

SERVING CITIZENS OF FULTON COUNTY 60 YEARS & OVER

# SENIOR



**JULY 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

**PLEASE NOTE** *We will be closed on July 4 and 5 for the Independence Day holiday.*

### 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 Senior Center sites. If your financial institute sends automated checks to us for meal donations for home delivery, etc. please notify them of our new address.

### PARADE PRESENCE

Watch for one of our Senior Center vehicles in upcoming local parades!

**July 13**, Delta Chicken Festival Parade

**August 3**, Fayette Bull Thistle Parade

**August 10**, Swanton Corn Festival Parade

## SENIOR SPOTLIGHT

“Golden Drummers,” our cardio drumming class, livens up our building twice a week. In a class that averages 22 seniors, at least five of them have the name Susan or Sue!

“I have so much fun during Golden Drummers that it doesn’t feel like exercise. I also participate in Line Dancing on Monday afternoons. Zumba Gold is my favorite, even if it feels like I have two left feet. Everyone is so nice and inviting. I feel like the women who participate have been my friends forever.” – Sue Bruner

“Karen is fabulous! She makes the hour zoom by. We laugh as hard as we drum. I sit and drum, and I still see cardio benefits from the seated workout. I would love to see a third class added during the week. The Senior Center is awesome and has wonderful programs!” – Sue Wilson

“I enjoy the two days the Senior Center has cardio drumming. Karen makes each session so much fun with a great workout and a lot of laughing. I also have noticed my endurance and stamina have improved. I would encourage any senior who would like to improve their fitness to come to the cardio drumming classes and have a lot of fun and a great workout.” – Sue Gillen

“We all need to exercise, and we might as well have fun while we are doing it. Cardio drumming totally does all of that. Karen is a great leader/entertainer and she plays great tunes. The other drummers are welcoming and friendly. I love all those peeps. I also am a member of the Senior Center Choir. On Wednesdays, I do Zumba Gold and Chair Yoga. Toni, the Zumba instructor, and Rhonda, the Yoga instructor are the best.” – Susan Clark

“In Golden Drummers, we sing, we laugh, and we get crazy, all while getting our heart rate up. What a fun class, and it wouldn’t be half the fun without our crazy and fun instructor, Karen!” Slawinski also participates in Silver Sneakers Classic exercise and Line Dancing. – Sue Slawinski



*Pictured left to right: Bruner, Wilson, Gillen, Clark, Slawinski*

## 2024 FREE DIABETES EDUCATION CLASSES OFFERED

On Fridays starting August 2, instructor Robert Sullivan from Area Office on Aging will present DEEP (Diabetes Empowerment Education Program) at the Fulton County Senior Center in Wauseon. This engaging workshop series will take place from 9 AM to 11 AM on Friday, August 2, 9, 16, 23, 30 and September 6.

Do you or someone you love have diabetes? DEEP is an evidence-based program that encourages small lifestyle changes while learning about your diabetes and the way it affects your health. These free classes will cover self-management of diabetes, weight control, eating well with diabetes, the role of medications & how they act on the body to lower blood glucose. Learn how you can manage the disease and live an active, normal life.

The Fulton County Senior Center is located on the north end of the Fulton County Health Center campus near DaVita Dialysis, 695 S. Shoop Avenue.

To sign up for this class, please call 419-337-9299. Please make a reservation for your noon lunch at the Wauseon site when you sign up for this class. Suggested lunch donation is \$3 per senior, \$5 all others. This class is open to Fulton County residents age 60 and over.

## COUPONS FOR LOCAL FARMERS' MARKETS

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, pick up an application at any of 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](http://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.

## SUMMER COOLING HELP

The 2024 Summer Crisis Program (SCP) will provide eligible households with a one-time benefit to assist with electric utility bills up to \$500 for regulated & \$800 for non-regulated, central air conditioning repairs up to \$1500 for homeowners, and provide a window air conditioning unit and/or fan. This year the program will be open July 1 – September 30, 2024. Household income must be at or below 175% of the Federal Poverty Guidelines and households must have at least one additional eligibility criteria listed below:

- A household member who is age 60 or older.
- A household member has a documented medical condition verified by a licensed medical professional.
- Percentage of Income Payment Plan Plus (PIPP) customers are eligible for assistance towards their default PIPP payment, first PIPP payment, central air conditioning repairs, or may receive an air conditioning unit and/or fan.
- A household's electric utility has a disconnect notice, has been shut off, or new electric service is being established for the household. These households may also receive an air conditioning unit and/or fan or central air conditioning repairs, if the household can maintain electric service for 30 days.

