

SERVING CITIZENS OF FULTON COUNTY 60 YEARS & OVER

SENIOR

NOVEMBER 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

- Nov 3** – 2 am, Daylight Savings Time Ends
- Nov 8** – Veterans Breakfast at Wauseon Site (By Reservation)
- Nov 8** – Archbold and Swanton Sites Closed
- Nov 11** – Closed for Veterans Day
- Nov 13** – Day Trip, Toledo Walleye Hockey game
- Nov 22** – Day Trip, Findlay, lunch & shopping
- Nov 28 & 29** – Closed for Thanksgiving
- Dec 12** – Evening Trip, Nite Lites at Michigan Int'l Speedway

FREE BREAKFAST FOR VETERANS

All Fulton County seniors ages 60 and over are invited to make a reservation for a breakfast celebrating Veterans Day. This is a FREE breakfast for veterans and spouses. Suggested donation \$3.00 for all others. The breakfast will be at 9 AM and will include remarks by a special speaker, and selections by the Senior Center Choir. Menu is scrambled eggs, sausage links, home fries, fresh fruit, and pastries. Location: Fulton County Senior Center, 695 S. Shoop Ave., Wauseon. Seating is limited. The last day to make reservations is Wednesday, October 30.

The Archbold and Swanton Senior Center sites will be closed on Friday, November 8, for the Veterans Breakfast. Call 419-337-9299 to reserve your spot.

SENIOR SPOTLIGHT



Our spotlight shines on a father-son veteran duo this month.

James Waidelich and his son Jeff were both born and raised in Fulton County. James currently receives home-delivered meals, and Jeff is one of our Senior Center meal delivery drivers.

James served in the Army for three years as an Artillery Forward Observer. Jeff served in the Army and retired in 1996 as a Staff Sergeant with 20 years of service. He was also a trombone player in the Army band, and spent six years on staff at the Armed Forces School of Music at the Naval Amphibious Base, in Little Creek, Virginia. Did Jeff get his musical ability from James? "I played the trumpet/cornet in high school, but since then, I only play the radio," James said.

James served as the Assistant Scout Master for Jeff's Boy Scout troop, and they spent time all-season camping together.

James graduated from Pettisville High School in 1952, and Jeff graduated from Wauseon High School in 1976. James worked for Sauder Woodworking, Meijer Trucking, Electra, and Ohio State Forwarding.

Thank you for your service!

WHERE'S VAL?

It's November, which means Medicare Open Enrollment is well under way! Val Edwards, Information & Referral Specialist, will be available for extended hours on Wednesday, November 13, from 10:00 AM to 4:00 PM at the Delta Library to focus on Medicare Open Enrollment. Val also has some appointments available to meet with seniors at the Fulton County Senior Center, 695 S. Shoop Avenue in Wauseon. Please make an appointment well in advance with Val by calling 419-337-9299. Val's services are offered at no cost to seniors in partnership with Wyse Commons and the local libraries.

CHANGE CLOCKS & BATTERIES

Daylight Savings Time ends at 2:00 am on Sunday, November 3 and our clocks "fall back" one hour. It is a good idea to ask a family member, neighbor or property owner to replace the batteries in your smoke detectors when you change your clocks. Did you know that alarm sensors wear out? The fire department recommends replacing your smoke detectors every ten years. When you install a new detector, use a permanent marker to write the date on the inside of the new detector's cover.

DRIVE-THRU CHRISTMAS LIGHTS EVENING TRIP

Join us for an evening trip on Thursday, December 12, to Nite Lites Drive-Thru Christmas Light Show at Michigan International Speedway. The displays feature five miles of lights, six lighted tunnels, sixteen mega trees, and more. You will enjoy the lights from the comfort of a Senior Center bus, with no walking among displays. Suggested donation of \$10 per person covers transportation and admission. All seniors will meet at the Fulton County Senior Center, 695 S. Shoop Avenue, Wauseon, at 5:30 pm, to leave at 5:45 pm. The bus will return at approximately 9 PM (depending on traffic) to the Fulton County Senior Center. Please pay as you board the bus. Eat supper on your own before you arrive for this trip. We recommend dressing in layers so you are comfortable on the bus. Call to add your name to this trip, 419-337-9299.

RESTRAIN DOGS

If you receive home-delivered meals and have a dog, please restrain the dog or put it in another room when your meal driver delivers your meal. The driver will not deliver if the dog is loose. Thank you for working with us to ensure safe delivery of your home-delivered meal.

