

SERVING CITIZENS OF FULTON COUNTY 60 YEARS & OVER

SENIOR

DECEMBER 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

Check the calendars inside for a visit from Santa, Christmas concerts, cozy Christmas stories, and much more!

December 4 – Swanton & Fayette Sites Closed;
Reserve Your Spot for our Christmas Celebration

December 11 – Day Trip, Christmas at Wildwood
Manor in Toledo

December 12 – Evening Trip, Nite Lites at
Michigan International Speedway

December 24 – No meals served, closed at noon.

December 25 – Closed. Merry Christmas!

December 31 – No meals served, closed at noon.

January 1 – Closed. Happy New Year!

SENIOR SPOTLIGHT

Jan Figgins of Fayette won another blue ribbon at the Fulton County Fair in September. She entered this machine embroidered Christmas tree skirt and set of coasters in the Needlework category.

Jan estimates the project took around 45 to 50 hours including machine set up, thread changes, sewing the 45 blocks together, adding the backing and finishing.

“My daughter has an embroidery machine, and she is the reason I became interested in it. It’s a hobby that I do during the winter months. The process involves several steps. I choose a pattern from designs on the internet, download, then organize the pattern, copy the design to a thumb drive, then load the thumb drive into the machine,” she explained. “It was computer challenging, but also so much fun watching the machine do the stitching,” Jan said. As a bonus, this hobby takes her away from TV and social media.

Jan started attending the Fayette Senior Center six years ago, after her husband passed away. “I think I enjoy the social aspect of the Senior Center the most. I see a lot of value in the friendships I have made with people in the community. I have gotten to know people better thanks to the Senior Center. I also think the food is excellent,” she added.

Jan graduated class of 1955 from Fayette High School, and retired from Fayette Tubular Products, where she worked in Accounting. Jan has two adult children, five grandchildren and 12 great-grandchildren. She enjoys following their games and sporting events.



HOW TO MANAGE ENERGY BILLS YEAR-ROUND

The Percentage of Income Payment Plan (PIPP) helps eligible Ohioans manage their energy bills year-round. Payments are based on a percentage of household income and are consistent year-round.

How does PIPP work?

If your home is heated with gas, you will have a monthly payment of 5% of your gross household income for your natural gas bill, and 5% of your gross household income for your electric bill. If you heat with electric, your monthly payment is 10% of your gross household income. The balance of your utility bill is subsidized by the state of Ohio. There is a minimum monthly payment of \$10.00.

Paying on-time and in-full each month reduces your outstanding balance. If you make 24 on-time and in-full payments, your outstanding balance with your utility company will be eliminated.

Once you are enrolled in the PIPP program, you are required to re-verify your income each year. You must also be caught up on all your PIPP payments by your Anniversary Date, which is the date you signed up for PIPP. Failure to report changes in the household income or household members, missing a payment, or not re-verifying your income can result in being dropped from the program.

Who is eligible for PIPP?

Ohioans with a household income at or below 175% of the federal poverty guidelines and have utility service from an electric or natural gas company regulated by the Public Utility Commission of Ohio are eligible for the program.

A household applying for PIPP must report total gross household income for the past 30 days (12 months preferred) for all members, except wage or salary income earned by dependent minors under 18 years old. Both homeowners and renters are eligible for assistance.

Income levels are as follows. One-person household, up to \$26,355 total household income for 12 months. Two-person household, up to \$35,770 total household income for 12 months. Contact NOCAC's (Northwest Ohio Community Action Commission) appointment hotline number 419-219-4641 for more information and income requirements for households with additional members, as well as documents you would need to provide.

NOSTALGIC CHRISTMAS EVENT

We are now taking reservations for Wednesday, December 4. We will host a Christmas Event at the Fulton County Senior Center, 695 S. Shoop Ave., Wauseon. Wear red and green. Activities include free photos with Santa, decorate and eat a Christmas cookie, 10:15 AM concert by Sunshine Bell Choir, 11 AM concert by Nostalgia, with lunch served at noon. Suggested lunch donation for Fulton County seniors age 60 and over is \$3 per person. Five dollars all others. Call to sign up, 419-337-9299.

CHRISTMAS GIFT IDEA

A clutter-free gift idea is meal tickets for your senior through the Fulton County Senior Center. Each meal ticket is a suggested \$3.00 donation. Your senior loved one can enjoy a nutritious lunch among friends at the Senior Center. Lunch is served weekdays at noon. Remember to reserve meals one business day in advance. Valet parking is available at the Wauseon site. Simply park in the front of the Senior Center and notify the receptionist when you arrive for activities or for your dine-in meal.

