

SERVING CITIZENS OF FULTON COUNTY 60 YEARS & OVER

SENIOR



MARCH 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

- March 5:** Music by Just Us 2, Marc & Ellen Pember, Wauseon SC
- March 7:** History of Swanton, Swanton SC
- March 10:** Fayette's Community Education for Development, Fayette SC
- March 11:** Caricatures by Don Lee, Archbold SC
- March 21:** Wear silly socks for Down Syndrome Awareness Day, All Sites
- March 25:** Music by Circle of Friends, Delta SC

CHANGE CLOCKS & BATTERIES

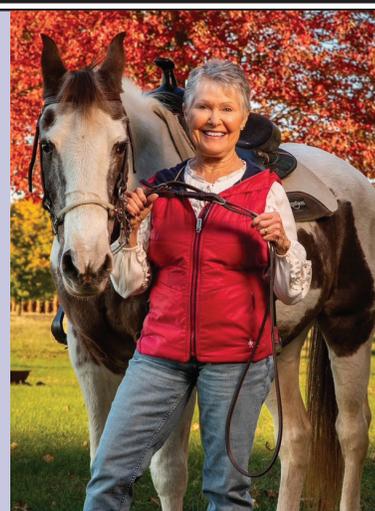
Daylight Savings Time ends at 2:00 am on Sunday, March 9, 2025, and our clocks "spring ahead" one hour. It is a good idea to ask a family member, neighbor or property owner to replace the batteries in your smoke detectors when you change your clocks.

SENIOR SPOTLIGHT

Peggy Rupp of Pettisville is proof that even seniors can fulfill a longtime dream.

As she was growing up, Peggy enjoyed riding her family's pony. In 1963, Peggy graduated from Pettisville High School, and married Roger. She wanted a horse, and while they lived in the country and had a barn, they really didn't have the time. "We would go on to have four children, and my time and attention was on them," Peggy explained. After Roger passed away in 2019, Peggy started spending more time with her friend, Judy, who has owned and ridden horses for decades. "At the age of 78, I adopted my first pony! We contacted a horse rescue in Wyandot. They told us they had a pony that might be just what I was looking for. And it was Oreo. She is a Paint pony, and she stands 13 1/2 hands high," Peggy said. That's about 54 inches from the ground to the pony's withers, where the neck intersects the shoulder. "I board Oreo at a neighbor's, and go over every evening to feed and water her, and muck out her stall," Peggy said.

The classes Peggy attends at the Senior Center in Wauseon have been valuable for building and maintaining muscle strength and flexibility. "I attend Golden Drummers twice a week, plus Silver Sneakers Classic, and line dancing. I also exercise at the FCHC Fitness Center. After all, we lose it if we don't keep using it," she said, adding, "It's good that I am working out at the Senior Center and using my treadmill at home. I enjoy traveling, and have plans to visit and hike in five national parks with my daughters this summer, and so far, I am still able to get into Oreo's saddle without using a step stool," Peggy said.



LOCAL STORYTELLER

Local storyteller, Bill Senecal, will provide a costumed program about the life of a northwest Ohio grist mill worker in the 1800s. The free programs begin at 11 AM, and you do not need to register for them. If you'd like to stay for the noon lunch, please call 419-337-9299 at least 24 business hours in advance, and make your lunch reservation. Suggested lunch donation is \$3 for Fulton County seniors age 60 and over, and \$5 all others.

Bill's program schedule is as follows: Wednesday, March 5, at Fayette Senior Center. Tuesday, March 18, at Fulton Co. Senior Center in Wauseon. Friday, March 21, at Swanton Senior Center. Tuesday, March 25, at Archbold Senior Center. Tuesday, April 1, (no foolin'!) at Delta Senior Center.

HELP US HELP YOU

Has your phone number changed? Have you moved? Has your email address changed? Is information for your contact person out of date? Please contact us with your up-to-date information. Provide updated information to your meal delivery driver or Site Manager, if that is convenient. Also, if you currently receive the B-zz newsletter by mail and have an email address, would you consider receiving the newsletter via email instead of regular mail to help us save money on postage?

CHECKS PAYABLE

We appreciate all of you who make monetary donations to cover home-delivered meals and meals you eat inside any of our Senior Center sites. Please be sure to make checks payable to "Fulton County Senior Center."

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.

