

WAUSEON ACTIVITIES

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

JULY, 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>8:00 Walking (Gym) 1 9:00 Gentle Stretching (Gym) 10:00 Tai Chi (Senior Led) 10:15 to 11:45 Thursday's BINGO (Note Date) 12:00 Lunch 1:00 Line Dancing 2:00 Cards 2:30 Map It Monday Travel Video</p>	<p>8:00 Gym Open for Walking 2 10:00 Golden Drummers 11:00 Music by Will Hinton 12:00 Lunch 12:30 Walking in the Gym Choir Restarts in August 1:00 Silver Sneakers® Classic Exercise 2:00 Card Games</p>	<p>Wear Red, White, Blue 3 8:00 Stretching & Walking 8:45 Zumba Gold (Sponsor: Genacross) 9:45 Walking in the Gym 10:00 Tai Chi (Senior Led) 11:00 Site Council 12:00 Lunch 1:00 Silver Sneakers Chair Yoga® 1:00 Card Games 1:00 to 2:30 Friday's BINGO (Note Date) 2:00 Walking</p>	<p>4 CLOSED FOR INDEPENDENCE DAY</p>	<p>5 CLOSED FOR INDEPENDENCE DAY HOLIDAY</p>
<p>8:00 Walking (Gym) 8 9:00 Gentle Stretching (Gym) 10:00 Tai Chi (Senior Led) 10:30 Free Hearing Aid Cleaning 11:00 Monday Brain Booster 12:00 Lunch 1:00 Line Dancing 2:00 Cards 2:30 Map It Monday Travel Video</p>	<p>8:00 Gym Open for Walking 9 10:00 Golden Drummers 11:00 Concert by Sunshine Bell Choir 12:00 Lunch 12:30 Walking in the Gym Choir Restarts in August 1:00 Silver Sneakers® Classic Exercise 2:00 Card Games</p>	<p>Day Trip, Defiance 10 8:00 Stretching & Walking 8:45 Zumba Gold (Sponsor: Genacross) 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</p>	<p>8:00 Walking to Your Favorite Music 11 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</p>	<p>8:00 Walking with Friends 12 10:00 Golden Drummers 12:00 Lunch & Birthday Party 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) 10:00 Tai Chi (Senior Led) 11:00 Free Blood Pressure Checks with Fulton County Health Dept. 12:00 Lunch 1:00 Line Dancing 2:00 Cards 2:30 Map It Monday Travel Video</p>	<p>8:00 Gym Open for Walking 16 10:00 Golden Drummers 11:00 Avoid Caregiver Burnout 12:00 Lunch 12:30 Walking in the Gym Choir Restarts in August 1:00 Silver Sneakers® Classic Exercise 2:00 Card Games</p>	<p>8:00 Stretching & Walking 17 8:45 Zumba Gold (Via Video) 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</p>	<p>8:00 Walking to Your Favorite Music 18 10:15 to 11:45 BINGO 11:00 Grief Support Group w/ Bill 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</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>8:00 Walking (Gym) 22 9:00 Gentle Stretching (Gym) 10:00 Tai Chi (Senior Led) 11:00 Monday Brain Booster 12:00 Lunch 1:00 Line Dancing 1:00 Timely Topic w/ Sandy "Smart Questions" 2:00 Cards 2:00 Map It Monday Travel Video</p>	<p>8:00 Gym Open for Walking 23 10:00 Golden Drummers 11:00 Concert by Nostalgia 12:00 Lunch 12:30 Walking in the Gym Choir Restarts in August 1:00 Silver Sneakers® Classic Exercise 2:00 Card Games</p>	<p>Day Trip, Maumee Bay SP 24 8:00 Stretching & Walking 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</p>	<p>8:00 Walking to Your Favorite Music 25 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</p>	<p>8:00 Walking with Friends 26 10:00 Golden Drummers 12:00 Lunch 12:30 Walking in the Gym 1 to 2:30 Christmas in July BINGO. Wear red/ green. Bring a wrapped, gently used gift for the prize table. 2:00 Box of Brain Games</p>
<p>8:00 Walking (Gym) 29 9:00 Gentle Stretching (Gym) 10:00 Tai Chi (Senior Led) 11:00 Monday Brain Booster 12:00 Lunch 1:00 Line Dancing 1:00 Timely Topic w/ Sandy "Patience" 2:00 Cards 2:30 Map It Monday Travel Video</p>	<p>8:00 Gym Open for Walking 30 10:00 Golden Drummers 11:00 Extension Office Update, Kendall 12:00 Lunch 12:30 Walking in the Gym Choir Restarts in August 1:00 Silver Sneakers® Classic Exercise 2:00 Card Games</p>	<p>8:00 Stretching & Walking 31 8:45 Zumba Gold (Sponsor: Genacross) 9:45 Walking in the Gym 10:00 Tai Chi (Senior Led) 11:00 Music by Peter V & Friends 12:00 Lunch 1:00 Silver Sneakers Chair Yoga® 1:00 Card Games 2:00 Walking</p>		