Please call the appointment hotline number 419-219-4641 to schedule an appointment. For additional questions, call 419-337-8601.

## MEDICARE ETC. QUESTIONS ANSWERED WITH VAL

Val Edwards, Information & Referral Specialist, is taking appointments for meetings at locations around the county. Get help understanding Medicare and Social Security issues, insurance, bills, completing applications, and more. Delta area seniors with appointments can meet with Val at Delta Library on Wednesday, August 14 from 10:00 am to noon. Thursday, August 15, meet Val at the Swanton Library from 10:00 am to noon, by appointment only. Live near Metamora? On Thursday, August 22, Val will be at Wyse Commons on Archbold's Fairlawn campus by appointment. Make an appointment for Tuesday, August 27 to meet with Val at the Evergreen Library in Metamora from 10:00 am to noon. In addition, Val is available most weekdays by appointment to meet with seniors at the Fulton County Senior Center, 695 S. Shoop Avenue, Wauseon. Val's services are offered at no cost to seniors in partnership with Wyse Commons and the local libraries. Please make an appointment in advance with Val for any of these dates by calling 419-337-9299.

## LOCAL COOLING CENTERS

As summer temperatures rise, take note of these Fulton County cooling center locations.

- Fulton Co Senior Center,  
695 S. Shoop Ave. Wauseon,  
Mon-Fri 8 AM-4 PM,  
NO COUNTY HOLIDAYS. 419-337-9299.
- Crossroads Evangelical Church,  
845 E. Leggett St. Wauseon,  
Mon-Thurs 8:30 AM-5 PM.  
Call first 419-335-3686.
- North Clinton Church,  
831 W. Linfoot St. Wauseon,  
Mon-Fri 8 AM to 4 PM.  
Call first 419-337-4776.
- St. John's Christian Church,  
700 S. Defiance St. Archbold,  
Mon-Fri 8 AM-9 PM.  
Call first 419-446-2545.
- Wauseon Public Library,  
117 E. Elm St. Wauseon,  
Mon-Fri 10 AM-6 PM. 419-335-6626.
- Trinity Lutheran Church,  
410 Taylor St. Delta, Mon-Fri 9 AM-5 PM  
with the doors unlocked from 9 to noon;  
call first, (419) 822-4579.
- Village of Delta Memorial Hall,  
401 Main St. Delta 419-822-3191  
Doors will be unlocked for those in need;  
call first.
- Normal Memorial Library  
301 N. Eagle St., Fayette,  
Mon & Wed 10 AM-5 PM,  
Tues 10 AM-7:30 PM, Thurs 1-7:30 PM,  
Friday 1-5 PM Sat, 10 AM-1 PM.  
419-237-2115.
- Swanton Public Library  
305 Chestnut St. Swanton, OH 43558  
Mon-Thurs: 10 AM-7 PM,  
Fri 10 AM-5:30 PM,  
Sat: 10 AM-2 PM. 419-826-2760.
- Swanton American Legion  
Murbach-Siefert Post #479,  
200 Hallett Ave. Swanton, OH,  
Mon-Sat 4 PM-8 PM & Sun 2 PM-8 PM.  
Call first 419-826-2936.

## ONE CALL

If you receive automated One Call phone messages from the Senior Center, please save our number (419-337-9299) in your list of safe contacts. This will allow the automated One Call to come through your Caller ID as 'Senior Center' instead of 'Spam'.

## GRIEF SUPPORT GROUP OFFERED

Join us on Thursday, July 18, for our new 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. This is a brand new group that started in June.

