

SERVING CITIZENS OF FULTON COUNTY 60 YEARS & OVER

SENIOR

FEBRUARY 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

February 11 – Guitar music, Will Hinton, Archbold site

February 13 – Valentine BINGO, Wauseon site

February 14 – Bluegrass Concert, Circle of Friends,
Swanton site

February 17 – (ALL SITES) Closed for Presidents' Day

February 19 – Products & Info, Sight Center of
Northwest Ohio

February 25 – Update from Ability Center, Delta site

February 26 – Day Trip, Toledo Museum of Art

February 26 – Bluegrass Concert, Circle of Friends,
Fayette site

DID YOU KNOW? 122,237 total meals were served to 1,109 seniors by the Fulton County Senior Center in 2024!

SENIOR SPOTLIGHT

Dale and Marcia Storrer have been attending the Archbold Senior Center, which meets in the Scout Cabin in Ruhley Park, since 2019.

The Storrers will celebrate 54 years of marriage this month. The couple met via a ski club in Michigan when Marcia was practicing downhill skiing, and Dale was teaching students to ski. Dale and Marcia continued to ski together until 2017.

Marcia notes several positives to attending the Archbold Senior Center. "I appreciate the friendliness of the people and the workers, how they greet and make people feel comfortable. The meals are so good! You can't beat the price of the meal, and you don't have to worry about planning a nutritional meal, because they are planning it for you," she explained.

They both retired from Hudson Area Schools in Michigan. "Dale taught Math, History, and Geography. I was a counselor there for 22 years. I taught Home Economics in Adrian for nine years before that," Marcia said.

You can often find the Storrers at Sauder Village from May to October. Marcia is an avid basket weaver, and uses her experience to engage visitors at the Basket Shop. Look for Dale at Erie's Farm Shop. Their service to others extends beyond Fulton County. For more than two decades, the couple has volunteered in Oklahoma with Voice of the Martyrs, a non-profit organization that supports persecuted Christians.

In their spare time, Dale attends local Bible studies, and reads historical fiction. Marcia enjoys quilting in addition to basket weaving. They both look forward to regular video calls with their daughter.



OPEN ENROLLMENT SUMMARY

Information, Referral and Insurance Specialist, Valerie Edwards, had a busy year assisting county seniors. Val's total contacts, from January to mid-December were 1314. And 350 of those contacts, (phone calls and appointments) took place from October through December 11th, 2024. During the Medicare Open Enrollment period, Val helped seniors save \$128,134. If you have your 2025 calendar, make a note to call Val in July or August so you can get an appointment with her for Medicare Open Enrollment when it opens in the fall.

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.

HEART RADIOTHON CHOLESTROL SCREENING

On Thursday, February 13, 2025, what will a \$5 donation get you? Get your total cholesterol, your HDL, your blood pressure, and your non-fasting glucose checked. By donating \$5, you will also support the 2025 Heart Radiothon. Screenings will be offered from 7 AM to 6 PM on a walk-in basis.

*Please note the location of these screenings:
Fulton County Health Center Cafeteria.*

TAX HELP UPDATE

Unfortunately, Northwest Ohio Community Action Commission (NOCAC) is unable to assist seniors with tax preparation this year. *We apologize for any inconvenience.*

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.

WHERE'S VAL IN 2025?

Val Edwards, Information & Referral Specialist, will take appointments at the following locations. Get help understanding Medicare and Social Security issues, insurance, bills, completing applications, and more. Please make an appointment well in advance with Val for any of these dates by calling 419-337-9299. Val's services are offered at no cost to seniors in partnership with Wyse Commons and the local libraries.

Wednesday, February 12, from 10:00 AM to noon at the Delta Library.

Thursday, February 20, from 10:00 AM to noon at the Swanton Library.

Tuesday, February 25 from 10:00 AM to noon at the Evergreen Library in Metamora.

Thursday, February 27, from 10:00 AM to noon at Wyse Commons on the Fairlawn campus.

Val has some appointments available to meet with seniors at the Fulton County Senior Center, 695 S. Shoop Avenue, Wauseon.

