

SERVING CITIZENS OF FULTON COUNTY 60 YEARS & OVER

SENIOR



SEPTEMBER 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

- September 2** – Closed for Labor Day
- September 18** – Day Trip, Shippshewana, Shopping & Lunch On Your Own
- September 27** – Day Trip, Harrison Lake State Park
- October 1** – Road to Wellness event at Fulton Co Senior Center, Wauseon
- October 9** – Day Trip, Toledo Zoo

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. Please make checks payable to Fulton County Senior Center.

SENIOR SPOTLIGHT



Margie Seeman has attended the Swanton Senior Center for more than four years. She is a talented artist, and taught a watercolor class for our seniors at the Swanton Senior Center. Margie provided daycare in her home for 27 years. She shared her love of history with her daycare children, which included taking them to Sauder Village. Margie has spent many hours documenting the genealogy of her family. This season, she has been sharing her knowledge by working at the Catherine and Peter Stuckey Home in Sauder Village. The Stuckeys are Margie's great-great-great grandparents, and she enjoys educating guests about their life in the 1800s and early 1900s. She regularly makes vinegar pie, soft cheese, and butter while regaling guests with stories about this family who helped tame the Great Black Swamp. Margie lives with her husband, Walt, and their cats, Cecil and Stanley, and puppy Teddy.

SHIPSHEWANA DAY TRIP

Join us for a day trip to Shipshewana, Indiana, on Wednesday, September 18. After a stop at Rise & Roll Bakery, the bus will drop you off at Davis Mercantile. You may walk around, browse, shop, and get lunch on your own. We'll round out the day with visits to E & S Sales and Yoder Popcorn Shop. Suggested donation per person is \$15. Pay cash (exact change is helpful) or check payable to Fulton County Senior Center when you board. Bring money for lunch and purchases. Meet at the Fulton Co. Senior Center in Wauseon at 8 AM or at the Swanton Senior Center by 8:15 AM. Everyone will be back by 5 PM. Call 419-337-9299 to sign up.

SITES CLOSED OCTOBER 1

On Tuesday, October 1, the Delta Senior Center and Archbold Senior Center will be closed. You are encouraged to sign up for Road to Wellness, annual health care conference for mature adults and caregivers. Location: Fulton Co. Senior Center, 695 S. Shoop Ave., Wauseon. Vendors, exhibits and entertainment by "The Company," Archbold High School show choir.

Call to register, 419-337-9299. Check-in starts at 9:30 AM. Event ends at 1 PM. Free lunch at noon by the Senior Center. The menu is beef and noodles, mashed potatoes, green beans, apple slices, dinner roll and cookie. We need your registration by September 18 so we can place our food order.

NATURE DAY AT HARRISON LAKE

Join us on Friday, September 27 for a relaxing day in nature at Harrison Lake State Park, Fayette.

A cold pack Senior Center lunch will be provided at noon. You'll have time to sit in the shade and enjoy the lake view, play cards and yard games. Seniors who walk a lot or a little can enjoy this trip. The speaker will be Jay Keller, head of park maintenance.

Suggested donation for this trip is \$8 per person (covers lunch, and bus transportation). Pay when you board the bus. Bring money for ice cream afterwards. Meet at Swanton Senior Center to leave at 9:15 AM or at the Fulton County Senior Center, Wauseon, to leave by 9:30 AM. If you prefer to drive yourself, meet us at Harrison Lake at 10 AM. Please notify us so we can include you in the lunch count. Call by September 25 to sign up for this day trip and to reserve your lunch, 419-337-9299.

TOLEDO ZOO DAY TRIP

Join us on Wednesday, October 9, as we take a walk on the wild side at Toledo Zoo. Admission for seniors is free as part of "Senior Discovery Days." Meet at Wauseon Senior Center at 8:30 AM (leave by 8:45) or board bus at Swanton Senior Center at 9:15 AM. Bring \$10 suggested donation, per person, for bus transportation, as well as a debit or credit card to buy your lunch money. Remember the zoo is now cashless. Lunch is on your own. Bonuses of Senior Discovery Days include the following: free small coffee & mini-muffin (10 AM to 2 PM) at the zoo's Timberline Bakery (in the Gift Shop) and a 15% discount on merchandise in gift shops, and a discount on zoo memberships purchased. From 11 AM to 1 PM, enjoy the big band sounds of Jeff McDonald's Swingmania Orchestra in the Malawi Event Center. We encourage you to wear walking shoes, sunscreen, a hat, and bring a bottle of water. The bus returns by approximately 4 PM. To sign up for this day trip, call 419.337.9299.