HEATING BILL HELP

Winter weather and cold temps are here. Northwestern Ohio Community Action Commission continues to offer help with heating costs. Winter Crisis Program provides a benefit once per heating season to an income-eligible customer's main and/or electric accounts. The benefit can be used by eligible households that are disconnected (or have a pending disconnection notice), need to establish new service, possible furnace repair up to \$1500 (homeowners only). Households must be at or below 175% of the Federal Poverty Guidelines. Certain documentation is required. The program runs until March 31, 2025. Please call the appointment hotline number 1-419-219-4641 to schedule an appointment. For additional questions, call 419-337-8601. You will need social security number and utility account information when scheduling an appointment.

HOLIDAYS AND GRIEF

Holidays can be tough in the midst of grief, as we feel surrounded by memories. Instead of trying to escape the holidays, take as much control as possible. Identify what you wish to do and who you want to be with. Choose to be around those who can understand and support you in your grief, those who appreciate your sadness, and when necessary give you space. For some, spending time with other family members and friends can be a valuable reminder that you are not alone. Some of us appreciate the way gathering or hosting can give us a sense of purpose, distraction and relieve our loneliness. Grief is a very individual process. We each grieve in our own way. (Adapted from Kenneth J. Doka)

CHRISTMAS DONATIONS

Many of you generously want to give gifts to your meal delivery driver, site manager, etc. during the Christmas season. This is a friendly reminder that Fulton County Senior Center employees are not allowed to accept gifts at Christmas time (or throughout the year). Donations to the Senior Center are welcome. Please mail to 695 S. Shoop Avenue, Wauseon, OH 43567.

THANK YOU FOR YOUR GENEROUS SUPPORT

We are grateful for donations, sponsorship and support from so many in and around the northwest Ohio area, including the following: Delta Public Library, Joanna & Genacross Napoleon, Genacross Wolf Creek Campus, Sara & Heritage Home Health, Jamie & Buckeye Health Plan, Julie & United Health Care, Emily & Kingston, Normal Memorial Library in Fayette, Trisha & Ayden Health Care, Megan & NOCAC, Rebecca & Swanton Valley, Swanton Public Library, and Suzanne & Promedica. Thank you!

THE NUTRITION EDUCATION SHELF: SUPERFOODS

What are superfoods? They are nutrient-rich foods considered to be especially beneficial for health and well-being. The term 'superfood' tends to be used more by marketers than dieticians, so lists of superfoods tend to vary. A recent study by the Centers for Disease Control and Prevention developed and validated a classification scheme defining 'Powerhouse Fruits and Vegetables' based on nutrient and phytochemical density (the amount of nutrients compared to calories in the food).

Eat a variety of foods. Don't count on any one food to single-handedly reduce your risk of cancer. Superfoods can be part of a balanced diet, but shouldn't be thought of as a cure-all. Nutrient-rich vegetables and fruits can be helpful in reducing the risk of some diet-related diseases, especially when they are part of a diet that is low in fats, sodium and sugar.

Here is what the American Heart Association has to say about some common superfoods:

- Salmon is a fatty fish that is low in saturated fat and high in omega-3 fatty acids, which can decrease the risk of abnormal heartbeats, reduce triglycerides (the chemical form of fats in most foods and in your body) and slow the growth of plaque in the arteries. The American Heart Association recommends eating at least two 3.5 ounce servings of fish a week.
- Turkey is a leaner substitute for beef that can be grilled, roasted or ground.
- Nuts, legumes and seeds are good sources of protein and polyunsaturated and monounsaturated fats when eaten in moderation. Choices include unsalted almonds, peanuts, pistachios and walnuts. The American Heart Association recommends getting four servings a week.
- Berries like blueberries and strawberries have high levels of phytochemicals called flavonoids. One study showed that women who consumed more blueberries and strawberries had a lower risk of heart attack. The American Heart Association recommends nine servings of fruits and vegetables a day, about 4.5 cups.
- Pumpkin is low in calories, high in fiber and high in vitamin A.
- Kale provides vitamins A and C, potassium and phytochemicals.
- Low-fat or nonfat yogurt, which provides calcium, vitamin D and protein, can be a good substitute for sour cream in recipes.