SENIOR

B-33

PAGE 5

**DELTA-101 NORTHWOOD DR.
HOPE CHURCH
TUES. & THURS.**

DELTA / SWANTON ACTIVITIES

**SWANTON
620 DODGE ST.
MON., WED., & FRI**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>9:00 Cards 1 9:30 Chair Exercises with Lynn 11:00 Monday Brain Booster, "Cows" & Other Games 12:00 Lunch 1:00 True or False (Brain Game)</p>	<p>Wear Red, White & Blue 2 9 to 10 Chair Yoga w/ Hope Church (\$5) 10 Parking Lot Stroll with Jeanne 10:15 to 11:45 Firecracker BINGO (NOTE DATE) 12:00 Lunch 1:00 Skip Bo</p>	<p>Wear Red, White & Blue 3 9:30 "Traveling Little Library" 9:30 Chair Exercises with Lynn 10:00 Site Council 10:15 to 11:45 Firecracker BINGO with Swanton Library 12:00 Lunch & Birthday Dessert 1:00 Word Search</p>	<p>4 CLOSED FOR INDEPENDENCE DAY</p>	<p>5 CLOSED FOR INDEPENDENCE DAY HOLIDAY</p>
<p>9:00 Blokus (Brain Game) 8 9:30 Chair Exercises with Lynn 10:00 (Note Time) Mahjong Mania, Lessons with Louise 11:00 Free Blood Pressure Checks & "Just So You Know" with Fulton County Health Department 12:00 Lunch 1:00 Word Search</p>	<p>9 9 to 10 Chair Yoga w/ Hope Church (\$5) 10 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 Kings In The Corner</p>	<p>10 Day Trip, Defiance 9:00 "I Should Have Known That" (Brain Game) 9:30 Chair Exercises with Lynn 9:45 Free Hearing Aid Cleaning 10:15 to 11:45 BINGO 11:45 NOCAC Cooling Help with Liz 12:00 Lunch 1:00 Qwirkle (Brain Game)</p>	<p>11 9:00 Cards 9:30 Chair Exercises with Carole 10:00 Site Council 10:15 to 11:45 BINGO 12:00 Lunch & Birthday Dessert 1:00 Set (Brain Game)</p>	<p>12 9:00 Shut The Box (Brain Game) 9:30 Chair Exercises with Lynn 11:00 "Sharing Our Personal Treasures," Melissa Rupp, Fulton Co. Extension Office 12:00 Lunch 1:00 Uno Flip (Brain Game)</p>
<p>9:00 Monopoly Deal (Brain Game) 15 9:30 Chair Exercises with Lynn 11:00 A Glimpse into the Lives of Peter & Catherine Stuckey w/ Margie S. 12:00 Lunch 1:00 Puzzles</p>	<p>16 9 to 10 Chair Yoga w/ Hope Church (\$5) 10 Parking Lot Stroll with Jeanne 11:00 Dulcimer Music, Vickie Halsey 12:00 Lunch 1:00 "Things They Don't Teach You In School" (Brain Game) 1:15 to 1:45 Jewelry Repair w/ Tiffany (Sign Up)</p>	<p>17 9:00 "Things They Don't Teach You In School" (Brain Game) 9:30 Chair Exercises with Lynn 10:15 to 11:45 BINGO 12:00 Lunch 1:00 True or False (Brain Game) 1:15 to 1:45 Jewelry Repair w/ Tiffany (Sign Up)</p>	<p>18 9:00 Quiddler (Brain Game) 9:30 Chair Exercises with Carole 10:15 to 11:45 BINGO 11:45 NOCAC Cooling Help with Liz 12:00 Lunch 1:00 Cards</p>	<p>19 9:00 Monopoly Deal (Brain Game) 9:30 Chair Exercises with Lynn 11:00 Overview of Area Office on Aging with Shawn W. 12:00 Lunch 1:00 Cards</p>
<p>National Be a Good Teammate Day; Wear a shirt or hat w/ a team logo 22 9:00 Coffee & Conversation 9:30 Chair Exercises with Lynn 10:00 (Note Time) Mahjong Mania, Lessons with Louise 12:00 Lunch 1:00 Uno Flip (Brain Game)</p>	<p>23 9 to 10 Chair Yoga w/ Hope Church (\$5) 10 Parking Lot Stroll with Jeanne 11:00 What Activities Are Happening Around the County? Julie Brink, Visitors' Bureau Coordinator 12:00 Lunch 1:00 Tenzi (Brain Game)</p>	<p>24 Day Trip to Maumee Bay SP Wear Red/ Green; Bring a wrapped, gently used gift 9:00 Tenzi (Brain Game) 9:30 Chair Exercises with Lynn 10:15 to 11:45 Christmas in July BINGO 12:00 Lunch 1:00 Uno Flip (Brain Game)</p>	<p>25 Wear Red/ Green; Bring a wrapped, gently used gift 9:00 Spot It! (Brain Game) 9:30 Chair Exercises with Carole 10:15 to 11:45 Christmas in July BINGO with Delta Library 12:00 Lunch 1:00 Uno Flip</p>	<p>26 9:00 Kanoodle (Brain Game) 9:30 Chair Exercises with Lynn 11:00 Game Day 12:00 Lunch 1:00 Puzzles</p>
<p>9:00 Kanoodle (Brain Game) 29 9:30 Chair Exercises with Lynn 11:00 Learn to Fox Trot with Louise 12:00 Lunch 1:00 Hobby Hour (Bring a Project to Work On)</p>	<p>30 9 to 10 Chair Yoga w/ Hope Church (\$5) 10 Parking Lot Stroll with Jeanne 11:00 Beat the Heat/ Info About Utilities, Amy Carles, Ohio Consumers' Counsel 12:00 Lunch 1:00 Shut the Box (Brain Game)</p>	<p>31 9:00 Summer Olympics Paper Games 9:30 Chair Exercises with Lynn 10:15 to 11:45 Grandchild BINGO 12:00 Lunch 1:00 Cards & Games</p>		