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 events, 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. Level 2 or 3 will cancel meals and all programs and activities.

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.

NUTRITION EDUCATION

Putting MyPlate on Your Table: Dairy

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. Personalized guides and other resources can be found at choosemyplate.gov. Here is an introduction to the dairy food group.

Choose Fat-Free or Low-Fat Dairy Sources.

Many cheeses, whole milk and some dairy-based desserts are high in saturated fat. To help maintain a healthy body weight and keep blood cholesterol levels healthy, these foods should be limited.

How Much Is Needed From the Dairy Group?

The USDA's daily recommendation for dairy intake for women and men over age 50 is 3 cups per day.

Note these equivalents for 1 cup of dairy:

- 1 cup milk
- 1/2 cup evaporated milk
- 1 cup yogurt
- 1½ ounces hard cheese (cheddar, mozzarella, Swiss, Parmesan)
- 1/3 cup shredded cheese
- 1/2 cup ricotta cheese
- 2 cups cottage cheese
- 1 cup frozen yogurt
- 1 cup calcium-fortified soy milk
- 1 cup pudding made with milk
- 1/4 cup dry milk powder

Tips for Getting Dairy Foods on Your Table

- Start your day with a yogurt fruit smoothie.
- Add fat-free or low-fat milk instead of water to oatmeal.
- Include milk as a beverage at meals.
- Have fat-free or low-fat yogurt as a snack.
- Use fat-free or low-fat milk when making cream soups.
- Top casseroles, soups, stews or vegetables with shredded, reduced-fat or low-fat cheese.
- Top a baked potato with fat-free or low-fat yogurt.
- Use dry milk in place of fluid milk in soups, stews or casseroles.
- Make pudding with fat-free or low-fat milk, and have it as a dessert or snack.

References: Original Authors: Linnette Goard, M.S., Cindy Oliveri, M.S.
Revised by Susan Zies, M.Ed.

LUNCH CALENDAR

FEBRUARY, 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
Smoked Sausage Peppers & Onions (LS ALT= Hot Dog) Peas & Onions Fruit Crisp 3*	Hot Chicken Sandwich Baby Baker Garlic Chalet Blend Mandarin Oranges 4*	French Onion Soup Roast Beef & Cheddar Sandwich Marinated Carrots Jell-O w/ Fruit 5*	Fish Sandwich Macaroni & Cheese Stewed Tomatoes Fresh Fruit 6*	Braised Beef Tips Mashed Potato Asparagus Hot Applesauce 7*
Creamed Chipped Beef Mashed Potatoes Mixed Vegetables Grapes Yogurt 10	Hot Dogs (LS Alt=Chicken Breast) Baked Beans California Blend Mixed Fruit 11	Pulled Pork Corn Casserole Broccoli Cole Slaw Fresh Fruit Cookie / SF Cookie 12*	Sweet & Sour Meatballs Rice Brussels Sprouts Midori Vegetable Blend Mango 13*	Goulash Spinach Pineapple Casserole 14*
17* CLOSED FOR PRESIDENTS' DAY	BBQ Beef Tater Tots Beets Pears 18*	Popcorn Chicken Mashed Potatoes/Gravy Corn Tropical Fruit 19*	National Cherry Pie Day Ham Loaf (LS Alt=Meatloaf) Twice Baked Potato Casserole Green Beans Cherry Pie/SF Cherry Pie 20*	Lasagna Carrots Broccoli Banana 21*
Sausage, Egg, Cheese Sandwich Hash Brown Casserole Corn Nuggets Orange Juice 24*	Shepherd's Pie Cooked Cabbage Fruit Cobbler 25*	Teriyaki Chicken Fried Rice Asian Blend Apricots 26*	Beef & Noodles Mashed Potatoes Green Bean Peaches 27*	Philly Beef Steak/Cheese Peppers & Onions Paco Blend Peas Dark Sweet Cherries 28*