Sources: Ohio State University Extension Office
American Heart Association. (2013). "What's so super about superfoods?" http://www.heart.org/HEARTORG/GettingHealthy/NutritionCenter/HealthyEating/Whats-so-super-about-superfoods_UCM_457937_Article.jsp

LUNCH CALENDAR

DECEMBER, 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
Chicken Alfredo Pasta 2* Steamed Broccoli Garlic Mushrooms Mixed Fruit	Breaded Fish 3* Macaroni & Cheese Stewed Tomatoes Peaches Juice	Cheese Burgers 4* Seasoned Potato Wedges Normandy Vegetable Blend Banana	Baked Chicken 5* Mashed Potatoes Asparagus Fruit Cocktail	Sausage Patty Sandwich 6* Rosemary Potatoes Mixed Vegetables Apple Slices & Caramel
Chili w/ Beans 9* Corn & Black Beans Cilantro Lime Rice Mango Corn Bread	Hamloaf 10 (LS Alt = Meatloaf) Sweet Potatoes Sweet & Sour Spinach Pears	Bratwurst / Sauerkraut 11 (LS Alt = Uncured Franks) German Potato Salad Brussel Sprouts 5 Cup Salad	Chicken Rice Soup 12* Tossed Salad Pickled Beets Grapes Cookie/SF Cookie	Beef & Noodles 13* Mashed Potatoes Green Beans Fresh Fruit
Creamed Chipped Beef 16* Mashed Potatoes Harvard Beets Mandarin Oranges	Seafood Salad 17* Three Bean Salad Cheese Cubes Cinnamon Applesauce Jell-o Juice	Stuffed Peppers 18* California Blend Fruit Cobbler	Philly Beef Steak/ Cheese 19* Peppers & Onions Paco Blend Peas & Onions Dark Sweet Cherries	Orange Chicken 20* White Rice Broccoli Carrots Fresh Fruit Fortune Cookie
Sloppy Joes 23* Tater Tots Garlic Chalet Blend Apricots	24* CLOSED FOR CHRISTMAS EVE	25* CLOSED FOR CHRISTMAS	Chicken Tenders 26* Batter Bites Coleslaw Pumpkin Delight	Sausage Gravy & Biscuits 27* Hash Brown Casserole Peas & Carrots Craisins
Beef Pot Roast 30* Boiled Potatoes Carrots Pineapple	31* CLOSED HAPPY NEW YEAR'S EVE			