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 Puzzle Table 11:00 ZINGO 12:00 Lunch 1:00 Uno Flip (Brain Game) 1	Wear Red, White, Blue 9:00 Pepper 10:15 to 11:45 Friday's Firecracker BINGO (Note Date) 12:00 Lunch 1:00 Q*Bitz (Brain Game) 2	Wear Red, White, Blue 9:00 Pairzi (Brain Game Box) 9:30 Chair Yoga (Note Time) 10:15 to 11:45 Thursday's Firecracker BINGO (Note Date) 12:00 Lunch 1:00 Games 3	CLOSED FOR INDEPENDENCE DAY 4	CLOSED FOR INDEPENDENCE DAY HOLIDAY 5
9:00 Skip Bo 11:00 Activity Stations (Various Brain Games) 12:00 Lunch 1:00 True/ False Questions (Brain Game Box) 8	9:00 Games 10:45 Site Council 11:00 Music by Will Hinton 11:45 NOCAC Heating Help w/ Liz 12:00 Lunch 1:00 Cards 9	Day Trip, Defiance 9:00 Tenzi (Brain Game Box) 10:00 Chair Yoga 10:45 Site Council 11:00 Concert by Nostalgia 12:00 Lunch 1:00 Word Search 10	9:00 Goat Lords (Brain Game Box) 11 10:15 to 11:45 BINGO 11:45 NOCAC Heating Help w/ Liz 12:00 Lunch & Birthday Dessert 1:00 Time Line, Events (Brain Game) 11	9:00 Coffee & Conversation 12 10:15 to 11:45 BINGO 12:00 Lunch & Birthday Dessert 1:00 Uno Flip (Brain Game) 12
9:00 "Things They Don't Teach You In School" (Brain Game Box) 15 11:00 Gorham-Fayette Fire Department; Fire Safety Tips for Seniors 12:00 Lunch 1:00 Tenzi (Brain Game Box) 15	9:00 Pepper 16 11:00 Free Blood Pressure Checks and "Just So You Know" with Fulton County Health Dept. 12:00 Lunch 1:00 Quadrillion (Brain Game) 16	9:00 True/ False Questions (Brain Game Box) 17 10:00 Chair Yoga 11:00 "Chew On It," a Pondering Program with Wendy of CHP 12:00 Lunch 1:00 Monopoly Deal (Brain Game) 17	9:00 No Thanks (Brain Game Box) 18 10:15 to 11:45 BINGO 12:00 Lunch 1:00 Puzzles 18	9:00 Pepper 19 10:15 to 11:45 BINGO 12:00 Lunch 1:00 Time Line, Inventions (Brain Game) 19
9:00 Monopoly Deal (Brain Game 22 Box) 11:00 Free Blood Pressure Checks and "Just So You Know" with Fulton County Health Dept. 12:00 Lunch 1:00 Uno Flip (Brain Game) 22	9:00 Phase 10 (Brain Game) 23 11:00 Update about Mental Health News, Wendy with NAMI 12:00 Lunch 1:00 Word Search 23	Day Trip to Maumee Bay SP 24 9:00 Coffee & Conversation 10:00 Chair Yoga 11:00 Music by Sonny & Friends 12:00 Lunch 1:00 Pairzi (Brain Game Box) 24	Wear Red/ Green; Bring a Wrapped, Gently Used Gift 25 9:00 Uno Flip (Brain Game Box) 10:15 to 11:45 Christmas in July BINGO 12:00 Lunch 1:00 "I Should Have Known That" (Brain Game Box) 25	Wear Red/ Green; Bring a Wrapped, Gently Used Gift 26 9:00 Pepper 10:15 to 11:45 Christmas in July BINGO 12:00 Lunch 1:00 Uno Flip (Brain Game) 26
9:00 Coffee & Conversation 29 10:00 (Note Time) Simple Painting with Alice Wynja [Sign Up] 12:00 Lunch 1:00 True/ False Questions (Brain Game Box) 29	9:00 Coffee & Conversation 30 11:00 ZINGO 12:00 Lunch 1:00 Puzzles 30	9:00 Summer Olympics 31 Word Games 10:00 Chair Yoga 11:00 Fayette Mayor Dave Borer 12:00 Lunch 1:00 Time Line, Events (Brain Game Box) 31		