

SERVING CITIZENS OF FULTON COUNTY 60 YEARS & OVER

# SENIOR



**APRIL 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

### GOOD FRIDAY BREAKFAST

The Fulton County Senior Center in Wauseon is taking reservations for Good Friday Breakfast on Friday, April 18. The breakfast serving line will be open between 8 and 9:30 AM; guests may come and go at their leisure. The menu will feature omelet, hash brown patty, sausage link, banana, and hot cross buns.

The Fulton County Senior Center is located at 695 S. Shoop Avenue, Wauseon. For Fulton County residents age 60 and over, we suggest a \$3 donation. All others are \$5. Seniors are welcome to invite family members. Reservations are required. Dine-in only. Call 419-337-9299 to reserve your meal. Last day to sign up is April 11. Archbold and Swanton sites are closed on Good Friday, April 18.

## SENIOR SPOTLIGHT



“Outstanding!” is the word Archbold resident, John Wilson, used to describe the home-delivered meals he and his wife, Joanne, receive each week day from the Fulton County Senior Center. “We especially love the beef and noodles. We like the candied apples, and the variety of vegetables. I was born and raised on the farm. My mom had about an acre of garden. One of the things I always loved out of that garden was lima beans. Lima beans are kind of hard to come by, but you guys have them in the mix, and I’m always glad to see those,” John said. Joanne added, “I really like the lasagna, and cheeseburgers, too.” Like many seniors, the Wilsons are experiencing some mobility issues. “The meals have been such a blessing to us. Plenty of food at a reasonable donation,” John said, adding, “We got the best delivery driver when we were assigned Sam! We enjoy joking with him. He always has a smile for us, and he’s always right on time!” John said.

### IMPROVE YOUR LIFE

According to the National Institute on Aging, here are four ways you can improve your life.

1. Prevent social isolation and loneliness.
2. Promote physical activity.
3. Encourage healthy eating.
4. Schedule regular check-ups with a doctor.

Isn't it convenient that your local Senior Center site helps you with three of the four? We work hard to prepare and serve nutritious meals each week day. We offer exercise classes to help you become or stay physically active, and our doors are open so you can attend 11 AM programs, play a game, sit and visit with friends, and even try your luck at BINGO.

### 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."

### ORGANIZE VITAL INFO

The start of Spring often brings with it a desire to "Spring clean" and "get organized." How organized are your important papers? Use this checklist from Area Office on Aging of Northwest Ohio to keep track of your key paperwork. Gather them together (or make note of their location) and place in a safety deposit box, or give to a trusted family member who can retrieve them in an emergency.

#### Insurance

Medicare card  
Secondary health  
Life  
Special care  
Long Term Care  
Catastrophic illness  
Auto  
Home  
Other

#### Legal

Auto title  
Deeds  
Living Will  
Living trust  
Power of attorney  
Power of attorney for health  
Trust papers  
Will

#### Life Events

Birth certificate  
Burial plot  
Funeral arrangements  
Immigration/  
naturalization papers  
Marriage/ divorce papers  
Military papers  
Social Security card

#### Financial

Bank notes  
Bank savings accounts  
Bonds  
Broker name/ phone  
Certificates of deposit  
Checking account  
Credit card list  
IRAs  
Mortgage papers  
Mutual funds  
Safety deposit  
key/ combination  
Stock certificates  
Tax records

### WHERE'S VAL?

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, April 9, from 10:00 am to noon at the Delta Library.

Thursday, April 17, from 10:00 am to noon at the Swanton Library.

Tuesday, April 22, from 10:00 AM to noon at Evergreen Library in Metamora.

Thursday, April 24, 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, 240 Clinton Street, Wauseon.

## AGELESS ART

You're invited to join us in an exciting opportunity to partner with Toledo Museum of Art. Friday, April 11, at 12:30, staff members from Toledo Museum of Art will present, then lead us in an art project that will eventually be installed in the hallway across from our Senior Center Multipurpose Room. Don't miss this opportunity to add your fingerprint to our new senior center building. Smaller, individual contributions will form a larger, one-of-a-kind, cohesive display that highlights our individualities within our senior community. We would love all Wauseon seniors to participate, as the TMA staff provides the supplies and expertise, and we follow along. Sign up today so you don't miss out. Call 419-337-9299.

## 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.

## THANK YOU

Thank you to the following for your generous support of our sites, programs and activities: Sara of Heritage Health Care, Genacross Napoleon campus, Emily and Kingston, Carrie and Candy and Delta Public Library, Emily and Swanton Public Library, Katie and Key Realty, Trisha and Ayden Healthcare.