SENIOR CENTER BROCCOLI SALAD

5 cups	Small Broccoli Florets (Raw)
1/3 cup	Diced Onion
1/2 cup	Dried Cranberries
1/2 cup	Sunflower Seeds (Optional)
1 cup	Mayonnaise
1/4 cup	Sugar
1/2 cup	Crumbled Cooked Bacon
1/2 cup	Shredded Cheddar Cheese

In a mixing bowl, combine mayonnaise, sugar, onion, and cranberries. Add broccoli and toss to coat well. Refrigerate for at least 1 hour. Just before serving, stir in the sunflower seeds, bacon, and cheese.

CHRISTMAS GIFT IDEA

Looking for a clutter-free gift idea for Christmas? Consider purchasing meal tickets through the Fulton County Senior Center. Each meal ticket is a suggested \$3.00 donation for Fulton County residents age 60 and over. You'll be confident your senior loved one is enjoying a nutritious lunch among friends at the Senior Center. Lunch is served weekdays at noon. Remind your senior to reserve their meal one business day in advance. Valet parking is available at our sites, if desired. Simply park near the front glass entrance and notify the receptionist or Site Manager when you check in for your meal.

NUTRITION EDUCATION

Don't Let a Fumble Bother Your Food Goals – Punt, Get Back In the Game!

You've been doing a great job with your goals whether they are healthier eating or increased physical activity. Then you have an "off" weekend. Maybe it was overindulging in food and drinks and then spending the rest of the weekend sitting and watching multiple games on television while munching on chips or cookies. Come Monday morning, you feel deflated when you realize what you did over the weekend.

Don't let it get you down. Few people can always be consistent with their diet and exercise goals. The important thing now is to get back to your plan. Don't spend time thinking about the past. Look to the future and take control again. Remember, you need to eat 3,500 calories to gain one pound of body fat so your weekend overindulgence may not be as bad as you think.

Here are some hints to "pick up the ball" and "get back in the game".

- Schedule time for physical activity – if it is on your calendar you are more likely to follow through.
- Call your supporting friend – maybe schedule a walking date! Walking in Wal-Mart is often safer and warmer than outside. The gym at the Wauseon Senior Center is available for walking when no other gym activity is scheduled.
- Cut back on what you eat a little for a few days.
- Check out the ads of your local grocery store. Pick up one or two new fruits or vegetables to try this week.
- Look for a couple of new recipes to incorporate healthy fruits and vegetables into your diet. The fiber will help you feel full longer.
- Be more conscious of your portion sizes.
- Track what you eat each day. Being aware of what we are actually consuming can help us make any necessary adjustment.

Maybe most important, be patient. Don't forget the successes you have already had and focus on the future. Wellness is not an overnight process – continue to work on your personal wellness goals such as healthy eating, physical activity and positive outlook and know that you can do it!

LUNCH CALENDAR

NOVEMBER, 2024

Whole grain bread or an alternate and 2% milk are offered with each meal. Lunch reservations are required at least 24 business hours in advance. **Menu is subject to change.** The Fulton County Meal Program is financed with meal donations, local levy funds, and AOoA grant funding. Ingredient information is available upon request.

Meal Reservations: 419-337-9299

SUGGESTED DONATION: \$3.00. LUNCH SERVED AT NOON.

Checks Payable to: Fulton County Senior Center

LS Alt = Lower Sodium Alternative (**Items must be ordered at least one week in advance**)

LF Alt = Low Fat Alternate (**Items must be ordered at least one week in advance**)

