

SERVING CITIZENS OF FULTON COUNTY 60 YEARS & OVER

SENIOR



JANUARY 2025

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

- | | |
|--|--|
| January 1 – Closed for New Year's Day | January 20 – Closed for Martin Luther King Jr. Day |
| January 13 – Free Hearing Aid Cleaning at Fulton Co. Senior Center, Wauseon | January 21 – Free Blood Pressure Check at Archbold Senior Center |
| January 13 – Free Blood Pressure Check at Swanton Senior Center | January 22 – Toenail clinic at Fulton Co. Senior Center, Wauseon (Call for appt.) |
| January 14 – Free Blood Pressure Check at Delta Senior Center | January 27 – Free Blood Pressure Check at Fayette Senior Center |
| January 16 – Day Trip, Millbury Cars & Trucks Museum | January 28 – Free Blood Pressure Check at Fulton Co. Senior Center, Wauseon |
| | January 31 – Day trip to Perrysburg |

SENIOR SPOTLIGHT



After retiring from work in construction, Jim Mapes became one of our Senior Center home delivery meal drivers. His route covers the Fairlawn campus and Wyse Commons in Archbold. He delivers more than 40 meals every week day. When he is not delivering meals, you will likely find him in his garage working on his next project. "I started woodworking fifty years ago. I saw a scroll saw one day, and I picked it up, and started cutting things out. My first project was a train. It took me a lot of time. I'd throw away wood, and start all over. I like woodworking because it's a challenge," he said. Magazines, photographs and even gift bags have inspired Jim's projects. "I never know where the idea for my next project will come from. One time I saw three colors of linoleum in a store, and bought it to be a background because it looked like sky and grass,"

he said. From wolves to wizards, sailboats to scarecrows, Jim has created hundreds of projects over the years. Jim cuts out each piece, then sands it, and either paints it or stains it before he glues it into place.

Woodworking is not Jim's only hobby, however. "I also like to fish. I fish before work and after work. I probably catch 1000 bluegill every year. I like to stay busy," he added.

Born and raised in Lucas County, Jim graduated class of 1968 from Swanton High School. He and his wife, Emma, have two sons and one grandchild.

DID YOU KNOW?

We offer transportation to and from medical appointments during regular business hours for county seniors. If you have not been transported by us or received home delivered meals before, we will first need to complete a home assessment. Please call at least two weeks prior to your medical appointment to arrange for transportation. Donations are needed and accepted. Call Angela at 419-337-9299.

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: Haas Door Human Resources Department, Delta Public Library, Joanna & Genacross Napoleon, Genacross Wolf Creek Campus, Sara & Heritage Home Health, Alicia & Comfort and Passionate Health Services, Julie & United Healthcare, Emily & Kingston, Normal Memorial Library in Fayette, Trisha & Ayden Health Care, Megan & NOCAC, and Swanton Public Library.

Thank you!

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.

NEW YEAR GOALS

The American Geriatrics Society's Health in Aging Foundation recommends these top 10 healthy New Year's resolutions for older adults to help achieve your goal of becoming and staying healthy. The Fulton County Senior Centers would like to help you meet your New Year's goals.

1. Eat fruits, vegetables, whole grains, fish, low-fat dairy and healthy fats. In later life, you still need healthy foods, but fewer calories.
2. Consider a multivitamin. Consult your healthcare provider about any nutrition issues that may need over-the-counter vitamins or nutrition supplements.
3. Be active. Take a walk outside when the weather is good. Stroll around the inside of your home if winter weather is howling outside. Remember, if you get up and move during commercials, that's better than nothing. Walk indoors at our Wauseon Senior Center site.
4. See your provider regularly. Schedule an annual wellness visit with your healthcare provider around your birthday month to discuss health screenings and any changes in your advance directives.
5. Toast with a smaller glass. Excessive drinking can make you feel depressed, increase your chances of falling, cause trouble sleeping, interact with your medications, and can contribute to other health problems.
6. Guard against falls. One in every three older adults falls each year; falls are a leading cause of injuries and death among older adults.
7. Give your brain a workout. The more you use your mind, the better it will work.
8. Quit smoking. Did you know that cigarette smokers are twice as likely to develop heart disease as non-smokers? It is never too late to quit.
9. Speak up when you feel down or anxious; many seniors feel anxious or depressed. Reach out if these feelings linger longer than two weeks.
10. Get enough sleep; at least 7 to 8 hours of sleep a night.