## NUTRITION EDUCATION: FRUIT

A healthy eating routine is important at every stage of life and can have positive effects that add up over time. The U.S. Department of Agriculture (USDA) recommends that people of all ages fill half of their plate with fruits and vegetables at each meal. Eating fruit provides many health benefits. People who eat more fruits and vegetables as part of an overall healthy diet are likely to have a reduced risk of some chronic diseases including heart disease, stroke and some cancers. Fruits provide dietary fiber, vitamin C, potassium and folate (folic acid). They are naturally low in fat, sodium and calories. Fruits do not contain cholesterol.

**Which Foods Are in the Fruit Group?** Foods in this group include any fruit or 100% fruit juice. Fruits may be fresh, canned, frozen or dried, and may be whole, cut-up or pureed. When choosing canned fruits, select fruits packed in 100% fruit juice to limit added sugars. Although 100% fruit juice can be part of a healthful diet, it lacks dietary fiber. When consumed in excess, juice can add extra calories. It is best to select whole fruits that are fresh, canned, frozen or dried, rather than juice.

**How Much Is Needed from the Fruit Group?** For women over age 31, 1½ cups. For men over age 19, 2 cups.

Note these equivalents for one cup of fruit:

- 1 small apple (2.5 inches in diameter)
- 32 seedless grapes
- 1 large peach
- ½ cup dried fruit such as raisins, prunes or dried apricots
- 2 canned peach or pear halves
- 1 cup 100% fruit juice
- 8 large strawberries
- 1 wedge or 1 cup watermelon chunks
- 1 medium pear
- 1 large orange

### TIPS FOR GETTING FRUIT ON YOUR TABLE

- Enjoy a piece of fruit with your breakfast.
- Select local fruits when in season.
- Offer fruits as dessert.
- Enjoy a piece of fruit such as an apple, banana or orange as a snack.
- Try a smoothie made with fruit and low-fat milk or yogurt.
- Try 100% applesauce topped with raisins as a snack.

References: USDA. "MyPlate." [choosemyplate.gov](http://choosemyplate.gov)

# LUNCH CALENDAR

APRIL, 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
	Sausage Gravy Hash brown Casserole Peas & Carrots Grapes Biscuit <b>1*</b>	Baked Chicken Mashed Potatoes Cooked Cabbage Cranberry Relish <b>2*</b>	Chicken Fried Steak Country Gravy Mashed Potatoes Succotash Dark Sweet Cherries <b>3*</b>	Tuna Salad Sandwich Pasta Salad Red Fluff Potato Chips <b>4*</b>
Bratwurst / Sauerkraut <b>7*</b> (LS Alt=Hot Dog) German Potato Salad Mixed Vegetables Strawberry Applesauce	Chicken Breast Sandwich <b>8*</b> Red Potato Garlic Chalet Blend Grape Salad	Cheeseburger Soup <b>9*</b> 7 Layer Salad Pickled Beets Dreamsicle Pudding	Beef Stew <b>10</b> Riced Cauliflower Fruit Crisp Biscuit	Cod Tenders <b>11</b> Macaroni & Cheese Stewed Tomatoes Fresh Fruit Juice
Creamed Chipped Beef <b>14*</b> Mashed Potatoes Mixed Vegetables Fresh Fruit Biscuit	Hot Dogs <b>15*</b> (LS Alt=Chicken Breast) Baked Beans California Blend Mixed Fruit	Pulled Pork <b>16*</b> Corn Broccoli Cole Slaw Fresh Fruit	Sweet & Sour Meatballs <b>17*</b> Rice Brussel Sprouts Midori Vegetable Blend Tropical Fruit	<b>18*</b>  <b>CLOSED GOOD FRIDAY</b>
Creamed Chicken <b>21*</b> Normandy Blend Fruit Crunch Biscuit	BBQ Beef <b>22*</b> Tater Tots Harvard Beets Pears	National <b>23*</b> Pigs in a Blanket Day Pig in a Blanket Maple Glazed Carrots Mashed Potato Mandarin Oranges	Pasta w/ Meat Sauce <b>24*</b> Spinach Wax Beans Peaches	Ham Loaf <b>25*</b> (LS Alt=Meatloaf) Sweet Potatoes Tomato Garlic Butter Beans Ambrosia
Omelet <b>28*</b> Sausage Links Potato Pancake Baked Apples	Hamburger Gravy <b>29*</b> Mashed Potatoes Mixed Vegetable Apricots	Teriyaki Chicken <b>30*</b> Fried Rice Asian Blend Fresh Fruit		