***The following major food allergens are used as ingredients in this facility: Milk, egg, fish, crustacean shellfish, tree nuts, peanuts, wheat, soy, and sesame. Please notify our staff for more information about these ingredients.**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				Hot Chicken Sandwich 1* Roasted Potatoes Green Beans Mandarin Oranges
Baked Ham 4* (LS Alt = Pork Roast) Scalloped Potatoes Normandy Vegetable Blend Baked Apples	Chicken & Noodles 5* Mashed Potatoes Green Beans Pears Pudding	Lasagna 6* Steamed Broccoli Sliced Carrots Dark Sweet Cherries	Cabbage Rolls 7* Mashed Potatoes Cook's Choice Vegetable 5 Cup Salad	VETERANS BREAKFAST 8* Scrambled Egg Sausage Links Potato Fresh Fruit Cinnamon Rolls <i>*Home delivery: Chef's Choice</i>
CLOSED FOR VETERANS DAY 11	Beef & Cheese Burrito 12* Refried Beans Cilantro Lime Rice Mango Salsa Sour Cream Tortilla Chips	Potato Soup 13* Seafood Salad Sandwich Pea Salad Jell-O w/ Fruit	Hamloaf 14* (LS Alt = Meatloaf) Sweet Potatoes Malibu Blend Vegetables Apple Sauce	Chili 15* Mexican Style Rice Corn Banana Juice
Baked Fish 18* Garden Rice Stewed Tomatoes Cole Slaw Juice	Cheese Burger 19* Seasoned Potato Wedges Tuscan Asiago Blend Apricots	Pulled Pork 20* Macaroni & Cheese Broccoli Fresh Fruit	Beef Stew 21* Buttered Beets Fruit Crunch	Hot Dog 22* (LS Alt = Chicken Breast) Baked Beans Cauliflower Peaches
Smoked Sausage 25* (LS Alt = Hot Dog) Sauerkraut Smashed Red Potatoes Peas & Onions Fresh Fruit	Beef Vegetable Soup 26* Egg Salad Sandwich Tossed Salad Ambrosia	Roast Turkey 27* Savory Bread Dressing Mashed Potatoes/Gravy Green Bean Casserole Orange Cranberry Relish Pumpkin Pie	CLOSED FOR THANKSGIVING 28	CLOSED FOR THANKSGIVING HOLIDAY 29