Source: <https://www.healthinaging.org/tools-and-tips/top-10-healthy-new-years-resolutions-older-adults>

WINTER WEATHER ALERTS

Have you taken action and stocked up on a few shelf-stable meals in your kitchen in the unlikely event that bad weather closes our Senior Center kitchen? In addition, we thank you in advance for providing a safe way to bring your meal to your door. Your meal delivery driver appreciates it when you make their safety a priority and arrange to keep your driveway and sidewalks clear of snow and ice. If bad weather cancels Senior Center meals, you can expect to receive a phone call from our automated phone system. One Call Now will provide you with instructions in the event of a Level 2 or Level 3 snow emergency. A Level 2 or 3 snow emergency will cancel all meals and programs. Call to confirm that you are on our One Call phone list, 419-337-9299.

WALK TO HEALTHY STREET

When no gym activities are taking place, you may walk through the gym at the Wauseon Senior Center. If the gym is occupied, you can still walk our hallways. Check the Wauseon calendar page in this newsletter for specific walking times.

Simply taking a brisk 30-40 minute walk most days offers the following stunning rewards:

- A 35% reduction in the risk of Alzheimer's and other dementias.
- A 30 to 50% reduction in the risk of premature death.
- A 35% reduction in the risk of heart attacks and strokes.
- A 30% reduction in arthritic knee pain.
- Relief from mild to moderate depression on par with prescription antidepressants.
- Significant protection from cancers of the breast, colon, and uterus, along with significant improvement in the survivorship of breast, prostate, and colon cancers.

Above information is from Dr. Ann's Wellness Bulletin, Dr. Ann Kulze, M.D.

NUTRITION EDUCATION

Putting MyPlate on Your Table: Grains

MyPlate, the U.S. Department of Agriculture (USDA) food guidance system, helps individuals use the 2010 Dietary Guidelines for Americans to make smart choices from every food group. MyPlate includes an interactive, online guide that provides individuals with recommended food amounts to eat, based on gender, age and physical activity level. Find personalized guides and other resources at choosemyplate.gov. Here is an introduction to the grains food group.

Why Grains?

Grains provide energy, fiber, iron and B vitamins.

Which Foods Are in the Grains Group?

Foods in the grains group are made from rice, wheat, oats, cornmeal, barley or other cereal grains. Examples of grain products are bread, pasta, crackers, tortillas, rice, breakfast cereal and oatmeal.

How Much Is Needed from the Grains Group?

The USDA's daily recommendation for grain intake is as follows: Women over age 51, 5 ounce equivalent and men over age 51, 6 ounce equivalent, with at least half of those being whole grains.

Note these 1-ounce equivalents: 1 slice of bread, ½ cup cooked rice, ½ cup cooked oatmeal, ½ cup cooked pasta, 1 cup ready-to-eat cereal, 3 cups air-popped popcorn, 1 mini bagel, 4 to 6 crackers, 1 small tortilla (6-inch).

Make at Least Half of Your Grains Whole.

Grains are divided into two subgroups: whole grains and refined grains.

Whole grains contain the entire grain kernel: the bran (fiber-rich), germ (nutrient-rich) and endosperm (carbohydrate-rich). Refined grains are milled, removing the bran and germ. Refining gives grains a finer texture and improves shelf life, but it also removes healthy vitamins and fiber.

When choosing whole grains, look for product labels that state "100% whole wheat" or "100% whole grain."

You can also look for grain products that have "whole wheat" or "whole grain" listed first on the ingredient list. This is a good indicator that the product contains mostly whole grains.

Examples of whole grain foods include whole-wheat or whole-rye bread, whole-wheat pasta, whole-wheat or whole-grain crackers, oatmeal, brown rice, and popcorn.

References: Linnette Goard, M.S., Cindy Oliveri, M.S.