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'.

WHERE'S VAL?

It's September, which means Medicare Open Enrollment will begin soon, and run from October 15 to December 7. It is not too early to make an appointment with Val Edwards, Information & Referral Specialist. During Medicare Open Enrollment, you can join, drop, or switch to another Medicare Advantage Plan (or add or drop drug coverage), or switch from Original Medicare to a Medicare Advantage Plan or from a Medicare Advantage Plan to Original Medicare.

Val will be available for extended hours at the following locations to focus on Medicare Open Enrollment. Please make an appointment as soon as possible with Val for any of these dates by calling 419-337-9299.

- Thursday, October 17, from 10 AM to 3 PM at the Swanton Library
- Tuesday, October 22, from 10 AM to 3 PM at the Evergreen Library in Metamora
- Thursday, October 24, from 10 AM to 3 PM at Wyse Commons, Archbold
- Wednesday, November 13, from 10 AM to 3 PM at the Delta Library
- Val has some appointments available to meet with seniors at the Fulton County Senior Center, 695 S. Shoop Ave., Wauseon. A Medicare Check-up day will offer appointments with Val and other Medicare specialists on Tuesday, October 15 at the Fulton County Senior Center in Wauseon. Val's services are offered at no cost to seniors in partnership with Wyse Commons and the local libraries.

FROM THE NUTRITION SHELF – MAINTAINING NUTRITION AS WE AGE

The aging process causes your body to change in many different ways. You may feel differently than you did a few years ago. While you cannot stop the aging process, you can provide your body with the right nutrients so that you can stay healthy.

Monitor your weight and do your best to maintain a healthy weight as you age. A good diet, physical activity, and stimulating your mind will help you face the obstacles that these changes can present. The answers to the questions discussed here can help you to prepare for daily challenges.

Why do I have less of an appetite? It is very common to feel less hungry when you get older, and sometimes medications can affect appetite, causing you to feel less hungry. Try eating small, frequent meals throughout the day to make sure that you are getting enough food. If you cannot eat an entire meal in one sitting, eat what you can, and put the rest of the meal in the refrigerator. Then eat the rest of the meal later in the day.

Why doesn't my food taste as good? You may have noticed that food does not taste as good to you as it once did. You are not alone. Both our sense of taste and smell decline as we age. Trying new seasonings, such as fresh herbs and spices, new foods, and different recipes, may help you enjoy your food more.

What can I do to protect my eyesight? Poor vision often accompanies aging. Vitamins A and C are essential to keep your eyes healthy. Eat plenty of fruits and vegetables because they are the best sources of vitamins A and C. Visit an eye doctor annually to help maintain healthy eyes.

How do I control my cholesterol? Cholesterol is found in animal products, such as meat, dairy products, and eggs. Vegetables and fruits do not contain any cholesterol. Limiting your intake of cholesterol-rich foods can help to lower your cholesterol. Saturated fats are fats found in foods like lard, palm oil, and butter that can raise your "bad" cholesterol. Trans fat is a kind of fat found in highly processed foods and margarine that can also raise your "bad" cholesterol. A good way to control your cholesterol is to limit your intake of both saturated and trans fats. Vegetable oils such as olive oil and sunflower oil are great alternatives to use for cooking.