WAUSEON ACTIVITIES

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8:00 Walking in an Inside Wonderland 10:00 Tai Chi (Senior Led) 11:00 Christmas Stories w/ Bill S. 12:00 Lunch 1:00 Christmas Movie Line Dancing Resumes Jan.6 2:30 Walking	8:00 Stroll Out of the Snow 10:00 Golden Drummers 10:00 Free Balance Screenings 12:00 Lunch 1:00 Choir 1:00 Silver Sneakers® Classic Exercise (Multi. Rm) 2:00 H&F/ Pepper/ Pinochle/ Euchre	Christmas Celebration; Wear red/green 4 Seniors from other sites will join us. 8:00 Walk to Christmas Music 8:30 Zumba Gold (MPR) 9:00 Photos with Santa 9 to 1 Decorate A Christmas Cookie 10:00 Tai Chi (MPR) 10:15 Christmas Concerts: Sunshine Bell & Nostalgia 12:00 Lunch 1:00 Silver Sneakers Chair Yoga (MPR)	8:00 Walking w/ Friends 10:15 to 11:45 BINGO 12:00 Lunch 1:00 Silver Sneakers® Classic Exercise 2:00 H & F/ Pepper/ Pinochle/ Euchre	8:00 Walking Inside Wonderland 10:00 Golden Drummers 10:00 Choir Leaves for Swanton Senior Center to Give Christmas Concert 12:00 Lunch with birthday dessert 1:00 BINGO 1:00 Movie on the Big Screen 2:30 Walking
8:00 Walking in an Inside Wonderland 10:00 Tai Chi (Senior Led) 10:30 Free Hearing Aid Cleaning with Hearing Life 11:00 "Country Christmas" Music by Just Us 2/ Marc & Ellen Pember 12:00 Lunch 1:00 Christmas Movie Line Dancing Resumes Jan.6 2:30 Walking	8:00 Stroll Out of the Snow 10:00 Golden Drummers 11:00 Concert by Senior Center Choir 12:00 Lunch No Choir 1:00 Silver Sneakers® Classic Exercise (MPR) 2:00 H & F/ Pepper/ Pinochle/ Euchre	Day Trip, Wildwood Manor House 11 Wear Senior Center Shirt 8:00 Walking w/ Friends 8:30 Zumba Gold 10:00 Tai Chi (Senior Led) 11:00 Site Council 12:00 Lunch 1:00 Silver Sneakers Chair Yoga® 1:00 Card Games 2:00 Walking	Evening Trip, MIS Nite Lites 12 8:00 Walking w/ Friends 10:15 to 11:45 BINGO 11:00 Grief Support w/ Chaplain Bill 12:00 Lunch 1:00 Silver Sneakers® Classic Exercise 2:00 H & F/ Pepper/ Pinochle/ Euchre	8:00 Walking in an Inside Wonderland 10:00 Golden Drummers 12:00 Lunch 1:00 Movie on the Big Screen 1:00 BINGO 2:30 Walking
8:00 Walking in an Inside Wonderland 10:00 Tai Chi (Senior Led) 11:00 Free Blood Pressure Checks 11:00 Keyboard Music, Ruthann V. 12:00 Lunch 1:00 Christmas Movie Line Dancing Resumes Jan.6 2:30 Walking	Wear Christmas Sweater/ Tie/ Socks 17 8:00 Stroll Out of the Snow 10:00 Golden Drummers 11:00 Christmas Music, Michael Buck 12:00 Lunch 1:00 Silver Sneakers® Classic Exercise (MPR) 2:00 H & F/ Pepper/ Pinochle/ Euchre	8:00 Walking w/ Friends 8:30 Zumba Gold 9:30 Toenail Clinic (Sign Up) 10:00 Tai Chi (Senior Led) 10:00 Make Cards with Deb B. 11:15 Concert by Wauseon Chorale 12:00 Lunch 1:00 Silver Sneakers Chair Yoga® 1:00 Card Games 2:00 Walking	Wear Senior Center Shirt 19 8:00 Walking w/ Friends 9 to 2 Tech Appts w/Megan 10:15 to 11:45 BINGO 12:00 Lunch 1:00 Silver Sneakers® Classic Exercise 2:00 H & F/ Pepper/ Pinochle/ Euchre	8:00 Walking in an Inside Wonderland 10:00 Golden Drummers 12:00 Lunch 1:00 Movie on the Big Screen 1:00 BINGO 2:30 Walking
8:00 Walking in an Inside Wonderland 10:00 Tai Chi (Senior Led) 11:00 Word Games & Cards 12:00 Lunch 1:00 Christmas Movie Line Dancing Resumes Jan.6 2:30 Walking	8:00 Stroll Out of the Snow 10:00 Cardio Drumming No lunch served CLOSED at noon MERRY CHRISTMAS EVE	25 CLOSED MERRY CHRISTMAS	8:00 Walking w/ Friends 10:15 to 11:45 BINGO 12:00 Lunch 1:00 Silver Sneakers® Classic Exercise 2:00 H & F/ Pepper/ Pinochle/ Euchre	8:00 Walking in an Inside Wonderland 10:00 Golden Drummers 12:00 Lunch 1:00 Movie on the Big Screen 1:00 BINGO 2:30 Walking
8:00 Walking in an Inside Wonderland 10:00 Tai Chi (Senior Led) 11:00 Games & Cards 12:00 Lunch 1:00 Christmas Movie Line Dancing Resumes Jan.6 2:30 Walking	Wear Senior Center Shirt 31 8:00 Stroll Out of the Snow 10:00 Cardio Drumming No lunch served CLOSED at noon HAPPY NEW YEAR'S EVE. See you January 2.			