LUNCH CALENDAR

JANUARY, 2025

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 |
|---|--|--|--|--|
| | | 1* CLOSED NEW YEAR'S DAY | 2* Chicken Chunks Tater Tots Green Beans Jell-O | 3* Baked Fish Garden Rice Stewed Tomatoes Fresh Fruit |
| 6* Meat Sauce w/ Pasta Sweet & Sour Spinach Wax Beans Peaches Yogurt | 7* White Chicken Chili Tossed Salad Kidney Bean Salad Cottage Cheese Juice | 8* Beef & Cheese Burrito Corn & Black Bean Blend Cilantro Lime Rice Mango | 9* Cream Chipped Beef Mashed Potatoes Succotash Apple Slices | 10 Swedish Meatballs Noodles Brussels Sprouts Midori Vegetable Blend Banana |
| 13* Chicken Breast Sandwich Cheddar Cheese Spudz Garlic Chalet Blend Mandarin Oranges | 14* Cabbage Roll Smashed Red Potatoes Peas & Onions Pears | 15* Salisbury Steak Mashed Potatoes Carrots Dark sweet cherries | 16* Smoked Sausage (LS ALT= hot dog) Peppers & Onions Mixed Vegetable Fruit Crunch Cucumber Salad | 17* Chicken & Noodles Mashed Potatoes Riviera Blend Applesauce |
| 20* CLOSED FOR MARTIN LUTHER KING JR. DAY | 21* Cheese Omelets Smoky Links Potato Coins Baked Apples Orange Juice | 22* Cheese Burgers Batter Bites Tuscan Asiago Blend Peaches Cookie/SF cookie | 23* Taco Meat / Rice Pinto Beans Roasted corn Tropical Fruit | 24* Hamloaf (LS Alt= Meatloaf) Sweet Potatoes Butter Beans Pineapple |
| 27* National Chocolate Cake Day Sloppy Joes Baby Bakers California Blend Juice Chocolate Cake / SF Chocolate Cake | 28* Sausage Gravy Hash brown Casserole Peas & Carrots Grapes | 29* Baked Chicken Mashed Potatoes Cooked Cabbage Cranberry Relish | 30* Chicken Fried Steak Country Gravy Mashed Potatoes Succotash Apricots | 31* Baked Ham (LS Alt. Pork Roast) Scalloped Potato Sweet & Sour Spinach Fresh Fruit |