# WAUSEON ACTIVITIES

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

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<b>Happy 175th Anniversary, Fulton County! 1</b> 8:00 Walking 10:00 Golden Drummers <b>11:00 Screen: Vintage TV Bloopers</b> <b>11:30 Caregiver Support Group Info</b> 12:00 Lunch 1:00 Choir 1:00 Silver Sneakers® Classic Exercise 2:00 H & F/ Pepper/ Pinochle/ Euchre	<b>2</b> 8:00 Walking w/ Friends 8:30 Zumba Gold 10:00 Tai Chi (Senior Led) <b>11:00 Utility Bill Tips, Amy C.</b> 12:00 Lunch 1:00 Site Council 1:00 Silver Sneakers Chair Yoga® 1:00 Card Games 2:30 Walking	<b>3</b> 8:00 Walking w/ Friends 10:15 to 11:45 BINGO <b>11:00 Keyboard Music</b> 12:00 Lunch 1:00 Silver Sneakers® Classic 2:00 H & F/ Pepper/ Pinochle/ Euchre 2:30 Walking	<b>4</b> 8:00 Walking 10:00 Golden Drummers 10:30 Choir Performs at Fairlawn 12:00 Lunch & Birthday Dessert by Heritage Health Care 1:00 Movie on the Big Screen <b>1:00 April Fool's BINGO. Bring a silly or gag gift, wrapped, for the prize table.</b> 2:30 Walking
<b>7</b> 8:00 Walking 9:00 Tech Appts w/ Megan (Sign Up) 10:00 Tai Chi (Senior Led) <b>11:00 Keyboard Music</b> 11:00 Word Game/ Ear Riddles 12:00 Lunch 1:00 Line Dancing 2:30 Walking	<b>8</b> 8:00 Walking 9:00 Tech Appts w/ Megan (Sign Up) 10:00 Golden Drummers <b>11:00 Keyboard Music</b> 12:00 Lunch 1:00 Choir 1:00 Silver Sneakers® Classic Exercise 2:00 H & F/ Pepper/ Pinochle/ Euchre	<b>9</b> <b>Site: Wear Blue Day Trip, Defiance Pancake House</b> 8:00 Walking w/ Friends 8:30 Zumba Gold 10:00 Tai Chi (Senior Led) 10:00 Make Cards w/ Deb B. 11:00 Keyboard Music 12:00 Lunch 1:00 Silver Sneakers Chair Yoga® 1:00 Friday's BINGO (Note Date) 2:30 Walking	<b>10</b> <b>Wear Pastel Colors</b> 8:00 Walking w/ Friends <b>10:00 Movie on the Big Screen</b> 10:15 to 11:45 BINGO 12:00 Lunch 1:00 Silver Sneakers® Classic 2:00 H & F/ Pepper/ Pinochle/ Euchre 2:30 Walking	<b>11</b> 8:00 Walking 10:00 Golden Drummers 12:00 Lunch <b>Toledo Museum of Art Presents an Interactive Senior Center Art Project. We hope everyone will participate.</b> No BINGO/ No Movie 2:30 Walking
<b>14</b> 8:00 Walking 10:00 Tai Chi (Senior Led) <b>11:00 Keyboard Music</b> 11:00 Word Game/ Animal Riddles 12:00 Lunch 1:00 Line Dancing 2:30 Walking	<b>15</b> 8:00 Walking 10:00 Golden Drummers <b>11:00 Screen: That's Incredible, 1981</b> 12:00 Lunch 1:00 Choir 1:00 Silver Sneakers® Classic Exercise 2:00 H & F/ Pepper/ Pinochle/ Euchre	<b>16</b> 8:00 Walking w/ Friends 8:30 Zumba Gold 10:00 Tai Chi (Senior Led) <b>11:00 Summer Storm Safety, Red Cross</b> 12:00 Lunch 1:00 Silver Sneakers Chair Yoga® <b>1:00 Friday's BINGO (Note Date)</b> 2:30 Walking	<b>17</b> 8:00 Walking w/ Friends 10:15 to 11:45 BINGO <b>10:30 Silver Sneakers® Classic (Note Time)</b> <b>11:00 Keyboard Music</b> 12:00 Lunch Gym Closed for Good Friday Breakfast Set Up	<b>18</b> <b>Good Friday</b> Reserve your spot for Good Friday Breakfast, call 419-337-9299. Breakfast served between 8 & 9:30 am Fulton Co Seniors, sugg. donation \$3 each, \$5 all others. No Golden Drummers, etc. No Lunch Served. Closed at Noon. Sign up by April 11.
<b>21</b> 8:00 Walking 10:00 Tai Chi (Senior Led) <b>11:00 Free Blood Pressure Checks</b> 12:00 Lunch 1:00 Line Dancing 2:30 Walking	<b>22</b> 8:00 Walking 10:00 Golden Drummers <b>11:00 Dulcimer Music, Vickie Halsey</b> 12:00 Lunch 1:00 Choir 1:00 Silver Sneakers® Classic Exercise 2:00 H & F/ Pepper/ Pinochle/ Euchre 2:30 Walking	<b>23</b> 8:00 Walking w/ Friends 8:30 Zumba Gold 9:30 Toenail Clinic 10:00 Tai Chi (Senior Led) <b>11:00 Screen: Little Rascals</b> 12:00 Lunch 1:00 Silver Sneakers Chair Yoga® 1:00 Card Games 2:30 Walking	<b>24</b> 8:00 Walking w/ Friends 10:15 to 11:45 BINGO <b>11:00 Keyboard Music</b> 12:00 Lunch 1:00 Silver Sneakers® Classic 2:00 H & F/ Pepper/ Pinochle/ Euchre 2:30 Walking	<b>25</b> 8:00 Walking 10:00 Golden Drummers 12:00 Lunch 1:00 Movie on the Big Screen <b>1:00 Denim BINGO (Dress in Denim)</b> 2:30 Walking
<b>28</b> 8:00 Walking 10:00 Tai Chi (Senior Led) <b>11:00 Keyboard Music</b> 11:00 Word Search 12:00 Lunch 1:00 Line Dancing 2:30 Walking	<b>29</b> 8:00 Walking 10:00 Golden Drummers <b>11:00 Music by Sonny &amp; Friends</b> 12:00 Lunch 1:00 Choir 1:00 Silver Sneakers® Classic Exercise 2:00 H & F/ Pepper/ Pinochle/ Euchre 2:30 Walking	<b>Day Trip, Sadowski's Greenhouse 30 (Wear Senior Center Shirt)</b> 8:00 Walking w/ Friends 8:30 Zumba Gold 10:00 Tai Chi (Senior Led) 11:00 Screen: Carol Burnett Show 12:00 Lunch 1:00 Silver Sneakers Chair Yoga® 1:00 Card Games 2:30 Walking		