WAUSEON ACTIVITIES

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8:00 Walking 9:00 Tech Appts. w/ Megan (Sign Up) 10:00 Tai Chi (Senior Led) 11:00 Keyboard Music, Donna 12:00 Lunch 1:00 Line Dancing 2:30 Walking	8:00 Walking 9:00 Tech Appts. w/ Megan (Sign Up) 10:00 Golden Drummers 11:00 Word Search 12:00 Lunch 1:00 Choir 1:00 Silver Sneakers® Classic Exercise 2:00 H & F/ Pepper/ Pinochle/ Euchre	8:00 Walking w/ Friends 8:30 Zumba Gold (By Genacross) 10:00 Tai Chi (Senior Led) 11:00 Video: Beautiful Beaches 12:00 Lunch 1:00 Site Council 1:00 Silver Sneakers Chair Yoga® 1:00 Card Games 2:00 Walking	8:00 Walking w/ Friends 10:15 to 11:45 Super Bowl BINGO 11:00 Keyboard Music, Ruthann 12:00 Lunch 1:00 Silver Sneakers® Classic Exercise 2:00 H & F/ Pepper/ Pinochle/ Euchre	Wear Red for Heart Health 8:00 Walking 10:00 Golden Drummers 12:00 Lunch & Birthday Dessert by Heritage Health Care 1:00 Super Bowl BINGO in Dining Room (Note Change) 2:30 Walking
8:00 Walking 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 Walking 10:00 Golden Drummers 11:00 Word Game 12:00 Lunch 1:00 Choir 1:00 Silver Sneakers® Classic Exercise 2:00 H & F/ Pepper/ Pinochle/ Euchre	8:00 Walking w/ Friends 8:30 Zumba Gold (By Genacross) 10:00 Tai Chi (Senior Led) 11:00 60s Music Video 12:00 Lunch 1:00 Silver Sneakers Chair Yoga® 1:00 Card Games 2:00 Walking	8:00 Walking w/ Friends 10:15 to 11:45 Valentine BINGO w/ sites (Wear Red/ Pink; Bring Prize) 11:00 Grief Support Group w/ Bill 11:00 Keyboard Music, Donna 12:00 Lunch 1:00 Silver Sneakers® Classic Exercise 2:00 H & F/ Pepper/ Pinochle/ Euchre	Wear Pink/ Red for Valentine's Day 8:00 Walking 10:00 Golden Drummers 12:00 Lunch 1:00 Movie on the Big Screen 1:00 Valentine BINGO 2:30 Walking
<p style="text-align: center;">CLOSED FOR PRESIDENTS' DAY</p>	8:00 Walking 10:00 Golden Drummers 11:00 Music by Sonny & Friends 12:00 Lunch 1:00 Choir 1:00 Silver Sneakers® Classic Exercise 2:00 H & F/ Pepper/ Pinochle/ Euchre	8:00 Walking w/ Friends 8:30 Zumba Gold (By Genacross) 10:00 Tai Chi (Senior Led) 11:00 See Better w/ Sight Center 12:00 Lunch 1:00 Silver Sneakers Chair Yoga® 1:00 Card Games 2:00 Walking	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	8:00 Walking 10:00 Golden Drummers 12:00 Lunch 1:00 Movie on the Big Screen 1:00 BINGO 2:30 Walking
8:00 Walking 10:00 Tai Chi (Senior Led) 11:00 Keyboard Music, Donna 12:00 Lunch 1:00 Line Dancing 2:30 Walking	8:00 Walking 10:00 Golden Drummers 11:00 Sara C., Hospice Update 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	Day Trip, Toledo Museum of Art; 26 Wear Senior Center Shirt 8:00 Walking w/ Friends 8:30 Zumba Gold (By Genacross) 9:30 Toenail Clinic (Sign Up) 10:00 Tai Chi (Senior Led) 11:00 Word Search 12:00 Lunch 1:00 Silver Sneakers Chair Yoga® 1:00 Card Games 2:00 Walking	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	8:00 Walking 10:00 Golden Drummers 12:00 Lunch 1:00 Movie on the Big Screen 1:00 BINGO 2:30 Walking