WAUSEON ACTIVITIES

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

JANUARY, 2025

SENIOR
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| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|---|---|--|--|
| | | 1 CLOSED HAPPY NEW YEAR | 2 8:00 Walking w/ Friends 10:15 to 11:45 BINGO 11:00 Keyboard Music, Ruthann 12:00 Lunch 1:00 Silver Sneakers® Classic Exercise 2:00 H & F/ Pepper/ Pinochle/ Euchre 2:30 Walking | 3 8:00 Walking Inside 10:00 Golden Drummers 12:00 Lunch & Birthday Dessert Provided by Heritage Health Care 1:00 Movie on the Big Screen 1:00 BINGO 2:30 Walking |
| 8:00 Walking Inside 6 10:00 Tai Chi (Senior Led) 11:00 Keyboard Music, Ruthann 12:00 Lunch 1:00 Line Dancing 2:30 Walking | 8:00 Stroll Out of the Snow 7 9:00 Tech Appts with Megan 10:00 Golden Drummers 11:00 Dulcimer Music, Vickie Halsey 12:00 Lunch Choir Resumes Jan. 14 1:00 Silver Sneakers® Classic Exercise 2:00 H & F/ Pepper/ Pinochle/ Euchre 2:30 Walking | 8:00 Walking w/ Friends 8 8:30 Zumba Gold 10:00 Tai Chi (Senior Led) 11:00 Sheriff Miller & Rich Kilgour 12:00 Lunch 1:00 Site Council 1:00 Silver Sneakers Chair Yoga® 1:00 Card Games 2:00 Walking | Wear a Sweatshirt Today. 9 8:00 Walking w/ Friends 10:15 to 11:45 Sweatshirt BINGO 11:00 Grief Support Group 11:00 Keyboard Music, Ruthann 12:00 Lunch 1:00 Silver Sneakers® Classic Exercise 2:00 H & F/ Pepper/ Pinochle/ Euchre 2:30 Walking | 8:00 Walking Inside 10 10:00 Golden Drummers 12:00 Lunch 1:00 Movie on the Big Screen 1:00 Sweatshirt BINGO. (Wear a Sweatshirt) 2:30 Walking |
| 8:00 Walking Inside 13 10:00 Tai Chi (Senior Led) 10:30 Free Hearing Aid Cleaning 11:00 Keyboard Music, Ruthann 12:00 Lunch 1:00 Line Dancing 2:30 Walking | 8:00 Stroll Out of the Snow 14 10:00 Golden Drummers 11:00 Red Cross, Winter Storm Safety 12:00 Lunch 1:00 Choir 1:00 Silver Sneakers® Classic Exercise 2:00 H & F/ Pepper/ Pinochle/ Euchre 2:30 Walking | National Hat Day. Wear a Hat. 15 8:00 Walking w/ Friends 8:30 Zumba Gold 10:00 Tai Chi (Senior Led) 11:00 Finding Joy, Sandy S. 12:00 Lunch 1:00 Silver Sneakers Chair Yoga® 1:00 Card Games 2:00 Walking | Day Trip, Millbury Car Museum. 16 Wear Senior Center Shirt 8:00 Walking w/ Friends 10:15 to 11:45 BINGO 11:00 Keyboard Music, Donna 12:00 Lunch 1:00 Silver Sneakers® Classic Exercise 2:00 H & F/ Pepper/ Pinochle/ Euchre 2:30 Walking | 8:00 Walking Inside 17 10:00 Golden Drummers 12:00 Lunch 1:00 Movie on the Big Screen 1:00 BINGO 2:30 Walking |
| 20 CLOSED FOR MARTIN LUTHER KING JR. DAY | 8:00 Stroll Out of the Snow 21 10:00 Golden Drummers 11:00 Intro to FCHC Rehab 12:00 Lunch 1:00 Choir 1:00 Silver Sneakers® Classic Exercise 2:00 H & F/ Pepper/ Pinochle/ Euchre 2:30 Walking | 8:00 Walking w/ Friends 22 8:30 Zumba Gold 9:30 Toenail Clinic (Sign Up) 10:00 Tai Chi (Senior Led) 10:00 Make Cards with Deb B. 11:00 Will Hinton, Guitar 12:00 Lunch 1:00 Silver Sneakers Chair Yoga® 1:00 Card Games 2:00 Walking | Wear Polka Dots 23 8:00 Walking w/ Friends 10:15 to 11:45 Polka Dot BINGO (Wear Polka Dots) 11:00 Keyboard Music, Donna 12:00 Lunch 1:00 Silver Sneakers® Classic Exercise 2:00 H & F/ Pepper/ Pinochle/ Euchre | 8:00 Walking Inside 24 10:00 Golden Drummers 12:00 Lunch 1:00 Movie on the Big Screen 1:00 Polka Dot BINGO (Wear Polka Dots) 2:30 Walking |
| 8:00 Walking Inside 27 10:00 Tai Chi (Senior Led) 11:00 Keyboard Music, Donna 12:00 Lunch 1:00 Line Dancing 2:30 Walking | 8:00 Stroll Out of the Snow 28 10:00 Golden Drummers 11:00 Free Blood Pressure Checks (Note Date) 12:00 Lunch 1:00 Choir 1:00 Silver Sneakers® Classic Exercise 2:00 H & F/ Pepper/ Pinochle/ Euchre | Wear Senior Center Shirt 29 8:00 Walking w/ Friends 8:30 Zumba Gold 10:00 Tai Chi (Senior Led) 11:00 Bluegrass Concert, Circle of Friends 12:00 Lunch 1:00 Silver Sneakers Chair Yoga® 1:00 Card Games 2:00 Walking | White Out Day. Wear White 30 8:00 Walking w/ Friends 10:15 to 11:45 White Out BINGO 11:00 Keyboard Music, Donna 12:00 Lunch 1:00 Silver Sneakers® Classic Exercise 2:00 H & F/ Pepper/ Pinochle/ Euchre 2:30 Walking | Day Trip, Perrysburg Shopping. 31 Wear Senior Center Shirt for the trip 8:00 Walking in an Inside Wonderland 10:00 Golden Drummers 12:00 Lunch 1:00 Movie on the Big Screen 1:00 White Out BINGO (Wear White) 2:30 Walking |