LUNCH CALENDAR

SEPTEMBER, 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
<p>2</p> <p>Sites Closed Labor Day</p>	<p>3</p> <p>Teriyaki Chicken Fried Rice Asian Blend Smoothie Juice</p>	<p>4</p> <p>Salisbury Steak Mashed Potatoes Carrots Peaches</p>	<p>5</p> <p>Bratwurst Peppers & Onions (LS Alt = Chicken Breast) Roasted Rosemary Redskins Beets Apple Slices</p>	<p>6</p> <p>Beef & Noodles Mashed Potatoes Riviera Blend Fresh Fruit</p>
<p>9</p> <p>Chili w/ Beans Mexican Rice Corn Mango</p>	<p>10</p> <p>Sausage, Egg & Cheese Sandwich Hash Brown Casserole Corn Nuggets Orange Juice</p>	<p>11</p> <p>Cheese Burger Batter Bites Tuscan Asiago Blend Tropical Fruit</p>	<p>12</p> <p>Ham loaf (LS Alt = Meatloaf) Baby Bakers Cauliflower Pineapple</p>	<p>13</p> <p>Cream Chipped Beef Mashed Potatoes Mixed Vegetables Fresh Fruit</p>
<p>16</p> <p>Sloppy Joes Potato Chips California Blend Fruit Crunch</p>	<p>17</p> <p>Sausage Gravy Potato Coins Peas & Carrots Grapes</p>	<p>18</p> <p>Baked Chicken Smashed Redskin Potatoes Cooked Cabbage Cranberry Relish</p>	<p>19</p> <p>Chicken Fried Steak Country Gravy Mashed Potatoes Succotash Apricots</p>	<p>20</p> <p>Baked Ham (LS Alt = Pork Roast) Sweet Potatoes Creamed Spinach Dark Sweet Cherries</p>
<p>23</p> <p>Chicken Chunks Batter Bites Garlic Chalet Blend Mandarin Oranges</p>	<p>24</p> <p>Parisian Soup Seafood Salad Tossed Salad Jell-O w/ Fruit</p>	<p>25</p> <p>Braised Beef Tips Mashed Potatoes Asparagus Fresh Fruit</p>	<p>26</p> <p>Baked Fish Garden Rice Stewed Tomatoes Peach Yogurt</p>	<p>27</p> <p>Chicken Salad Cole Slaw Fruit Salad Carrot Sticks w/ Ranch Cookie</p>
<p>30</p> <p>Hot Dog (LS Alt = Hot Dog) Baked Beans California Blend Mixed Fruit</p>				