## FROM THE NUTRITION SHELF, PROTEIN

Proteins help build and maintain body tissues like bones, muscles, skin and blood. They are also the building blocks for enzymes, hormones and vitamins. Other nutrients commonly supplied by foods in the protein group include B vitamins, iron, vitamin E, magnesium and zinc.

Which Foods Are in the Protein Group?

Foods in the protein group include meat, poultry, seafood, beans, peas, eggs, soy products, nuts and seeds. Choose Lean and Varied Protein Sources. Most Americans eat enough foods from the protein group, but could benefit from making leaner and healthier choices. Some foods in this group are high in saturated fat, including fatty cuts of beef, pork and lamb; regular (75% to 85% lean) ground beef; regular sausages, hot dogs and bacon; and some luncheon meats such as salami and bologna. In addition, many processed meats contain nitrates and high levels of sodium. To help maintain a healthy body weight and keep blood cholesterol levels healthy, these foods should be limited. Healthier protein sources include lean meat, poultry, seafood, eggs, soy products, beans, peas, nuts and nut butters, and seeds.

How much protein do I need daily?

To determine your daily protein intake, you can multiply your weight in pounds by 0.36. For a 50-year-old woman who weighs 140 pounds woman and who is sedentary (doesn't exercise), that translates into 53 grams of protein a day or at least 5oz per day, according to the USDA. The Institute of Medicine recommends men over 50 eat at least 56 grams of protein per day or at least 5.5oz per day, according to the USDA.

Original Authors: Linnette Goard, M.S., Cindy Oliveri, M.S. Revised by Bridgette Kidd, M.P.H., R.D., L.D., Healthy People Program Specialist, Family and Consumer Sciences, Ohio State University Extension; and Carol Smathers, M.P.H., M.S., Field Specialist, Youth Nutrition and Wellness, Family and Consumer Sciences

**THANK YOU** to each of you who made our Open House event a success, including caricature artist Don Lee, magician Kenneth Ladd, music by Ron Short (Elvis), Circle of Friends, Nostalgia, Senior Center Choir, Vickie Halsey on dulcimer, Will Hinton on guitar, and Donna Stutzman on keyboard! Additionally, we appreciate the support we have received from the following: Jeff Waidelich (puzzle board), family of Dorothy Woodring, TRULand Wauseon, Julie and Browning, Sara and Heritage Health Care, Rebecca and Swanton Valley, Joanna and Genacross Napoleon, Julie and United Health Care, Bill and First Health Home Care/ Palliative/ Hospice.

# LUNCH CALENDAR

JULY, 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
Country Fried Steak Country Gravy Mashed Potatoes Succotash Apricots <b>1</b>	Ham loaf (LS Alt=Meatloaf) Sweet Potatoes Asparagus Pineapple <b>2</b>	Sausage Gravy Hash Brown Casserole Peas & Carrots Grapes <b>3</b>	<b>CLOSED FOR INDEPENDENCE DAY</b> <b>4</b>	<b>CLOSED FOR INDEPENDENCE DAY HOLIDAY</b> <b>5</b>
Sloppy Joes Potato Chips California Blend Fruit Crunch <b>8</b>	Baked Chicken Mashed Potatoes Cooked Cabbage Fruit Salad <b>9</b>	Baked Ham (LS Alt= Pork Roast) Scalloped Potatoes Sweet & Sour Spinach Dark Sweet Cherries <b>10</b>	Philly Beef Steak Peppers & Onions Ranch Potato Wedges Peas & Onions Fresh Fruit <b>11</b>	Chicken Breast Batter Bites Garlic Chalet Blend Mandarin Oranges <b>12</b>
Baked Fish Garden Rice Stewed Tomatoes Fresh Fruit Juice <b>15</b>	Tomato Basil Soup Turkey & Cheese Sandwich Broccoli Salad Pumpkin Mousse <b>16</b>	Beef Pot Roast Boiled Red Potatoes Brussels Sprouts Applesauce <b>17</b>	Cream Chipped Beef Mashed Potatoes Mixed Vegetables Peaches <b>18</b>	Hot Dog (LS Alt=Chicken Breast) Baked Beans California Blend Mixed Fruit <b>19</b>
Rib Patty Tater Tots Corn Casserole Pears <b>22</b>	Sweet & Sour Meatballs White Rice Midori Vegetable Blend Brussel Sprouts Tropical Fruit <b>23</b>	Hunters Chicken Carrots Broccoli Banana <b>24</b>	Beef Stew Beets Fruit Crisp <b>25</b>	Egg Salad Sandwich Potato Chips Baby Carrots w/ Ranch Jell-O w/ Fruit Juice <b>26</b>
Goulash Summer Squash Sweet & Sour Spinach Apple Slices <b>29</b>	Sausage, Egg, Cheese Sandwich Hash Brown Casserole Corn Nuggets Fresh Fruit <b>30</b>	Hamburger Gravy Mashed Potato Mixed Vegetables Pineapple <b>31</b>		