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9:00 Monopoly Deal 3 9:30 Chair Exercise 9:30 Tai Chi w/ Robert H. (\$2) 11:00 How Might the Sight Center of Toledo Help Me? 12:00 Lunch 1:00 Games & Cards	9:00 Chair Yoga w/ Hope Church 4 (\$5) 9:00 Uno Flip 10 Bunco with Buddies (Note Time) 12:00 Lunch 1:00 Kings In the Corner	Wear Shirt w/ Sports Team On It 5 9:00 "Traveling Little Library" 9:30 Chair Exercise 10:00 Site Council 10:15 to 11:45 Super Bowl BINGO, Emily, Swanton Library 12:00 Lunch & Birthday Dessert/ Kingston Ballroom Dancing Resumes Mar. 5 1:00 Puzzles with Pals	Wear Shirt w/ Sports Team On It 6 or Team Colors 9:00 Chit Chat 10:15 to 11:45 Super Bowl BINGO with Delta Students 12:00 Lunch & Birthday Dessert 1:00 Tenzi	9:00 Coffee & Conversation 7 9 to 11 Mahjong 9:30 Chair Exercise with Lynn 11:00 Ability Center, Becky K. 12:00 Lunch 1:00 Shut The Box
9:00 Time Line: Events 10 9:30 Chair Exercise 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 Word Search	9:00 Chair Yoga w/ Hope Church 11 (\$5) 9:00 Wizard 11:00 Free Blood Pressure Checks & "Just So You Know" by Fulton Co. Health Dept. 12:00 Lunch 1:00 Spot It!	Wear Red/ Pink; Bring Red, White, Pink Prizes 12 9:00 Pairzi 9:00 Tech Appts w/ Megan (Sign Up) 9:30 Chair Exercise 10:15 to 11:45 Valentine BINGO with Swanton Students 12:00 Lunch Ballroom Dancing Resumes Mar. 5 1:00 "No Thanks" Card Game	Wear Red/ Pink 13 9:00 Coffee & Conversation 9:00 Games (Group Valentine BINGO at Wauseon; Bring Red, White, Pink Prizes) 12:00 Lunch 1:00 Reminiscing	9:00 Tenzi 14 9 to 11 Mahjong 9:30 Chair Exercise with Lynn 11:00 Free Bluegrass Concert by Circle of Friends 12:00 Lunch 1:00 Chit Chat
17 CLOSED FOR PRESIDENTS' DAY	9:00 Chair Yoga w/ Hope Church 18 (\$5) 9:00 Skip Bo 11:00 Dulcimer Music with Vickie Halsey 12:00 Lunch 1:00 Set Card Game	9:00 Coffee & Conversation 19 9:00 Tech Appts w/ Megan (Sign Up) 9:30 Chair Exercise 10:30 Free Hearing Aid Cleaning w/ Hearing Life 10:15 to 11:45 BINGO 12:00 Lunch Ballroom Dancing Resumes Mar. 5 1:00 Scrabble	9:00 Shut The Box 20 9:00 Tech Appts w/ Megan (Sign Up) 10:00 Site Council (Note Date) 10:15 to 11:45 BINGO 12:00 Lunch 1:00 Top It	9:00 Uno Flip 21 9 to 11 Mahjong 9:30 Chair Exercise with Lynn 11:00 Exercise & Memory with Kingston 12:00 Lunch 1:00 "Things They Don't Teach You In School"
9:00 Tenzi 24 9:30 Chair Exercise 9:30 Tai Chi w/ Robert H. (\$2) 11:00 Energy Prices/ Energy Saving, Amy Carles Consumers' Counsel 12:00 Lunch 1:00 Word Game	9:00 Chair Yoga w/ Hope Church 25 (\$5) 9:00 Coffee & Conversation 11:00 Ability Center, Becky K. 12:00 Lunch 1:00 Phase 10	Day Trip, Toledo Museum of Art; 26 Wear Senior Center Shirt 9:00 "I Should Have Known That" 9:30 Chair Exercise 10:15 to 11:45 BINGO 12:00 Lunch Ballroom Dancing Resumes Mar. 5 1:00 Reminiscing	9:00 Wizard 27 10:15 to 11:45 BINGO with Delta Library 12:00 Lunch 1:00 Phase 10	9:00 Euchre 28 9 to 10 Mahjong 9:30 Chair Exercise with Lynn 10:00 Game Day with Swanton Students (Note Time) 12:00 Lunch 1:00 Rummikub

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.