WAUSEON ACTIVITIES

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

SEPTEMBER, 2024

SENIOR B-33

PAGE 5

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 CLOSED FOR LABOR DAY	8:00 "New Kids On The Walk" Walking 3 10:00 Golden Drummers 11:00 Donna Stutzman, Keyboard 12:00 Lunch 12:30 Walking in the Gym 1:00 Choir 1:00 Silver Sneakers® Classic Exercise 2:00 Card Games	8:00 Stretching & Walking 4 8:45 Zumba Gold (By Video) 9:45 Walking in the Gym 10:00 Choir Leaves to Sing at the Fair 10:00 Tai Chi 11:00 Choir Sings at the Fair (Gospel Bldg) 12:00 Lunch 1:00 Silver Sneakers Chair Yoga®	8:00 "Are We There Yet? (Walking) 5 10:15 to 11:45 BINGO 12:00 Lunch 12:30 to 1:00 Shake, Rattle & Stroll (Walking) 1:00 Silver Sneakers® Classic Exercise 1:00 Card Games 2:00 H & F/Pinochle/ Pepper/ Euchre	8:00 "One Step at a Time" (Walking) 6 9 to 11 Diabetes Education Empowerment Program with Robert Sullivan 10:00 Golden Drummers 12:00 Lunch & Birthday Party 12:00 Lunch 12:30 Walking in the Gym 1:00 to 2:30 BINGO
8:00 Walking Inside 9 10:00 Tai Chi 10:30 Free Hearing Aid Cleaning with Hearing Life 11:00 Monday Brain Booster 12:00 Lunch 1:00 to 2:30 Line Dancing 2:00 Map It Monday Travel Video	8:00 "New Kids On The Walk" Walking 10 10:00 Golden Drummers 11:00 Financial Tips, Melissa Rupp 12:00 Lunch 12:30 Walking in the Gym 1:00 Choir 1:00 Silver Sneakers® Classic Exercise 2:00 Card Games	Wear Red, White & Blue for Patriot Day 11 8:00 Stretching & Walking 8:45 Zumba Gold (Sponsor: Genacross) 9:45 Walking in the Gym 10:00 Tai Chi 11:00 Circle of Friends Concert 12:00 Lunch 1:00 Site Council 1:00 Silver Sneakers Chair Yoga® 1:00 Card Games	8:00 "Are We There Yet? (Walking) 12 10:15 to 11:45 BINGO 11:00 Grief Support Group 12:00 Lunch 12:30 to 1:00 Shake, Rattle & Stroll (Walking) 1:00 Silver Sneakers® Classic Exercise 1:00 Card Games 2:00 H & F/Pinochle/ Pepper/ Euchre	8:00 "One Step at a Time" (Walking) 13 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
8:00 Walking Inside 16 10:00 Tai Chi 10:00 Choir Leaves for Fayette 11:00 Monday Brain Booster (Blood Pressure Checks will return in Oct.) 12:00 Lunch 1 to 3:00 Legal Aid Workshop (Sign Up) 1:00 to 2:30 Line Dancing 2:00 Map It Monday Travel Video	8:00 "New Kids On The Walk" Walking 17 10:00 Golden Drummers 11:00 Vickie Halsey, Dulcimer 12:00 Lunch 12:30 Walking in the Gym 1:00 Choir 1:00 Silver Sneakers® Classic Exercise 2:00 Card Games	Day Trip, Shippshewana; Wear Senior Center Shirt 18 8:00 Stretching & Walking 8:45 Zumba Gold (Sponsor: Genacross) 9:45 Walking in the Gym 10:00 Tai Chi 11:00 Word Search 12:00 Lunch 1:00 Silver Sneakers Chair Yoga® 1:00 Card Games	8:00 "Are We There Yet? (Walking) 19 10:15 to 11:45 BINGO 12:00 Lunch 12:30 to 1:00 Shake, Rattle & Stroll (Walking) 1:00 Silver Sneakers® Classic Exercise 1:00 Card Games 2:00 H & F/Pinochle/ Pepper/ Euchre	8:00 "One Step at a Time" (Walking) 20 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
8:00 Walking Inside 23 10:00 Tai Chi 11:00 Monday Brain Booster 1:00 to 2:30 Line Dancing 2:00 Map It Monday Travel Video 2:00 Various Card Games	8:00 "New Kids On The Walk" Walking 24 10:00 Golden Drummers 11:00 Music by Sonny & Friends 12:00 Lunch 12:30 Walking in the Gym 1:00 Choir 1:00 Silver Sneakers® Classic Exercise 1:00 Pinochle 2:00 Card Games	8:00 Stretching & Walking 25 8:45 Zumba Gold (Sponsor: Genacross) 9:30 Toenail Clinic (Sign Up) 9:45 Walking in the Gym 10:00 Make Greeting Cards (Sign Up) 10:00 Tai Chi 12:00 Lunch 1:00 Silver Sneakers Chair Yoga® 1:00 Card Games	8:00 "Are We There Yet? (Walking) 26 10:15 to 11:45 BINGO 12:00 Lunch 12:30 to 1:00 Shake, Rattle & Stroll (Walking) 1:00 Silver Sneakers® Classic Exercise 1:00 Card Games 2:00 H & F/Pinochle/ Pepper/ Euchre	Day Trip, Harrison Lake State Park; 27 Wear Senior Center Shirt 8:00 "One Step at a Time" (Walking) 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
8:00 Walking Inside 30 10:00 Tai Chi 11:00 Karen King's Kitchen Band 12:00 Lunch 1:00 to 2:30 Line Dancing 2:00 Map It Monday Travel Video 2:00 Various Card Games				