DELTA – SWANTON ACTIVITIES

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Dress In Christmas Colors 2 9:30 Tai Chi with Robert 9:30 Chair Exercises with Lynn 11:00 Old Fashioned Christmas, Music with Just Us 2, Marc & Ellen Pember 12:00 Lunch & Bday Party/ Kingston 12:30 Flower Arranging w/ Myrna 1:00 Cards & Games	9:00 Wii Games 3 9:00 Chair Yoga w/ Hope Church (\$5) 11:00 Christmas Music with Michael Buck 12:00 Lunch 1:00 Uno Flip (Brain Game)	The Swanton site is closed today. Reserve your spot and join us for "A Nostalgic Christmas" at the Fulton Co. Senior Center in Wauseon. Christmas Concert by Nostalgia, Lunch at noon, Christmas Music by Sunshine Bell Choir, Photos with Santa, Frost a Cmas Cookie. Wear Red/ Green. 4	9:00 Coffee & Conversation 5 10:00 Site Council 10:15 to 11:45 BINGO 12:00 Lunch & Birthday Dessert 1:00 Spot It!	9:00 Uno Flip (Brain Game) 6 9:30 Chair Exercises with Lynn 10:00 Mahjong 11:00 Concert by Senior Center Choir 12:00 Lunch 1:00 Set (Brain Game)
9:00 Tech Appointments with Megan, NOCAC 9 9:30 Tai Chi with Robert 9:30 Chair Exercises with Lynn 10:30 Free Blood Pressure Checks 11:00 Christmas Music with Michael Buck 12:00 Lunch 1:00 Cards	9:00 Kings In the Corner (Brain Game) 10 9:00 Chair Yoga w/ Hope Church (\$5) 10:30 Free Blood Pressure Checks 11:00 Game Day; Bring a Game to Share 12:00 Lunch 1:00 Skip Bo	Wear Red/ Green, Bring a Red or Green Gift for the Prize Table 11 9:30 "Traveling Little Library" 9:30 Chair Exercises with Lynn 10:00 Site Council 10:15 to 11:45 BINGO with Swanton Library 12:00 Lunch 12:45 Ballroom Dancing w/ Louise 1:00 Games with our Gang	Evening Trip, MIS Nite Lites 12 9:00 Uno Flip (Brain Game) Wear Red/ Green, Bring a Red or Green Gift for the Prize Table 10:15 to 11:45 BINGO with Delta Students 12:00 Lunch 1:00 Word Search	9:00 Puzzles with Pals 13 9:30 Chair Exercises with Lynn 10:00 Mahjong 11:00 Piano Christmas Songs, Lynn F. 12:00 Lunch 1:00 Cards
9:00 Spot It! (Brain Game) 16 9:30 Tai Chi with Robert 9:30 Chair Exercises with Lynn 10:00 Decorate Christmas Cookies 11:00 Christmas Stories w/ Bill S. 12:00 Lunch 1:00 Five Crowns (Brain Game)	9:00 Tenzi (Brain Game) 17 9:00 Chair Yoga w/ Hope Church (\$5) 10:00 Decorate Christmas Cookies 11:00 Concert by Del-Aires from Delta HS 12:00 Lunch 1:00 Shut the Box (Brain Game)	Wear a Cmas Sweater & Bring a Wrapped Gently Used Gift 18 9:30 Chair Exercises with Lynn 10:00 Cookie Exchange 10:15 to 11:45 "Jingle While You Mingle" BINGO 12:00 Lunch 12:45 Ballroom Dancing w/ Louise 1:00 Cards	Wear a Christmas Sweater/ Tie/ Socks, Bring a Wrapped, Gently Used Gift for the Prize Table 19 9:00 Quiddler (Brain Game) 10:15 to 11:45 "Jingle While You Mingle" BINGO with Delta Library 12:00 Lunch 1:00 Set (Brain Game)	9:00 Spot It! (Brain Game) 20 9:30 Chair Exercises with Lynn 10:00 Mahjong 11:00 Christmas Themed Card Games 12:00 Lunch 1:00 Wits & Wagers (Brain Game)
9:00 Shut the Box (Brain Game) 23 9:30 Chair Exercises with Lynn 11:00 Game Day 12:00 Lunch 1:00 Tenzi (Brain Game)	<p style="text-align: center;">CLOSED MERRY CHRISTMAS EVE</p>	<p style="text-align: center;">CLOSED MERRY CHRISTMAS</p>	Bring a Grandchild to BINGO 26 9:00 "I Should Have Known That" 10:15 to 11:45 BINGO 12:00 Lunch 1:00 Reminiscing (Brain Game)	9:00 Kings In The Corner (Brain Game) 27 9:30 Chair Exercises with Lynn 10:00 Mahjong 11:00 Bring a New Game to Play & Share 12:00 Lunch 1:00 Puzzles with Pals
9:00 Set (Brain Game) 30 9:30 Chair Exercises with Lynn 11:00 "Happy Noon Year!" Left/ Center/ Right & Other Games 12:00 Lunch 1:00 Phase 10 (Brain Game)	<p style="text-align: center;">CLOSED HAPPY NEW YEAR'S EVE</p>			