LUNCH RESERVATIONS

If you are making a reservation for lunch at a site or for home delivery, please note we require at least one business day's notice to add your reservation. Please do not leave meal reservation requests on the Senior Center answering machine over a weekend for Monday's meal, as our kitchen starts preparing food very early each morning and will not get the message in time. Also, when paying cash for your meal at the Fulton County Senior Center in Wauseon, please have correct change whenever possible. Thanks!

SPOTLIGHT ON NUTRITION EDUCATION

Malnutrition refers to deficiencies, excesses or imbalances in a person's intake of energy and/or nutrients. Here are Five Facts about Malnutrition. Source: NCOA National Council on Aging Nutrition Tools

FACT 1: Malnourished individuals can come in all sizes.
• 715,000 U.S. adults aged 65+ are underweight. One in 3 U.S. adults aged 65+ are overweight. You can be underweight or overweight and still be malnourished.

FACT 2: Malnutrition affects all groups of people.
• Nine million older adults cannot afford nutritious food. One in four adults aged 65+ either reduces meal sizes or skips meals. Sixteen percent of independent older adults are at high risk for malnutrition. Up to 60% of older adults in health care settings are malnourished.

FACT 3: Malnutrition can come from a number of factors.
• Chronic Conditions, poor appetite, restricted diets
• Limited income, living alone, medication side effects
• Poor dental health, trouble swallowing or chewing
• Changing taste buds, poor appetite, lack of mobility
• Depression, dementia, gastrointestinal disorders

FACT 4: You can't always prevent or treat malnutrition by just eating more
• Adjust your diet to get all the nutrients your body needs
• Exercise to build muscle and improve strength
• Consult a Registered Dietitian Nutritionist
• Consider using an oral nutritional supplement

FACT 5: Malnutrition has many warning signs
Muscle weakness, fatigue, increased illness or infection, feeling irritable or depressed, unplanned weight loss and or decreased appetite, could all be signs of malnutrition.

WHAT IS IT?

Chair Exercises – seniors lead this class at Fayette, and Swanton. Exercise benefits include increased circulation, flexibility, strength and coordination. Please refer to the newsletter calendars for days and times.

Choir – More voices are always welcome to join these seniors who enjoy singing. You'll find a light-hearted comradery here. The Choir occasionally performs at other Senior Center sites, nursing homes, etc. **WHEN:** Tuesdays at 1 PM. **Location:** Fulton County Senior Center, Wauseon.

Golden Drummers – This no-cost exercise class raises your heart rate while you tap out rhythms to music. Choose your own intensity level as you tap drumsticks on large, stationary, exercise balls. Stand or sit for this class. No experience needed; simply follow the instructor. **WHEN:** Tuesdays and Fridays at 10 AM. Call 419-337-9299 for information about equipment. **Location:** Fulton County Senior Center, Wauseon.

Line Dancing – A great way to combine fitness and fun for both the body and brain. Features various music styles, not just country! New dancers are welcome anytime. **WHEN:** Mondays at 1 PM. **Location:** Fulton County Senior Center, Wauseon.

Silver Sneakers Classic – A fitness instructor from Fulton County Health Center leads this exercise class. Choose your intensity level and improve your muscle tone, flexibility and endurance. Stand for this class or sit as needed. Use small, handheld weights, plus exercise bands and small exercise balls. You do not need to be a Silver Sneakers member to attend. **WHEN:** Tuesdays and Thursdays at 1 PM. **Location:** Fulton County Senior Center, Wauseon.

Silver Sneakers Chair Yoga – A fitness instructor from Fulton County Health Center leads this exercise class. Experience a calm, quiet atmosphere as you practice flexibility and stretching. Chair Yoga can improve your concentration and strength, boost your mood, plus reduce stress and joint strain. You do not need to be a Silver Sneakers member to attend. **WHEN:** Wednesdays at 1 PM. **Location:** Fulton County Senior Center, Wauseon.

Tai Chi – This senior-led exercise class increases balance and flexibility and fights stress. Follow an on-screen instructor via DVD. Movements are slow and fluid. Mondays and Wednesdays at 11 AM. **Location:** Fulton County Senior Center, Wauseon. Or enjoy this class at the Swanton Senior Center on Mondays at 9:30 AM. Swanton only: give your Silver Sneakers number to the certified instructor or give suggested donation of \$2 per person per class.

Zumba Gold – led by a certified instructor, this class features lower-intensity, easy-to-follow choreography with footwork style similar to line dancing. Participants report fun dance work-outs with improvements to their balance, range of motion and coordination. **WHEN:** Wednesdays at 8:30 AM.