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 CLOSED FOR LABOR DAY	9:00 Wii Games 3 9:15 Parking Lot Stroll with Jeanne 9:45 Site Council 10:00 Bunco with Buddies (Note Time) 12:00 Lunch 1:00 Reminiscing (Brain Box Game)	9:30 Chair Exercises With Lynn 4 9:30 "Traveling Little Library" 10:00 Site Council 10:15 to 11:45 BINGO with Swanton Library 12:00 Lunch & Birthday Dessert provided by Kingston 1:00 Uno Flip (Brain Box Game)	9:00 Coffee & Conversation 5 9:30 Chair Exercises with Carole 10:00 Site Council 10:15 to 11:45 BINGO 12:00 Lunch & Birthday Dessert 1:00 Qwirkle (Brain Box Game)	9:00 Cards & Games 6 9:30 Chair Exercises With Lynn 11:00 Bring Something for Show & Tell: 4H & County Fairs 12:00 Lunch 1:00 Word Search
9:00 Monopoly Deal (Brain Box Game) 9 9:30 Chair Exercises With Lynn 10:00 Mahjong 11:00 Fire Safety Tips with Swanton Fire Dept. (Blood Pressure Checks will resume in Oct.) 12:00 Lunch 1:00 Cards	9:00 Time Line: Americana 10 (Brain Box Game) 9:30 Parking Lot Stroll with Jeanne 11:00 Delta Fire Dept., Chief Gillen (Blood Pressure Checks will resume in Oct.) 12:00 Lunch 1:00 Word Search	Wear Red, White, Blue for Patriot Day 11 9:00 Coffee & Conversation 9:30 Chair Exercises With Lynn 10:15 to 11:45 BINGO with Swanton Students 12:00 Lunch 1:00 Pairzi (Brain Box Game)	12 9:00 Kanoodle (Brain Box Game) 9:30 Chair Exercises with Carole 10:15 to 11:45 BINGO with Delta Students 12:00 Lunch 1:00 Games	National Peanut Day; 13 Wear Brown 9:00 Shut the Box (Brain Box Game) 9:30 Chair Exercises With Lynn 11:00 Game Day 12:00 Lunch 1:00 Puzzles
9:00 Time Line: Events 16 (Brain Box Game) 9:30 Chair Exercises With Lynn 10:00 Mahjong 11:00 Guitar Music by Will Hinton 12:00 Lunch 1:00 Uno Flip (Brain Box Game)	9:00 Coffee & Conversation 17 9:30 Parking Lot Stroll with Jeanne 11:00 Silly Stories with Bill Senecal 12:00 Lunch 1:00 Puzzles	Day Trip, Shippshewana; 18 Wear Senior Center Shirt 9:00 Reminiscing (Brain Box Game) 9:30 Chair Exercises With Lynn 10:15 to 11:45 Dog Days of Summer BINGO. Bring a photo of your favorite dog. 12:00 Lunch 1:00 Puzzle Table	9:00 Tenzi (Brain Box Game) 19 9:30 Chair Exercises with Carole 10:15 to 11:45 Dog Days of Summer BINGO. Bring a photo of your favorite dog. 12:00 Lunch 1:00 Cards	9:00 Left Center Right Game 20 9:30 Chair Exercises With Lynn 10:00 Chair Exercises (Senior Led) 11:00 Avoid Financial Scams; Gavin with Swanton Key Bank 12:00 Lunch 1:00 No Thanks (Brain Box Game)
9:00 "Things They Don't Teach You In School" (Brain Box Game) 23 9:30 Chair Exercises With Lynn 10:00 Mahjong 11:00 Update from Swanton Chamber of Commerce with Delray B. 12:00 Lunch 1:00 Cards	9:00 Reminiscing 24 (Brain Box Game) 9:30 Parking Lot Stroll with Jeanne 11:00 Roger & Suzanne Doriot, Life in Indonesia 12:00 Lunch 1:00 Blokus (Brain Box Game)	Dress in Autumn Colors 25 9:00 Tenzi (Brain Box Game) 9:30 Chair Exercises With Lynn 10:15 to 11:45 BINGO 12:00 Lunch 1:00 Left Center Right Game	9:00 Shut the Box 26 (Brain Box Game) 9:30 Chair Exercises with Carole 10:15 to 11:45 BINGO with Delta Library 12:00 Lunch 1:00 SkipBo	Day Trip, Harrison Lake State 27 Park; Wear Senior Center Shirt 9:00 Uno Flip (Brain Box Game) 9:30 Chair Exercises With Lynn 11:00 "I Got It!" & Other Card Games (Bring Pennies) 12:00 Lunch 1:00 Puzzles
9:00 Camping Word Search & Jumble 30 9:30 Chair Exercises With Lynn 10:00 Mahjong 11:00 "Senior and Opioids... What You need to know," DART Officer, Jeff M. 12:00 Lunch 1:00 Games & Cards				

