 Lunch 1:00 Word Search
9:00 Brain Game: Spot It 24 11:00 Free Blood Pressure Checks and "Just So You Know" with Fulton County Health Dept. 12:00 Lunch 1:00 Games	9:00 Brain Game: Tenzi 25 11:00 Deputy Sheriff & 911 Coordinator 12:00 Lunch 1:00 Coffee & Conversation	9:00 Brain Game: Things They Don't Teach You In School 26 10:00 Chair Yoga 11:00 Update on County Events by Julie Brink, Fulton County Visitors Bureau Coordinator 12:00 Lunch 1:00 Puzzles	9:00 Brain Game: I Should Have Known That 27 10:15 to 11:45 BINGO 12:00 Lunch 1:00 Word Search	Thrifting Day Trip; Wear Senior Center Shirt/ Hat 28 9:00 Pepper 10:15 to 11:45 BINGO 12:00 Lunch 1:00 Cards
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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

 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 JUNE 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
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.

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