ARCHBOLD – FAYETTE

ACTIVITIES

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9:00 Puzzles with Pals 2 11:00 Christmas Music with Michael Buck 12:00 Lunch 1:00 Uno Flip (Brain Game)	9:00 Mille Bornes (Brain Game) 3 10:45 Site Council 11:00 The Company, Archbold High School 12:00 Lunch 1:00 Cards & Games	The Fayette site is closed today. 4 Reserve your spot and join us for "A Nostalgic Christmas" at the Fulton Co. Senior Center in Wauseon. Christmas Concert by Nostalgia, Lunch at noon, Christmas Music by Sunshine Bell Choir, Photos w/ Santa, Frost a Cmas Cookie. Wear Red/ Green.	9:00 Coffee & Conversation 5 10:15 to 11:45 BINGO with Wendy, Normal Memorial Library 12:00 Lunch & Birthday Dessert 1:00 Games with the Group	9:00 Pepper 6 10:15 to 11:45 BINGO 12:00 Lunch & Birthday Dessert 1:00 Time Line: Inventions (Brain Game)
9:00 Monopoly Deal (Brain Game) 9 10:45 Site Council 11:00 Santa Stories with Storyteller Bill S. 12:00 Lunch 1:00 Left Center Right	9:00 Uno Flip (Brain Game) 10 11:00 Free Christmas Concert by Sunshine Bell Choir 12:00 Lunch 1:00 Shut the Box (Brain Game)	9:00 Coffee & Conversation 11 10:00 Chair Yoga 11:00 Free Concert by Circle of Friends 12:00 Lunch 1:00 "Things They Don't Teach You in School" (Brain Game)	Evening Trip, MIS Nite Lites 12 9:00 Goat Lords (Brain Game) 9:30 Cookie Decorating; Cookie Exchange, Bring 1 dozen cookies to share 10:15 to 11:45 Red/ Green BINGO; Wear Red / Green, Bring a Red or Green Prize for the Prize Table 12:00 Lunch 1:00 Uno Flip (Brain Game)	Wear Red / Green, Bring a Red 13 or Green Prize for the Prize Table 9:00 Cards 9:30 Cookie Decorating 10:15 to 11:45 Red/ Green BINGO 12:00 Lunch 1:00 Tenzi (Brain Game)
9:00 Time Line: Events (Brain Game) 16 9:00 Tech Appointments with Megan, NOCAC 11:00 Free Christmas Concert by Sunshine Bell Choir 12:00 Lunch 1:00 Puzzles with Pals	9:00 Coffee & Conversation 17 10:30 Free Blood Pressure Checks (Only) 11:00 Santa Stories with Storyteller Bill S. 12:00 Lunch 1:00 Set (Brain Game)	9:00 "I Should Have Known That" (Brain Game) 18 10:00 Chair Yoga 10:30 Free Blood Pressure Checks (Only) 11:00 Concert by Fayette School Band/ Choir 12:00 Lunch 1:00 No Thanks (Brain Game)	Wear a Christmas Tie/Sweater/ 19 Socks, Bring a Wrapped, Gently Used Gift for the Prize Table 9:00 Puzzles with Pals 10:15 to 11:45 Christmas BINGO 12:00 Lunch 1:00 Word Search	Wear a Christmas Tie/Sweater/ 20 Socks, Bring a Wrapped, Gently Used Gift for the Prize Table 9:00 Pepper 10:15 to 11:45 Christmas BINGO 12:00 Lunch 1:00 Cards
9:00 Coffee & Conversation 23 10:00 (Note time) Christmas Movie 12:00 Lunch 1:00 Uno Flip (Brain Game)	24 CLOSED MERRY CHRISTMAS EVE	25 CLOSED MERRY CHRISTMAS	9:00 Pairzi (Brain Game) 26 10:15 to 11:45 BINGO 12:00 Lunch 1:00 Time Line (Brain Game)	9:00 Q*Bitz (Brain Game) 27 10:15 to 11:45 BINGO 12:00 Lunch 1:00 Azul (Brain Game)
9:00 Cards 30 11:00 Tell Me More (A Question Game. Learn Something New About Your Friends) 12:00 Lunch 1:00 Goat Lords (Brain Game)	31 CLOSED FOR NEW YEAR'S EVE			



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 DECEMBER 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
Assistant Cook.....	Aria Frey
Food Program Manager.....	Kim Machinski
Volunteer Coordinator.....	Angela Johnston
Kitchen Aides.....	Sherry Bittinger, Maryann Griffin, Candace Gonzales, Henna Law, Christian Powers
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, Vicki Lynn Kline, Cheryl Kohls, Arin Lauber, Michael Mangas, Sharon McCabe, Claire Nisely, Becky Peabody, Dennis Peabody, Mary Schultz, Michelle Shafer, Tom Wagner, LouAnn Wheeler

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