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	9:00 Quadrillion <b>1</b> 9:00 Chair Yoga at Hope Church (\$5) <b>11:00 Storyteller, Bill Senecal, "Life at the Grist Mill"</b> 12:00 Lunch 1:00 Reminiscing (Brain Game Box)	9:00 Uno Flip <b>2</b> 9:45 Site Council <b>10:15 to 10:45 April Fool's BINGO (Bring a silly or gag gift, wrapped)</b> 12:00 Lunch & Birthday Dessert 12:45 Ballroom Dancing 1:00 "I Should Have Known That"	9:00 Tech Appts w/ Megan (Sign Up) <b>3</b> 9:45 Site Council <b>10:15 to 10:45 April Fool's BINGO (Bring a silly or gag gift, wrapped)</b> 12:00 Lunch & Birthday Dessert 1:00 Puzzles with Pals	9:00 Sequence <b>4</b> 9 to 11 Mahjong 9:15 (Note Time) Chair Exercises <b>10:00 (Note Time) Bunco w/ Buddies</b> 12:00 Lunch 1:00 Dominoes
9:00 Puzzles with Pals <b>7</b> 9:30 Chair Exercises 9:30 Tai Chi w/ Robert H. (\$2) <b>11:00 Compassionate Care Cat Sanctuary; Updates, Fostering, What to do About Stray Cats</b> 12:00 Lunch 1:00 Kings In The Corner	9:00 Uno Flip <b>8</b> 9:00 Chair Yoga at Hope Church (\$5) <b>11:00 Free BP Checks, "Just So You Know," Fulton Co. Health Dept.</b> 12:00 Lunch 1:00 Connect Four	<b>Day Trip, Defiance Pancake House 9 (Wear Senior Center Shirt) At Site: Wear Blue for Child Abuse Awareness</b> 9:00 Golf Card Game 10:15 to 10:45 BINGO 12:00 Lunch 12:45 Ballroom Dancing 1:00 Tenzi	<b>Wear Senior Center Shirt 10</b> 9:00 Chit Chat 10:15 to 10:45 BINGO w/ Delta Students 12:00 Lunch 1:00 Tenzi	9:00 Coffee & Conversation <b>11</b> 9 to 11 Mahjong 9:30 Chair Exercises <b>11:00 Music by Just Us 2, (Marc &amp; Ellen Pember)</b> 12:00 Lunch 1:00 Puzzles with Pals
9:00 Tech Appts w/ Megan <b>14</b> (Sign Up) 9:30 Chair Exercises 9:30 Tai Chi w/ Robert H. (\$2) <b>11:00 Free BP Checks &amp; "Just So You Know," Health Dept.</b> 12:00 Lunch 1:00 Skip-Bo	9:00 Phase 10 <b>15</b> 9:00 Chair Yoga at Hope Church (\$5) <b>11:00 Current Events/ Hospice News with Sara, Hospice Nurse</b> 12:00 Lunch 1:00 Time Line: Inventions	<b>Wear Pastel Colors 16</b> 9:00 Chit Chat <b>10:15 to 10:45 Egg-stravaganza BINGO w/ Swanton Students</b> 12:00 Lunch 12:45 Ballroom Dancing 1:00 Shut the Box	<b>Wear Pastel Colors 17</b> 9:00 Coffee & Conversation <b>10:15 to 10:45 Egg-stravaganza BINGO; Caller: Kate from Elara Caring</b> 12:00 Lunch 1:00 Puzzles with Pals	<b>18</b> <b>CLOSED FOR GOOD FRIDAY</b>  <b>(Call 419-337-9299 by April 11 to reserve your spot at Good Friday breakfast at the Wauseon site. Come &amp; go between 8 &amp; 9:30)</b>