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|---|---|--|--|
| | | 1 CLOSED HAPPY NEW YEAR | 2 9:00 Uno Flip (Brain Game) 10:00 Site Council 10:15 to 11:45 BINGO 12:00 Lunch & Birthday Dessert 1:00 Word Search | 3 9:00 Coffee & Conversation 9 to 11 Mahjong 9:30 Chair Exercise with Lynn 11:00 "What Went Well for You in 2024? What's Your 2025 Resolution?" 12:00 Lunch & Birthday Dessert by Kingston 1:00 Trivia |
| 6 9:00 Blokus 9:30 Chair Exercise with Lynn 9:30 Tai Chi w/ Robert H. (\$2) 11:00 Game Day 12:00 Lunch 1:00 Puzzles with Pals | 7 9:00 Five Crowns 11:00 Music by Sonny & Friends 12:00 Lunch 1:00 Set | 8 Wear a Sweatshirt. 9:00 "Traveling Little Library" 9:30 Chair Exercise with Lynn 10:00 Site Council 10:15 to 11:45 Sweatshirt BINGO with Swanton Students & Swanton Library 12:00 Lunch 12:45 Ballroom Dancing w/ Louise 1:00 Shut the Box | 9 Wear a Sweatshirt. 9:00 Coffee & Conversation 10:15 to 11:45 Sweatshirt BINGO with Delta Students 12:00 Lunch 1:00 Chit Chat | 10 9:00 Qwirkle 9 to 11 Mahjong 9:30 Chair Exercise with Lynn 11:00 Celebrate Elvis Presley's Birthday with a Program by Suzanne (Sign Up) 12:00 Lunch 1:00 Scrabble |
| 13 9:00 Uno Flip 9:30 Chair Exercise with Lynn 9:30 Tai Chi w/ Robert H. (\$2) 11:00 Free Blood Pressure Checks & "Just So You Know" by Fulton Co. Health Dept. 12:00 Lunch 1:00 Sequence | 14 9:00 "Reminiscing" 11:00 Free Blood Pressure Checks & "Just So You Know" by Fulton Co. Health Dept. 12:00 Lunch 1:00 Kings in the Corner | 15 National Hat Day. Wear a Hat. 9:00 Coffee & Conversation 9 to 12:30 Tech Appts w/ Megan & NOCAC (Sign Up) 9:30 Chair Exercise with Lynn 10:15 to 11:45 Hat Day BINGO 12:00 Lunch 12:45 Ballroom Dancing w/ Louise 1:00 Chit Chat | 16 Day Trip, Millbury Classic Car Museum; Wear Senior Center Shirt 9:00 Phase 10 10:15 to 11:45 BINGO 12:00 Lunch 1:00 Left Center Right | 17 9:00 Top It 9 to 11 Mahjong 9:30 Chair Exercise with Lynn 10:00 (Note Time. Bring Pennies) PoKeNo 12:00 Lunch 1:00 Puzzles with Pals |
| 20 CLOSED FOR MARTIN LUTHER KING JR. DAY | 21 9:00 Coffee & Conversation 11:00 Game Day 12:00 Lunch 1:00 Chit Chat | 22 Wear Polka Dots 9:00 Kanoodle 9:30 Chair Exercise with Lynn 10:15 to 11:45 Polka Dot BINGO 12:00 Lunch 12:45 Ballroom Dancing w/ Louise 1:00 Games & Cards | 23 Wear Polka Dots 9:00 Uno Flip 10:15 to 11:45 Polka Dot BINGO with Delta Library 12:00 Lunch 1:00 Phase 10 | 24 9:00 "Reminiscing" 9 to 11 Mahjong 9:30 Chair Exercise with Lynn 11:00 Parkinson's Education by Kingston 12:00 Lunch 1:00 Blokus |
| 27 9:00 Coffee & Conversation 9:30 Chair Exercise with Lynn 9:30 Tai Chi w/ Robert H. (\$2) 11:00 "What's In Your Water?" w/ Myrna Macke 12:00 Lunch 1:00 Chit Chat | 28 9:00 Wits & Wagers 11:00 Music by Just Us 2 12:00 Lunch 1:00 Trivia | 29 Wear White & Bring Something White for the Prize Table 9:00 Monopoly Deal 9:30 Chair Exercise with Lynn 10:15 to 11:45 White Out BINGO 12:00 Lunch 12:45 Ballroom Dancing w/ Louise 1:00 Qwirkle | 30 Wear White & Bring Something White for the Prize Table 9:00 Spot It! 10:15 to 11:45 10:15 to 11:45 White Out BINGO 12:00 Lunch 1:00 Games & Cards | 31 Day Trip, Perrysburg Shopping; Wear Senior Center Shirt 9:00 Card Games 9:30 Chair Exercise with Lynn 9 to 11 Mahjong 11:00 Left, Center, Right & Other Favorite Games 12:00 Lunch 1:00 Word Search |