BEWARE OF SENDING MONEY

If you receive a letter in the mail from "Meals on Wheels," be sure to check the address. Likely, the letter is from a "Meals on Wheels" organization located out of state. If the letter asks for a money donation, don't be fooled into thinking your donation will benefit home-delivered meals of Fulton County Senior Center in Ohio. Do not provide your personal information to charities. Be certain you understand to whom you are donating money.

The Fulton Center Senior Center will never send you a letter asking for money. Additionally, if you choose to submit a donation to cover the meals you receive from the Fulton County Senior Center, please make your check payable to Fulton County Senior Center and mail to 695 S. Shoop Ave., Wauseon, OH, 43567. Call us at 419-337-9299 if you receive a confusing donation request and have questions. We're happy to help!

SENIOR CENTER HAM LOAF RECIPE

1 ½ LB GROUND HAM
1 LB GROUND BEEF
½ LB GROUND PORK
3 EGGS
2 CUPS CRUSHED SALTINE CRACKERS
½ CUP MILK

In a large bowl combine all ingredients. Mix well and form into a loaf. Place loaf into a lightly greased 9x13 baking dish.

Bake at 350 degrees F for 90 minutes or until a thermometer inserted into the thickest part reads 165 degrees F.

While the loaf is baking, make a glaze of 1 cup catsup, ¼ cup plus 1 TBS brown sugar and 1 TBS mustard.

Mix well and spread over the loaf for the last 15 minutes of baking.

Let the loaf rest for 10 minutes before cutting and serving.

LUNCH CALENDAR

MARCH, 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
Hot Dog 3* (LS Alt= Chicken Breast) Baked Beans Cauliflower Pineapple	Chicken Tenders 4* Tater Tots Green Beans Ambrosia	Tuna Noodle Casserole 5* Au Gratin Potato Peas Fruit Cocktail	National Oreo Cookie Day 6* Goulash Broccoli Carrots Mixed fruit Oreo/SF Oreo	Baked Fish 7* Garden Rice Stewed Tomatoes Fresh Fruit Juice
Chicken Alfredo 10 Sweet & Sour Spinach Garlic Mushrooms Peaches	Swedish Meatballs 11 Noodles Brussel Sprouts Midori Vegetable Blend Pudding/SF Pudding	Beef & Cheese Burrito 12* Refried Beans Cilantro Lime Rice Mango	Cream Chipped Beef 13* Mashed Potatoes Succotash Apple Slices	Broccoli Cheese Soup 14* Tossed Salad Egg Salad Cottage Cheese Banana
Jiggs Dinner 17* Corned Beef Cooked Cabbage Boiled Potato Carrots Watergate Salad	Grilled Chicken Breast 18* Rosemary Herb Potato Garlic Chalet Blend Mandarin Oranges	Stuffed Peppers 19* Smashed Red Potatoes Riviera Blend Pears	Salisbury Steak 20* Mashed Potatoes Harvard Beets Michigan Fruit Blend	Salmon Patty 21* Creamed Peas Fruit Crisp Juice
Chili 24* Mexican Rice Corn Apricot	BOWL 25* Beef & Broccoli Rice Capri Veg Blend Jello w/ fruit Fortune cookie	Cheese Burgers 26* Batter Bites Tuscan Asiago Blend Fresh Fruit	Hamloaf 27* (LS Alt= Meatloaf) Sweet Potatoes Green Beans Dark Sweet Cherries	Cheese Omelet 28* Sausage Links Potato Coins Hot Apple Sauce
Sloppy Joes 31* Potato Chips California Blend Cole slaw Fruit Crunch				