# 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) <b>1</b> 9:00 Gentle Stretching (Gym) 10:00 Tai Chi (Senior Led) <b>10:15 to 11:45 Thursday's BINGO (Note Date)</b> 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 <b>2</b> 10:00 Golden Drummers <b>11:00 Music by Will Hinton</b> 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><b>Wear Red, White, Blue</b> <b>3</b> 8:00 Stretching &amp; Walking 8:45 Zumba Gold (Sponsor: Genacross) 9:45 Walking in the Gym 10:00 Tai Chi (Senior Led) <b>11:00 Site Council</b> 12:00 Lunch 1:00 Silver Sneakers Chair Yoga® 1:00 Card Games <b>1:00 to 2:30 Friday's BINGO (Note Date)</b> 2:00 Walking</p>	<p><b>CLOSED FOR INDEPENDENCE DAY</b> <b>4</b></p>	<p><b>CLOSED FOR INDEPENDENCE DAY HOLIDAY</b> <b>5</b></p>
<p>8:00 Walking (Gym) <b>8</b> 9:00 Gentle Stretching (Gym) 10:00 Tai Chi (Senior Led) <b>10:30 Free Hearing Aid Cleaning</b> <b>11:00 Monday Brain Booster</b> 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 <b>9</b> 10:00 Golden Drummers <b>11:00 Concert by Sunshine Bell Choir</b> 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><b>Day Trip, Defiance</b> <b>10</b> 8:00 Stretching &amp; 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 <b>11</b> 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 &amp; Other Games</p>	<p>8:00 Walking with Friends <b>12</b> 10:00 Golden Drummers 12:00 Lunch &amp; 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) <b>15</b> 9:00 Gentle Stretching (Gym) 10:00 Tai Chi (Senior Led) <b>11:00 Free Blood Pressure Checks with Fulton County Health Dept.</b> 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 <b>16</b> 10:00 Golden Drummers <b>11:00 Avoid Caregiver Burnout</b> 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 &amp; Walking <b>17</b> 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 <b>18</b> 10:15 to 11:45 BINGO <b>11:00 Grief Support Group w/ Bill</b> 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 &amp; Other Games</p>	<p>8:00 Walking with Friends <b>19</b> 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) <b>22</b> 9:00 Gentle Stretching (Gym) 10:00 Tai Chi (Senior Led) <b>11:00 Monday Brain Booster</b> 12:00 Lunch 1:00 Line Dancing <b>1:00 Timely Topic w/ Sandy "Smart Questions"</b> 2:00 Cards 2:00 Map It Monday Travel Video</p>	<p>8:00 Gym Open for Walking <b>23</b> 10:00 Golden Drummers <b>11:00 Concert by Nostalgia</b> 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><b>Day Trip, Maumee Bay SP</b> <b>24</b> 8:00 Stretching &amp; 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 <b>25</b> 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 &amp; Other Games</p>	<p>8:00 Walking with Friends <b>26</b> 10:00 Golden Drummers 12:00 Lunch 12:30 Walking in the Gym <b>1 to 2:30 Christmas in July BINGO. Wear red/ green. Bring a wrapped, gently used gift for the prize table.</b> 2:00 Box of Brain Games</p>
<p>8:00 Walking (Gym) <b>29</b> 9:00 Gentle Stretching (Gym) 10:00 Tai Chi (Senior Led) <b>11:00 Monday Brain Booster</b> 12:00 Lunch 1:00 Line Dancing <b>1:00 Timely Topic w/ Sandy "Patience"</b> 2:00 Cards 2:30 Map It Monday Travel Video</p>	<p>8:00 Gym Open for Walking <b>30</b> 10:00 Golden Drummers <b>11:00 Extension Office Update, Kendall</b> 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 &amp; Walking <b>31</b> 8:45 Zumba Gold (Sponsor: Genacross) 9:45 Walking in the Gym 10:00 Tai Chi (Senior Led) <b>11:00 Music by Peter V &amp; Friends</b> 12:00 Lunch 1:00 Silver Sneakers Chair Yoga® 1:00 Card Games 2:00 Walking</p>		