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
2 CLOSED FOR LABOR DAY	9:00 Coffee & Conversation 11:00 Silly Stories with Bill Senecal 12:00 Lunch 1:00 Reminiscing (Booklet) 3	9:00 Chit Chat 10:00 Chair Yoga 10:45 Site Council 11:00 What's in the Bag w/ Vicki H. 12:00 Lunch 1:00 Five Crowns (Brain Box Game) 4	9:00 Puzzles with Pals 10:15 to 11:45 BINGO 12:00 Lunch & Birthday Dessert 1:00 Kings in the Corner (Brain Box Game) 5	9:00 Pepper 10:15 to 11:45 BINGO 12:00 Lunch & Birthday Dessert 1:00 Chit Chat 6
9:00 Puzzles with Pals 10:00 Simple Manicures with Maura (Sign Up; Note Time) 11:00 Brain Booster: Camping World 12:00 Lunch 1:00 Quiddler (Brain Box Game) 9	9:00 Pepper 10:45 Site Council 11:00 Jordan & Ability Center Therapy Dog 12:00 Lunch 1:00 Spot It! (Brain Box Game) 10	Patriot Day. Wear Red, White & Blue 9:00 "Things They Don't Teach You In School" (Brain Box Game) 10:00 Chair Yoga 11:00 Guitar Music, Will Hinton 12:00 Lunch 1:00 Uno Flip (Brain Box Game) 11	9:00 True or False 10:15 to 11:45 BINGO 12:00 Lunch 1:00 Uno Flip 12	9:00 Coffee & Conversation 10:15 to 11:45 BINGO 12:00 Lunch 1:00 Games 13
9:00 Set (Brain Box Game) 16 11:00 Free Patriotic Music Concert, Fulton County Senior Center Choir 12:00 Lunch 1:00 Puzzles with Pals	9:00 Five Crowns (Brain Box Game) 17 11:00 Free Concert by Sunshine Bell Choir (Blood Pressure Checks will return in October) 12:00 Lunch 1:00 Phase 10 (Brain Box Game)	Day Trip, Shipshewana; Wear Senior Center Shirt 9:00 Spot It (Brain Box Game) 10:00 Chair Yoga 11:00 How to Use a Fire Extinguisher, Gorham-Fayette Fire Dept. 12:00 Lunch 1:00 Games 18	9:00 Puzzles with Pals 10:15 to 11:45 Dog Days of Summer BINGO. Bring a photo of your favorite dog. 12:00 Lunch 1:00 Shut the Box (Brain Box Game) 19	9:00 Pepper 10:15 to 11:45 Dog Days of Summer BINGO. Bring a photo of your favorite dog. 12:00 Lunch 1:00 Cards 20
9:00 "I Should Have Known That" 23 (Brain Box Game) 11:00 Music by Steve Snider (Blood Pressure Checks return in October) 12:00 Lunch 1:00 Games & Cards	9:00 Uno Flip (Brain Box Game) 24 11:00 Just Chew On It (A Pondering Program) with Wendy G. of Community Health Professionals 12:00 Lunch 1:00 Set (Brain Box Game)	9:00 Skip Bo (Brain Box Game) 25 10:00 Chair Yoga 11:00 "Senior and Opioids... What You need to know," DART Officer, Jeff M. 12:00 Lunch 1:00 Cards	Wear Senior Center Shirt 26 9:00 Puzzles with Pals 10:15 to 11:45 BINGO 12:00 Lunch 1:00 Tenzi (Brain Box Game)	Day Trip, Harrison Lake State Park; Wear Senior Center Shirt 27 9:00 Word Search 10:15 to 11:45 BINGO 12:00 Lunch 1:00 Puzzles
9:00 Songburst (Brain Box Game) 30 11:00 Dulcimer Music with Vickie Halsey 12:00 Lunch 1:00 Reminiscing (Booklet)				



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 SEPTEMBER 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
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, Shawn Vance-Dixon, Anita Ehsam, Tim Gorsuch, Steve Jackson, Karen James, Vicki Lynn Kline, Cheryl Kohls, Kelli Kuntz, Michael Mangas, Sharon McCabe, Judy Mino, Becky Peabody, Dennis Peabody, Mary Schultz, Robert Shaw, Tom Wagner, LouAnn Wheeler, 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