WAUSEON ACTIVITIES

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8:00 Walking 3 9:00 Tech Appts w/ Megan 10:00 Tai Chi (Senior Led) 11:00 "Overcoming Sadness," Sandy S. 12:00 Lunch 1:00 Line Dancing 2:30 Walking	8:00 Walking 4 9:00 Tech Appts w/ Megan 10:00 Golden Drummers 11:00 Spring Concert by Sr Ctr Choir 12:00 Lunch No Choir Practice 1:00 Silver Sneakers® Classic 1:00 Site Council 2:00 H & F/ Pepper/ Pinochle/ Euchre	8:00 Walking 5 8:30 Zumba Gold 10:00 Tai Chi (Senior Led) 11:00 Music by Just Us 2 12:00 Lunch 1:00 Silver Sneakers Chair Yoga® 1:00 Card Games 2:30 Walking	8:00 Walking 6 10:15 to 11:45 BINGO 11:00 Keyboard Music 12:00 Lunch 1:00 Silver Sneakers® Classic Exercise 2:00 H & F/ Pepper/ Pinochle/ Euchre	Day Trip, Penta Culinary 7 8:00 Walking 10:00 Golden Drummers 12:00 Lunch & Birthday Dessert by Heritage Health Care 1:00 Movie on the Big Screen 1:00 BINGO 2:30 Walking
8:00 Walking 10 10:00 Tai Chi (Senior Led) 10:30 Free Hearing Aid Cleaning & Screenings 11:00 Circle of Friends, Bluegrass Music 12:00 Lunch 1:00 Line Dancing 2:30 Walking	8:00 Walking 11 10:00 Golden Drummers 10:00 Choir To Sing at Delta SC 12:00 Lunch No Choir Practice 1:00 Silver Sneakers® Classic Exercise 2:00 H & F/ Pepper/ Pinochle/ Euchre	8:00 Walking 12 8:30 Zumba Gold 10:00 Tai Chi (Senior Led) 11:00 Ability Center 12:00 Lunch 1:00 Silver Sneakers Chair Yoga® 1:00 Card Games 2:30 Walking	Wear Senior Center Shirt 13 8:00 Walking 10:15 to 11:45 BINGO 11:00 Keyboard Music 11:00 Grief Support Group 12:00 Lunch 1:00 Silver Sneakers® Classic 2:00 H & F/ Pepper/ Pinochle/ Euchre	8:00 Walking 14 10:00 Golden Drummers 12:00 Lunch 1:00 Movie on the Big Screen 1:00 Jewel BINGO; Wear Bright Colors And or Jewelry 2:30 Walking
Wear Green for St. Patrick's Day 17 8:00 Walking 10:00 Tai Chi (Senior Led) 11:00 Free Blood Pressure Checks 12:00 Lunch 1:00 Line Dancing 2:30 Walking	8:00 Walking 18 10:00 Golden Drummers 11:00 Life at the Grist Mill, Bill S. 12:00 Lunch 1:00 Choir 1:00 Silver Sneakers® Classic Exercise 2:00 H & F/ Pepper/ Pinochle/ Euchre	8:00 Walking 19 8:30 Zumba Gold 10:00 Tai Chi (Senior Led) 10:00 Choir to Sing at Fayette SC 10:00 Make Cards/ Deb 12:00 Lunch 1:00 Silver Sneakers Chair Yoga® 1:00 Card Games 2:30 Walking	8:00 Walking 20 10:15 to 11:45 BINGO 11:00 Keyboard Music 12:00 Lunch 1:00 Silver Sneakers® Classic Exercise 2:00 H & F/ Pepper/ Pinochle/ Euchre	Wear Fun/ Silly Socks for Down Syndrome Awareness Day 21 8:00 Walking 10:00 Golden Drummers 12:00 Lunch 1:00 Movie on the Big Screen 1:00 Silly Socks BINGO 2:30 Walking
8:00 Walking 24 10:00 Tai Chi (Senior Led) 11:00 "3 Kinds of Peace God Gives," Sandy S. 12:00 Lunch 1:00 Line Dancing 2:30 Walking	8:00 Walking 25 10:00 Golden Drummers 11:00 Music by Michael Buck 12:00 Lunch 1:00 Choir 1:00 Silver Sneakers® Classic Exercise 2:00 H & F/ Pepper/ Pinochle/ Euchre	8:00 Walking 26 8:30 Zumba Gold 9:30 Toenail Clinic (Sign Up) 10:00 Tai Chi (Senior Led) 11:00 Music by Sonny & Friends 12:00 Lunch 1:00 Silver Sneakers Chair Yoga® 1:00 Card Games	Wear Senior Center Shirt 27 8:00 Walking 10:15 to 11:45 BINGO 11:00 Keyboard Music 12:00 Lunch 1:00 Silver Sneakers® Classic Exercise 2:00 H & F/ Pepper/ Pinochle/ Euchre	8:00 Walking 28 10:00 Choir to Sing at Swanton SC 10:00 Golden Drummers 12:00 Lunch 1:00 Movie on the Big Screen 1:00 BINGO 2:30 Walking
8:00 Walking 31 10:00 Tai Chi (Senior Led) 11:00 Keyboard Music 12:00 Lunch 1:00 Line Dancing 2:30 Walking				