WAUSEON ACTIVITIES

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				8:00 Shake, Rattle & Stroll (Walk) 1 10:00 Golden Drummers 12:00 Lunch & Birthday Party by Heritage Health Care 1:00 to 2:30 BINGO 1:00 Friday Afternoon Movie on the Big Screen 2:30 Red Hot Chili Steppers (Walk)
8:00 Shake, Rattle & Stroll (Walk) 4 10:00 Tai Chi (Senior Led) 11:00 Keyboard Music, Ruthann V. 12:00 Lunch 1:00 Line Dancing 2:30 Red Hot Chili Steppers (Walk)	Election Day 5 8:00 Shake, Rattle & Stroll (Walk) 10:00 Golden Drummers 11:00 Election Day Word Games 12:00 Lunch 1:00 Choir 1:00 Silver Sneakers® Classic Exercise 2:30 Red Hot Chili Steppers (Walk)	8:00 Shake, Rattle & Stroll (Walk) 6 8:30 Zumba Gold 10:00 Tai Chi (Senior Led) 11:00 Music by Sonny & Friends 12:00 Lunch 1:00 Site Council 1:00 Silver Sneakers Chair Yoga® 2:30 Red Hot Chili Steppers (Walk)	8:00 Shake, Rattle & Stroll (Walk) 7 10:15 to 11:45 BINGO 12:00 Lunch & Birthday Dessert 1:00 Card Games 1:00 Silver Sneakers® Classic Exercise 2:30 Red Hot Chili Steppers (Walk)	Wear Red/ White/ Blue 8 If you signed up already, join us for Veterans Breakfast at the Fulton County Senior Center, 695 S. Shoop Ave., Wauseon. Breakfast served at 9 AM (Reservations) (No lunch served. No regular activities today.)
11 CLOSED FOR VETERANS DAY	8:00 Shake, Rattle & Stroll (Walk) 12 10:00 Golden Drummers 11:00 Program by Local ICC Youth 12:00 Lunch 1:00 Choir 1:00 Silver Sneakers® Classic Exercise 2:00 Card Games 2:30 Red Hot Chili Steppers (Walk)	Day Trip, Toledo Walleye; Wear Senior Center Shirt 13 8:00 Shake, Rattle & Stroll (Walk) 8:30 Zumba Gold 10:00 Tai Chi (Senior Led) 11:00 Keyboard Music, Donna S. 12:00 Lunch 1:00 Card Games 1:00 Silver Sneakers Chair Yoga® 2:30 Red Hot Chili Steppers (Walk)	Wear Green for National Pickle Day 14 8:00 Shake, Rattle & Stroll (Walk) 10:15 to 11:45 BINGO 11:00 Grief Support Group w/ Bill H. 12:00 Lunch 1:00 Card Games 1:00 Silver Sneakers® Classic Exercise 2:30 Red Hot Chili Steppers (Walk)	8:00 Shake, Rattle & Stroll (Walk) 15 10:00 Golden Drummers 12:00 Lunch 1:00 to 2:30 Pickle BINGO (Wear Green) 1:00 Friday Afternoon Movie on the Big Screen 2:30 Red Hot Chili Steppers (Walk)
8:00 Shake, Rattle & Stroll (Walk) 18 10:00 Tai Chi (Senior Led) 10:30 Free Hearing Aid Cleaning 11:00 Free Blood Pressure Checks 12:00 Lunch 1:00 "Grief & Holidays," Sandy S. 1:00 Line Dancing 2:30 Red Hot Chili Steppers (Walk)	8:00 Shake, Rattle & Stroll (Walk) 19 10:00 Golden Drummers 11:00 Music by Will Hinton 12:00 Lunch 1:00 Choir 1:00 Silver Sneakers® Classic Exercise 2:00 Card Games 2:30 Red Hot Chili Steppers (Walk)	8:00 Shake, Rattle & Stroll (Walk) 20 8:30 Zumba Gold 9:30 Choir to Fairlawn 9:30 Toenail Clinic (Sign Up) 10:00 Tai Chi (Senior Led) 10:00 Card Making with Deb. B. 12:00 Lunch 1:00 Card Games 1:00 Silver Sneakers Chair Yoga® 2:30 Red Hot Chili Steppers (Walk)	8:00 Shake, Rattle & Stroll (Walk) 21 10:15 to 11:45 BINGO 11:00 Keyboard Music, Donna 12:00 Lunch 1:00 Card Games 1:00 Silver Sneakers® Classic Exercise 2:30 Red Hot Chili Steppers (Walk)	Day Trip, Findlay Ohio, Lunch/ Shopping; Wear Senior Center Shirt 22 8:00 Shake, Rattle & Stroll (Walk) 10:00 Golden Drummers 12:00 Lunch 1:00 to 2:30 Channel Your Inner Flannel BINGO (Wear Flannel/ Plaid) 1:00 Movie 2:30 Red Hot Chili Steppers (Walk)
Wear Ohio State or Michigan Colors 25 8:00 Shake, Rattle & Stroll (Walk) 10:00 Tai Chi (Senior Led) 10:15 to 11:45 BINGO (NOTE DATE) 12:00 Lunch 1:00 to 2:30 Friday's Buckeye v. Wolverine BINGO (NOTE DATE) Line Dancing Returns Jan. 6 2:30 Red Hot Chili Steppers (Walk)	8:00 Shake, Rattle & Stroll (Walk) 26 10:00 Golden Drummers 12:00 Lunch 1:00 Choir 1:00 Silver Sneakers® Classic Exercise 2:00 Card Games 2:30 Red Hot Chili Steppers (Walk)	8:00 Shake, Rattle & Stroll (Walk) 27 8:30 Zumba Gold (VIDEO) 10:00 Tai Chi (Senior Led) 11:00 Thanksgiving Word Games 12:00 Lunch 1:00 Card Games 1:00 Silver Sneakers Chair Yoga® 2:30 Red Hot Chili Steppers (Walk)	28 CLOSED FOR THANKSGIVING	29 CLOSED FOR THANKSGIVING HOLIDAY