FEBRUARY, 2025

SENIOR
B-99

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9:00 Puzzle with Pals 3 10:00 Movie & Popcorn, August Rush 12:00 Lunch 1:00 Triva	9:00 Kings In The Corner 4 11:00 “Are You an Energy Saver?” OH Consumers’ Counsel, Amy Carles 12:00 Lunch 1:00 Five Crowns	9:00 Skip Bo 5 10:00 Chair Yoga 11:00 Dulcimer Music, Vickie Halsey 12:00 Lunch 1:00 Spot It	Wear Team Colors or a Sports Team Shirt 6 9:00 Tenzi 10:00 Site Council 10:15 to 11:45 Super Bowl BINGO 12:00 Lunch & Birthday Dessert 1:00 Shut the Box	Wear Team Colors or a Sports Team Shirt 7 9:00 Coffee & Conversation 10:00 Site Council 10:15 to 11:45 Super Bowl BINGO 12:00 Lunch & Birthday Dessert 1:00 Trivia
9:00 Songburst 10 11:00 Music by Just Us 2 12:00 Lunch 1:00 Quiddler	Wear Senior Center Shirt 11 9:00 Pepper 11:00 Guitar Music, Will Hinton 12:00 Lunch 1:00 Spot It	9:00 Uno Flip 12 9:30 to 10 Chair Yoga (Note Time) 10:15 Meet at Normal Memorial Library for “I Love Lucy” theme day w/ Wendy 12:00 Lunch 1:00 Set	Wear Red/ Pink 13 9:00 Coffee & Conversation 10:15 to 11:45 Valentine’s Day BINGO (At Wauseon, bring a red or pink prize). 12:00 Lunch 1:00 Reminiscing	Wear Red/ Pink 14 9:00 Chit Chat 10:15 to 11:45 Valentine’s Day BINGO 12:00 Lunch 1:00 Set
17 CLOSED FOR PRESIDENTS’ DAY	9:00 Tech Appts w/ Megan (Sign Up) 18 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 19 9:00 Coffee & Conversation 10:00 Chair Yoga 11:00 “Are You an Energy Saver?” Ohio Consumers’ Counsel, Amy Carles 12:00 Lunch 1:00 Puzzle with Pals	9:00 Chit Chat 20 10:15 to 11:45 BINGO 12:00 Lunch 1:00 Trivia	9:00 Pepper with Pals 21 10:15 to 11:45 BINGO 12:00 Lunch 1:00 Reminiscing
9:00 Coffee & Conversation 24 11:00 Free Blood Pressure Checks & “Just So You Know” by Fulton Co. Health Dept. 12:00 Lunch 1:00 Kings in the Corner	9:00 Chit Chat 25 11:00 ZINGO 12:00 Lunch 1:00 Set	Day Trip, Toledo Museum of Art 26 Wear Senior Center Shirt 9:00 Chit Chat 10:00 Chair Yoga 11:00 Bluegrass Music, Circle of Friends 12:00 Lunch 1:00 “Things They Don’t Teach You In School”	Wear Senior Center Shirt 27 9:00 Tech Appts w/ Megan (Sign Up) 10:15 to 11:45 BINGO 12:00 Lunch 1:00 Puzzle with Pals	9:00 Pepper 28 10:15 to 11:45 BINGO 12:00 Lunch 1:00 “I Should Have Known That”



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 FEBRUARY 1, 2025

FULTON COUNTY SENIOR CENTER STAFF

Director.....	Sheri Rychener
Receptionist.....	Karen Schroeder
Information & Referral Specialist.....	Valerie Edwards
Administrative Assistant.....	Chris Sager
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