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>9:00 Quadrillion 3 9:30 Chair Exercises with Lynn 9:30 Tai Chi w/ Robert H. (\$2) 11:00 Balance & Fall Prevention, Emily with Kingston 12:00 Lunch 1:00 Word Search</p>	<p>9:00 Coffee & Conversation 4 9:00 Chair Yoga at Hope Church (\$5) 11:00 Amy Carles Consumer Counsel 12:00 Lunch 1:00 Uno Flip</p>	<p>9:00 "Travelling Little Library" 5 10:15 to 11:45 Lucky Charm BINGO (Bring a Lucky Charm) 12:00 Lunch & Birthday Dessert by Kingston 12:45 Ballroom Dancing w/ Louise 1:00 Brain Games</p>	<p>9:00 Trivia 6 10:00 Site Council 10:15 to 11:45 Lucky Charm BINGO (Bring a Lucky Charm) 12:00 Lunch & Birthday Dessert 1:00 Pairzi Game</p>	<p>Day Trip, Penta Culinary 7 9:00 Coffee & Conversation 9 to 11 Mahjong 9:30 Chair Exercises with Lynn 10:45 Site Council 11:00 History of Swanton, Emily Sgro 12:00 Lunch 1:00 Chit Chat</p>
<p>9:00 Tech Appts 10 9:30 Chair Exercises 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 Brain Games</p>	<p>9:00 Connect Four 11 9:00 Chair Yoga at Hope Church (\$5) 10:30 Free Blood Pressure Checks 11:00 Spring Concert by Senior Center Choir 12:00 Lunch 1:00 Puzzles with Pals</p>	<p>Celebrate National Jewel Day. 12 Wear Bright Colors And Or Jewelry 9:00 Tech Appts 10:15 to 11:45 Jewel BINGO with Swanton students 12:00 Lunch 12:45 Ballroom Dancing w/ Louise 1:00 Word Search</p>	<p>Celebrate National Jewel Day. 13 Wear Bright Colors And Or Jewelry 9:00 Coffee & Conversation 10:15 to 11:45 Jewel BINGO with Delta Students 12:00 Lunch 1:00 Chit Chat</p>	<p>9:00 Mille Bornes 14 9 to 11 Mahjong 9:30 Chair Exercises with Lynn 11:00 Game Day 12:00 Lunch 1:00 Puzzles with Pals</p>
<p>Wear Green for St. Patrick's Day 17 9:00 Phase 10 9:30 Chair Exercises with Lynn 9:30 Tai Chi w/ Robert H. (\$2) 11:00 St. Patrick's Day Songs with Terry Shear 12:00 Lunch 1:00 Puzzles with Pals</p>	<p>9:00 "I Should Have Known That" 18 9:00 Chair Yoga at Hope Church (\$5) 11:00 Sharing Our Personal Treasures, Melissa Rupp (Or, "What To Do With Grandma's Special Cake Plate") 12:00 Lunch 1:00 Goat Lords Card Game</p>	<p>Dress Like Rosie or 19 Wear Red/ White/ Blue 9:00 Coffee & Conversation 10:15 to 11:45 Rosie the Riveter BINGO 12:00 Lunch 12:45 Ballroom Dancing w/ Louise 1:00 Chit Chat</p>	<p>Dress Like Rosie or 20 Wear Red/ White/ Blue 9:00 Tech Appts 10:15 to 11:45 Rosie the Riveter BINGO 12:00 Lunch 1:00 Uno Flip</p>	<p>Wear Silly Socks for Down 21 Syndrome Awareness Day 9 to 11 Mahjong 9:30 Chair Exercises with Lynn 11:00 Life for a Grist Miller, Storyteller Bill Senecal 12:00 Lunch 1:00 Brain Games</p>
<p>9:00 Time Line: Inventions 24 9:30 Chair Exercises with Lynn 9:30 Tai Chi w/ Robert H. (\$2) 11:00 "All About Seeds. Not Just For Gardeners!" with Myrna Macke 12:00 Lunch 1:00 Cards</p>	<p>9:00 Connect Four 25 9:00 Chair Yoga at Hope Church (\$5) 11:00 Bluegrass Concert by Circle of Friends 12:00 Lunch 1:00 Chit Chat</p>	<p>Wear Senior Center Shirt 26 9:00 Q*Bitz 10:15 to 11:45 BINGO 12:00 Lunch 12:45 Ballroom Dancing w/ Louise 1:00 Puzzles with Pals</p>	<p>Wear Senior Center Shirt 27 9:00 Shut the Box 10:15 to 11:45 BINGO with Delta Library 12:00 Lunch 1:00 "No Thanks" Card Game</p>	<p>9:00 Cards & Games 28 9 to 11 Mahjong 9:30 Chair Exercises with Lynn 11:00 Spring Concert by Senior Center Choir 12:00 Lunch 1:00 Word Search</p>
<p>9:00 Coffee & Conversation 31 9:30 Chair Exercises with Lynn 9:30 Tai Chi w/ Robert H. (\$2) 11:00 Sara Chambers, Hospice Nurse w/ Hospice of NW OH 12:00 Lunch 1:00 Chit Chat</p>				