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				9:00 Cards 1 9:30 Chair Exercises 10:00 Mahjong 11:00 Music by Kelly & Mark Miller 12:00 Lunch 1:00 Shut the Box (Brain Game)
9:00 Puzzles with Pals 4 9:30 Tai Chi with Robert H. 11:00 Free Blood Pressure Checks & "Just So You Know" with Fulton County Health Department (NOTE DATE) 12:00 Lunch 12:45 Ballroom Dancing with Louise 1:00 Songburst (Brain Game)	Election Day! 5 9:00 Chair Yoga w/ Hope Church (\$5) 9:30 Exercises with Carole 11:00 Free Christmas Concert by Sunshine Bell Choir 12:00 Lunch 1:00 Q*Bitz (Brain Game)	9:30 Chair Exercises with Lynn 6 9:30 "Traveling Little Library" 10:00 Site Council 10:15 to 11:45 BINGO w/ Swanton Lib 12:00 Lunch & Birthday Dessert 1:00 Set (Brain Game)	9:00 Set (Brain Game) 7 9:30 Exercises with Carole 10:00 Site Council 10:15 to 11:45 BINGO w/ Delta Lib 11:45 Megan w/ NOCAC, Technology Intro 12:00 Lunch & Birthday Dessert 1:00 Games with the Group	Swanton Site is Closed. 8 Wear Red, White, Blue If you signed up already, join us for Veterans Breakfast at the Fulton County Senior Center, 695 S. Shoop Ave., Wauseon. Breakfast served at 9 AM (Reservations)
11 CLOSED FOR VETERANS DAY	9:00 Chair Yoga w/ Hope Church (\$5) 12 9:30 Exercises with Carole 11:00 Free Blood Pressure Checks & "Just So You Know" with Fulton County Health Department 12:00 Lunch 1:00 Reminiscing (Brain Game)	Day Trip, Toledo Walleye; Wear Senior Center Shirt 13 9:00 Uno Flip (Brain Game) 9:30 Chair Exercises with Lynn 10:15 to 11:45 Pickle BINGO; Wear Green for Pickle Day w/ Swanton students 12:00 Lunch 1:00 Reminiscing	Wear Green for Pickle Day 14 9:00 Time Line: Inventions (Brain Game) 9:30 Exercises with Carole 10:15 to 11:45 Pickle BINGO w/ Delta students 12:00 Lunch 1:00 Puzzles with Pals	9:00 Spot It! (Brain Game) 15 9:30 Chair Exercises with Lynn 10:00 Make Cards with Cindy J. (Sign Up) 10:00 Mahjong 11:00 Free Christmas Concert by Sunshine Bell Choir 12:00 Lunch 1:00 Uno Flip (Brain Game)
9:00 Kings in the Corner 18 (Brain Game) 9:30 Tai Chi with Robert H. 11:00 Winter Emergency Prep & How to Make a Go Bag, American Red Cross 12:00 Lunch 12:45 Ballroom Dancing with Louise 1:00 Spot It! (Brain Game)	9:00 Chair Yoga w/ Hope Church (\$5) 19 9:30 Exercises with Carole 10:00 (Note Time) Bunco with Buddies 12:00 Lunch 1:00 Milles Bornes (Brain Game)	Wear Flannel/ Plaid 20 9:00 "I Should Have Known That" 9:30 Chair Exercises with Lynn 10:15 to 11:45 Channel Your Inner Flannel BINGO 12:00 Lunch 1:00 Tenzi (Brain Game)	Wear Flannel/ Plaid 21 9:00 Tenzi (Brain Game) 9:30 Exercises with Carole 10:15 to 11:45 Channel Your Inner Flannel BINGO 12:00 Lunch 1:00 Shut the Box (Brain Game)	Day Trip, Findlay Ohio, Lunch & 22 Shopping; Wear Senior Center Shirt 9:00 Puzzles with Pals 9:30 Chair Exercises with Lynn 10:00 Mahjong 11:00 Game Day 12:00 Lunch 1:00 Games with the Group
Wear Team Colors for Buckeye/Wolverine BINGO 25 9:00 Left Center Right (Brain Game) 9:30 Tai Chi with Robert H. 10:15 to 11:45 BINGO (NOTE DATE) 12:00 Lunch 12:45 Ballroom Dancing with Louise 1:00 Quiddler (Brain Game)	Wear Team Colors for Buckeye/Wolverine BINGO 26 9:00 Chair Yoga w/ Hope Church (\$5) 9:30 Exercises with Carole 10:15 to 11:45 BINGO (NOTE DATE) 12:00 Lunch 1:00 Azul (Brain Game)	9:00 "Things They Don't Teach You in School" 27 9:30 Chair Exercises with Lynn 11:00 Coffee & Conversation 12:00 Lunch 1:00 Spot It! (Brain Game)	28 CLOSED FOR THANKSGIVING	29 CLOSED FOR THANKSGIVING HOLIDAY

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.