SENIOR B-33

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>9:00 Cards <b>1</b> 9:30 Chair Exercises with Lynn 11:00 Monday Brain Booster, "Cows" &amp; Other Games 12:00 Lunch 1:00 True or False (Brain Game)</p>	<p><b>Wear Red, White &amp; Blue 2</b> 9 to 10 Chair Yoga w/ Hope Church (\$5) 10 Parking Lot Stroll with Jeanne <b>10:15 to 11:45 Firecracker BINGO (NOTE DATE)</b> 12:00 Lunch 1:00 Skip Bo</p>	<p><b>Wear Red, White &amp; Blue 3</b> 9:30 "Traveling Little Library" 9:30 Chair Exercises with Lynn 10:00 Site Council <b>10:15 to 11:45 Firecracker BINGO with Swanton Library</b> 12:00 Lunch &amp; Birthday Dessert 1:00 Word Search</p>	<p><b>4</b> <b>CLOSED FOR INDEPENDENCE DAY</b></p>	<p><b>5</b> <b>CLOSED FOR INDEPENDENCE DAY HOLIDAY</b></p>
<p>9:00 Blokus (Brain Game) <b>8</b> 9:30 Chair Exercises with Lynn <b>10:00 (Note Time) Mahjong Mania, Lessons with Louise</b> <b>11:00 Free Blood Pressure Checks &amp; "Just So You Know" with Fulton County Health Department</b> 12:00 Lunch 1:00 Word Search</p>	<p><b>9</b> 9 to 10 Chair Yoga w/ Hope Church (\$5) 10 Parking Lot Stroll with Jeanne <b>11:00 Free Blood Pressure Checks &amp; "Just So You Know" with Fulton County Health Department</b> 12:00 Lunch 1:00 Kings In The Corner</p>	<p><b>Day Trip, Defiance 10</b> 9:00 "I Should Have Known That" (Brain Game) 9:30 Chair Exercises with Lynn <b>9:45 Free Hearing Aid Cleaning</b> 10:15 to 11:45 BINGO <b>11:45 NOCAC Cooling Help with Liz</b> 12:00 Lunch 1:00 Qwirkle (Brain Game)</p>	<p><b>11</b> 9:00 Cards 9:30 Chair Exercises with Carole 10:00 Site Council 10:15 to 11:45 BINGO 12:00 Lunch &amp; Birthday Dessert 1:00 Set (Brain Game)</p>	<p><b>12</b> 9:00 Shut The Box (Brain Game) 9:30 Chair Exercises with Lynn <b>11:00 "Sharing Our Personal Treasures," Melissa Rupp, Fulton Co. Extension Office</b> 12:00 Lunch 1:00 Uno Flip (Brain Game)</p>
<p>9:00 Monopoly Deal (Brain Game) <b>15</b> 9:30 Chair Exercises with Lynn <b>11:00 A Glimpse into the Lives of Peter &amp; Catherine Stuckey w/ Margie S.</b> 12:00 Lunch 1:00 Puzzles</p>	<p><b>16</b> 9 to 10 Chair Yoga w/ Hope Church (\$5) 10 Parking Lot Stroll with Jeanne <b>11:00 Dulcimer Music, Vickie Halsey</b> 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><b>17</b> 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><b>18</b> 9:00 Quiddler (Brain Game) 9:30 Chair Exercises with Carole 10:15 to 11:45 BINGO <b>11:45 NOCAC Cooling Help with Liz</b> 12:00 Lunch 1:00 Cards</p>	<p><b>19</b> 9:00 Monopoly Deal (Brain Game) 9:30 Chair Exercises with Lynn <b>11:00 Overview of Area Office on Aging with Shawn W.</b> 12:00 Lunch 1:00 Cards</p>