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.

MARCH, 2025

SENIOR
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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9:00 Kings in the Corner 3 11:00 Music by Michael Buck 12:00 Lunch 1:00 Puzzles with Pals	9:00 Pepper 4 11:00 What Does the Ability Center Offer? With Becky Kimble 12:00 Lunch 1:00 Blokus	9:00 5 10:00 Chair Yoga 11:00 "Life at the Grist Mill," Storyteller Bill Senecal 12:00 Lunch 1:00 Things They Don't Teach You In School	9:00 Chit Chat 6 10:00 Site Council 10:15 to 11:45 BINGO 12:00 Lunch & Birthday Dessert 1:00 Uno Flip	Day Trip, Penta Culinary 7 9:00 Coffee & Conversation 10:00 Site Council 10:15 to 11:45 BINGO 12:00 Lunch & Birthday Dessert 1:00 Tenzi
9:00 Five Crowns 10 11:00 Community Education for Development, (CED) Ruth Reynard PhD 12:00 Lunch 1:00 Spot It!	9:00 Kanoodle 11 11:00 Caricatures & A Lesson in Illustrations, Cartoonist Don Lee 12:00 Lunch 1:00 Cards & Games	9:00 Chit Chat 12 10:00 Chair Yoga 11:00 Amy Carles, Ohio Consumers' Counsel 12:00 Lunch 1:00 Trivia	Celebrate National Jewel Day. 13 Wear Bright Colors And Or Jewelry 9:00 Coffee & Conversation 10:15 to 11:45 Jewel BINGO 12:00 Lunch 1:00 Puzzles with Pals	Celebrate National Jewel Day. 14 Wear Bright Colors And Or Jewelry 9:00 Pepper 10:15 to 11:45 Jewel BINGO 12:00 Lunch 1:00 Shut the Box
9:00 Puzzles with Pals 17 11:00 Music by Sonny & Friends 12:00 Lunch 1:00 Tenzi	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 Wits & Wagers	9:00 Coffee & Conversation 19 10:00 Chair Yoga 11:00 Spring Concert by Senior Center Choir 12:00 Lunch 1:00 I Should Have Known That	Dress in Red/ White/ Blue or Dress Like Rosie the Riveter 20 9:00 Uno Flip 10:15 to 11:45 Rosie the Riveter BINGO 12:00 Lunch 1:00 Reminiscing	Wear Silly Socks for Down Syndrome Awareness Day 21 9:00 Pepper 10:15 to 11:45 BINGO 12:00 Lunch 1:00 Monopoly Deal
9:00 Chit Chat 24 11:00 Free Blood Pressure Checks & "Just So You Know" by Fulton Co. Health Dept. 12:00 Lunch 1:00 Reminiscing	9:00 Coffee & Conversation 25 11:00 "Life at the Grist Mill," Storyteller Bill Senecal 12:00 Lunch 1:00 Time Line: Americana	9:00 Puzzles with Pals 26 10:00 Chair Yoga 11:00 Guitar Music, Will Hinton 12:00 Lunch 1:00 Set	9:00 Tech Appts. w/ Megan 27 (Sign Up) 10:15 to 11:45 BINGO 12:00 Lunch 1:00 Puzzles with Pals	9:00 Pepper 28 10:15 to 11:45 BINGO 12:00 Lunch 1:00 Cards & Games
9:00 Coffee & Conversation 31 11:00 Fulton County Humane Society 12:00 Lunch 1:00 Phase 10				



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 MARCH 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