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 |
|---|--|---|---|--|
| | | 1 CLOSED HAPPY NEW YEAR | 2 9:00 Phase 10 10:15 to 11:45 BINGO 12:00 Lunch & Birthday Dessert 1:00 Azul | 3 9:00 Pepper 10:15 to 11:45 BINGO 12:00 Lunch & Birthday Dessert 1:00 Quiddler |
| 9:00 Quadrillion 6 11:00 Will Hinton, Guitar 12:00 Lunch 1:00 Set Card Game | 9:00 Kings In The Corner 7 10:45 Site Council 11:00 ZINGO 12:00 Lunch 1:00 Skip-Bo | 9:00 Skip Bo 8 10:00 Chair Yoga 11:00 Arrive at Bean Creek Valley History Center for a Program by Colleen Rufenacht 12:00 Lunch 1:00 Shut the Box | Wear a Sweatshirt. 9 9:00 Coffee & Conversation 9:45 Site Council 10:15 to 11:45 Sweatshirt BINGO 12:00 Lunch 1:00 Tenzi | Wear a Sweatshirt. 10 9:00 Pepper 10:15 to 11:45 Sweatshirt BINGO 12:00 Lunch 1:00 Reminiscing Booklet |
| Wear Senior Center Shirt 13 9:00 Puzzles with Pals 11:00 Ability Center, Becky K. 12:00 Lunch 1:00 Time Line: Inventions | 9:00 Spot It 14 11:00 How Can the Sight Center of Northwest Ohio Help Me? With Tim T. 12:00 Lunch 1:00 Trivia | National Hat Day. Wear a Hat. 15 9:00 Coffee & Conversation 10:00 Chair Yoga 11:00 American Red Cross Emergency Preparedness 12:00 Lunch 1:00 Phase 10 | Day Trip, Millbury Classic 16 Cars Museum. Wear a Senior Center Shirt. 9:00 Q*Bitz 10:15 to 11:45 BINGO 12:00 Lunch 1:00 Shut the Box | 9:00 Pepper 17 10:15 to 11:45 BINGO 12:00 Lunch 1:00 Set Card Game |
| 20 CLOSED FOR MARTIN LUTHER KING JR. DAY | 9 to 12:30 Tech Appts w/ Megan & NOCAC (Sign Up) 21 11:00 Free Blood Pressure Checks & "Just So You Know" by Fulton Co. Health Dept. 12:00 Lunch 1:00 "I Should Have Known That" | 9:00 Phase 10 22 10:00 Chair Yoga 11:00 Your Pharmacy/ Med Questions Answered, Aaron of Klinger Pharmacy 12:00 Lunch 1:00 Tenzi | Wear Polka Dots for 23 Polka Dot Day. 9:00 Azul 10:15 to 11:45 Polka Dot BINGO 12:00 Lunch 1:00 Word Search | Wear Polka Dots for 24 Polka Dot Day. 9:00 Pepper 10:15 to 11:45 Polka Dot BINGO 12:00 Lunch 1:00 Dad Jokes |
| 9:00 Coffee & Conversation 27 11:00 Free Blood Pressure Checks & "Just So You Know" by Fulton Co. Health Dept. 12:00 Lunch 1:00 Phase 10 | Wear Senior Center Shirt 28 9:00 Shut the Box 11:00 What Is New with Hospice of Northwest Ohio? 12:00 Lunch 1:00 Tenzi | 9:00 Q*Bitz 29 10:00 Chair Yoga 11:00 Top 10 Financial Tips for Seniors, Melissa Rupp 12:00 Lunch 1:00 Time Line: Inventions | Wear White. Bring a White 30 Prize for the BINGO Table. 9 to 12:30 Tech Appts w/ Megan & NOCAC (Sign Up) 10:15 to 11:45 White Out BINGO 12:00 Lunch 1:00 Mille Bornes Game | Day Trip, Perrysburg Shopping 31 9:00 Pepper 10:15 to 11:45 White Out BINGO. Wear White. Bring a White Prize for the BINGO Table. 12:00 Lunch 1:00 Kings in the Corner |



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 JANUARY 1, 2025

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, 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 |