<p><b>National Be a Good Teammate Day; Wear a shirt or hat w/ a team logo 22</b> 9:00 Coffee &amp; Conversation 9:30 Chair Exercises with Lynn <b>10:00 (Note Time) Mahjong Mania, Lessons with Louise</b> 12:00 Lunch 1:00 Uno Flip (Brain Game)</p>	<p><b>23</b> 9 to 10 Chair Yoga w/ Hope Church (\$5) 10 Parking Lot Stroll with Jeanne <b>11:00 What Activities Are Happening Around the County? Julie Brink, Visitors' Bureau Coordinator</b> 12:00 Lunch 1:00 Tenzi (Brain Game)</p>	<p><b>Day Trip to Maumee Bay SP 24</b> <b>Wear Red/ Green; Bring a wrapped, gently used gift</b> 9:00 Tenzi (Brain Game) 9:30 Chair Exercises with Lynn <b>10:15 to 11:45 Christmas in July BINGO</b> 12:00 Lunch 1:00 Uno Flip (Brain Game)</p>	<p><b>25</b> <b>Wear Red/ Green; Bring a wrapped, gently used gift</b> 9:00 Spot It! (Brain Game) 9:30 Chair Exercises with Carole <b>10:15 to 11:45 Christmas in July BINGO with Delta Library</b> 12:00 Lunch 1:00 Uno Flip</p>	<p><b>26</b> 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) <b>29</b> 9:30 Chair Exercises with Lynn <b>11:00 Learn to Fox Trot with Louise</b> 12:00 Lunch 1:00 Hobby Hour (Bring a Project to Work On)</p>	<p><b>30</b> 9 to 10 Chair Yoga w/ Hope Church (\$5) 10 Parking Lot Stroll with Jeanne <b>11:00 Beat the Heat/ Info About Utilities, Amy Carles, Ohio Consumers' Counsel</b> 12:00 Lunch 1:00 Shut the Box (Brain Game)</p>	<p><b>31</b> 9:00 Summer Olympics Paper Games 9:30 Chair Exercises with Lynn <b>10:15 to 11:45 Grandchild BINGO</b> 12:00 Lunch 1:00 Cards &amp; 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
<p>9:00 Puzzle Table  <b>11:00 ZINGO</b>            12:00 Lunch            1:00 Uno Flip (Brain Game)</p> <p style="text-align: right;"><b>1</b></p>	<p><b>Wear Red, White, Blue</b>            9:00 Pepper  <b>10:15 to 11:45 Friday's Firecracker BINGO (Note Date)</b>            12:00 Lunch            1:00 Q*Bitz (Brain Game)</p> <p style="text-align: right;"><b>2</b></p>	<p><b>Wear Red, White, Blue</b>            9:00 Pairzi (Brain Game Box)            9:30 Chair Yoga (Note Time)  <b>10:15 to 11:45 Thursday's Firecracker BINGO (Note Date)</b>            12:00 Lunch            1:00 Games</p> <p style="text-align: right;"><b>3</b></p>	<p style="text-align: center;"><b>CLOSED FOR INDEPENDENCE DAY</b></p> <p style="text-align: right;"><b>4</b></p>	<p style="text-align: center;"><b>CLOSED FOR INDEPENDENCE DAY HOLIDAY</b></p> <p style="text-align: right;"><b>5</b></p>
<p>9:00 Skip Bo  <b>11:00 Activity Stations (Various Brain Games)</b>            12:00 Lunch            1:00 True/ False Questions (Brain Game Box)</p> <p style="text-align: right;"><b>8</b></p>	<p>9:00 Games            10:45 Site Council  <b>11:00 Music by Will Hinton</b>  <b>11:45 NOCAC Heating Help w/ Liz</b>            12:00 Lunch            1:00 Cards</p> <p style="text-align: right;"><b>9</b></p>	<p><b>Day Trip, Defiance</b>            9:00 Tenzi (Brain Game Box)            10:00 Chair Yoga            10:45 Site Council  <b>11:00 Concert by Nostalgia</b>            12:00 Lunch            1:00 Word Search</p> <p style="text-align: right;"><b>10</b></p>	<p>9:00 Goat Lords (Brain Game Box) <b>11</b>            10:15 to 11:45 BINGO  <b>11:45 NOCAC Heating Help w/ Liz</b>            12:00 Lunch &amp; Birthday Dessert            1:00 Time Line, Events (Brain Game)</p>	<p>9:00 Coffee &amp; Conversation <b>12</b>            10:15 to 11:45 BINGO            12:00 Lunch &amp; Birthday Dessert            1:00 Uno Flip (Brain Game)</p>