NOVEMBER, 2024

SENIOR
B-22

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				9:00 Coffee & Conversation 1 10:15 to 11:45 BINGO 12:00 Lunch & Birthday Dessert 1:00 Cards
9:00 Word Search 4 11:00 Avoid Caregiver Burnout w/ Wendy & Jen of Community Health Professionals 12:00 Lunch 1:00 Puzzles with Pals	Election Day 5 9:00 Time Line: Events (Brain Game) 10:00 Site Council 10:15 to 11:45 Friday's BINGO (Note Date) 12:00 Lunch 1:00 Monopoly Deal (Brain Game)	9:00 Kanoodle (Brain Game) 6 10:00 Chair Yoga 10:45 Site Council 11:00 Dulcimer Music, Vickie Halsey 12:00 Lunch 1:00 True/ False (Brain Game)	9:00 Coffee & Conversation 7 10:15 to 11:45 BINGO w/ Wendy 12:00 Lunch & Birthday Dessert 1:00 Monopoly Deal (Brain Game)	Archbold Site Closed. 8 Wear Red, White, Blue If you are signed up already, join us for Veterans Breakfast at the Fulton County Senior Center, 695 S. Shoop Ave., Wauseon. Breakfast served at 9 AM (Reservations)
11 CLOSED FOR VETERANS DAY	9:00 Uno Flip (Brain Game) 12 11:00 Guitar Music, Will Hinton 12:00 Lunch 1:00 Shut the Box (Brain Game)	Day Trip, Toledo Walleye; 13 Wear Senior Center Shirt 9:00 Coffee & Conversation 10:00 Chair Yoga 11:00 Timely Topic w/ Sandy Spengler: Grief & Holidays 12:00 Lunch 1:00 Uno Flip	Wear Green 14 9:00 Tenzi (Brain Game) 10:15 to 11:45 Pickle BINGO 12:00 Lunch 1:00 Time Line: Americana (Brain Game)	Wear Green 15 9:00 Pepper 10:15 to 11:45 Pickle BINGO 12:00 Lunch 1:00 Games
9:00 Reminiscing (Brain Game) 18 10:00 Rock Painting (Christmas theme) with Joni Beaverson (Sign Up) 12:00 Lunch 1:00 Kanoodle (Brain Game)	9:00 Coffee & Conversation 19 11:00 Free Blood Pressure Checks and "Just So You Know" with Fulton County Health Dept. 12:00 Lunch 1:00 Left Center Right (Brain Game)	9:00 Blokus (Brain Game) 20 10:00 Chair Yoga 11:00 Old Fashioned Country Christmas with Just Us 2, Marc & Ellen Pember 12:00 Lunch 1:00 "I Should Have Known That"	Wear Flannel/ Plaid 21 9:00 Shut the Box (Brain Game) 10:15 to 11:45 Channel Your Inner Flannel BINGO 12:00 Lunch 1:00 Qwirkle (Brain Game)	Day Trip to Findlay (Shopping/ 22 Lunch); Wear Senior Center Shirt 9:00 Pepper 10:15 to 11:45 Channel Your Inner Flannel BINGO (Wear Flannel/ Plaid) 12:00 Lunch 1:00 Word Search
Wear Team Colors 25 9:00 Coffee & Conversation 10:00 Free BP Checks 10:15 to 11:45 Buckeye/ Wolverine BINGO (Note Date) 12:00 Lunch 1:00 Blokus (Brain Game)	Wear Team Colors 26 9:00 Word Search 10:15 to 11:45 Buckeye/ Wolverine BINGO (Note Date) 12:00 Lunch 1:00 Pairzi (Brain Game)	9:00 Puzzles with Pals 27 10:00 Chair Yoga 11:00 Coffee, Conversation & Games 12:00 Lunch 1:00 "Things They Don't Teach You In School"	28 CLOSED FOR THANKSGIVING	29 CLOSED FOR THANKSGIVING HOLIDAY



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

Icon of an envelope in a green circle. Text: If you or a family member would like to receive this newsletter by e-mail, please contact us at ks Schroeder@fultoncountyoh.com.

DATED MATERIAL - DELIVER BEFORE NOVEMBER 1, 2024

FULTON COUNTY SENIOR CENTER STAFF

Table listing staff roles and names: Director (Sheri Rychener), Receptionist (Karen Schroeder), Information & Referral Specialist (Valerie Edwards), Administrative Assistant (Chris Sager), Vehicle Maintenance Supervisor (Isaac Schaffner), Assessment/Data Entry Manager (Laura Ankney), Head Cook/Kitchen Manager (Kim Lerma), Assistant Cook (Aria Frey), Food Program Manager (Kim Machinski), Volunteer Coordinator (Angela Johnston), Kitchen Aides (Sherry Bittinger, 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, Kelli Kuntz, Jim Lugbill, James Mapes, Jack Myers, Aimee Roth, Sam Sanderson, Judy Thourot, Jeffrey Waidelich), Substitutes (James Baldwin, Shawn Vance-Dixon, Anita Ehram, Tim Gorsuch, Steve Jackson, Karen James, Vicki Lynn Kline, Cheryl Kohls, Arin Lauber, Michael Mangas, Sharon McCabe, Claire Nisely, Becky Peabody, Dennis Peabody, Mary Schultz, Michelle Shafer, 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.

Table of site hours: 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).