<p>9:00 "Things They Don't Teach You In School" (Brain Game Box) <b>15</b>  <b>11:00 Gorham-Fayette Fire Department; Fire Safety Tips for Seniors</b>            12:00 Lunch            1:00 Tenzi (Brain Game Box)</p>	<p>9:00 Pepper <b>16</b>  <b>11:00 Free Blood Pressure Checks and "Just So You Know" with Fulton County Health Dept.</b>            12:00 Lunch            1:00 Quadrillion (Brain Game)</p>	<p>9:00 True/ False Questions (Brain Game Box) <b>17</b>            10:00 Chair Yoga  <b>11:00 "Chew On It," a Pondering Program with Wendy of CHP</b>            12:00 Lunch            1:00 Monopoly Deal (Brain Game)</p>	<p>9:00 No Thanks (Brain Game Box) <b>18</b>            10:15 to 11:45 BINGO            12:00 Lunch            1:00 Puzzles</p>	<p>9:00 Pepper <b>19</b>            10:15 to 11:45 BINGO            12:00 Lunch            1:00 Time Line, Inventions (Brain Game)</p>
<p>9:00 Monopoly Deal (Brain Game <b>22</b> Box)  <b>11:00 Free Blood Pressure Checks and "Just So You Know" with Fulton County Health Dept.</b>            12:00 Lunch            1:00 Uno Flip (Brain Game)</p>	<p>9:00 Phase 10 (Brain Game) <b>23</b>  <b>11:00 Update about Mental Health News, Wendy with NAMI</b>            12:00 Lunch            1:00 Word Search</p>	<p><b>Day Trip to Maumee Bay SP</b> <b>24</b>            9:00 Coffee &amp; Conversation            10:00 Chair Yoga  <b>11:00 Music by Sonny &amp; Friends</b>            12:00 Lunch            1:00 Pairzi (Brain Game Box)</p>	<p><b>Wear Red/ Green;</b> <b>25</b>  <b>Bring a Wrapped, Gently Used Gift</b>            9:00 Uno Flip (Brain Game Box)  <b>10:15 to 11:45 Christmas in July BINGO</b>            12:00 Lunch            1:00 "I Should Have Known That" (Brain Game Box)</p>	<p><b>Wear Red/ Green;</b> <b>26</b>  <b>Bring a Wrapped, Gently Used Gift</b>            9:00 Pepper  <b>10:15 to 11:45 Christmas in July BINGO</b>            12:00 Lunch            1:00 Uno Flip (Brain Game)</p>
<p>9:00 Coffee &amp; Conversation <b>29</b>  <b>10:00 (Note Time) Simple Painting with Alice Wynja [Sign Up]</b>            12:00 Lunch            1:00 True/ False Questions (Brain Game Box)</p>	<p>9:00 Coffee &amp; Conversation <b>30</b>  <b>11:00 ZINGO</b>            12:00 Lunch            1:00 Puzzles</p>	<p>9:00 Summer Olympics <b>31</b>            Word Games            10:00 Chair Yoga  <b>11:00 Fayette Mayor Dave Borer</b>            12:00 Lunch            1:00 Time Line, Events (Brain Game Box)</p>		



Forwarding and return postage guaranteed  
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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](mailto:kschroeder@fultoncountyoh.com).

**DATED MATERIAL - DELIVER BEFORE JULY 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