9:00 Tech Appts w/ Megan <b>21</b> (Sign Up) 9:30 Chair Exercises 9:30 Tai Chi w/ Robert H. (\$2) <b>11:00 MetroParks News w/ Trish</b> 12:00 Lunch 1:00 Spot It!	<b>Wear Blue/ Green for Earth Day 22</b> 9:00 Tech Appts w/ Megan (Sign Up) 9:00 Chair Yoga at Hope Church (\$5) <b>10:00 Bunco with Buddies</b> <b>11:00 Earth Day Puzzle/ Book Swap</b> 12:00 Lunch 1:00 Shut the Box	<b>Wear Denim: National Denim Day 23</b> 9:00 Coffee & Conversation 10:15 to 10:45 Denim BINGO 12:00 Lunch 12:45 Ballroom Dancing 1:00 Reminiscing (Brain Game)	<b>Wear Denim: National Denim Day 24</b> 9:00 Uno Flip 10:15 to 10:45 Denim BINGO; Caller: Carrie, Delta Library 12:00 Lunch 1:00 Set (Brain Game)	9:00 Scrabble <b>25</b> 9 to 11 Mahjong 9:30 Chair Exercises <b>11:00 Michael Buck, Guitar Music</b> 12:00 Lunch 1:00 Wizard
9:00 Chit Chat <b>28</b> 9:30 Chair Exercises 9:30 Tai Chi w/ Robert H. (\$2) <b>11:00 Will Hinton, Guitar Music</b> 12:00 Lunch 1:00 "Things They Don't Teach You In School" (Brain Game)	9:00 Coffee & Conversation <b>29</b> 9:00 Chair Yoga at Hope Church (\$5) <b>11:00 "Top 10 Financial Tips for Seniors," Melissa Rupp, OSU Extension Office</b> 12:00 Lunch 1:00 Azul	<b>"Day Trip, Sadowski's Greenhouse 30</b> <b>Wear Senior Center Shirt</b> 9:00 Golf Card Game 10:15 to 10:45 BINGO 12:00 Lunch 12:45 Ballroom Dancing 1:00 Quiddler	<b>31</b>	

# ARCHBOLD – FAYETTE

## ACTIVITIES

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<b>Happy 175th Anniversary, Fulton County! 1</b> 9:00 Pepper 10:45 Site Council <b>11:00 Music by Just Us 2 (Marc &amp; Ellen Pember)</b> 12:00 Lunch 1:00 "I Should Have Known That" (Brain Game)	<b>9:00 Puzzles with Pals 2</b> 10:00 Chair Yoga <b>10:00 Free Basic Hearing Screenings w/ Hearing Life</b> <b>11:00 Info About Hearing Loss w/ Craig, Hearing Life</b> 12:00 Lunch 1:00 Cards & Games	<b>Wear Senior Center Shirt 3</b> 9:00 Games 10:00 Site Council <b>10:15 to 10:45 April Fool's BINGO (Bring a silly or gag gift, wrapped)</b> 12:00 Lunch & Birthday Dessert 1:00 Reminiscing Booklet (Brain Game Box)	<b>9:00 Coffee &amp; Conversation 4</b> <b>10:15 to 10:45 April Fool's BINGO (Bring a silly or gag gift, wrapped)</b> 12:00 Lunch & Birthday Dessert 1:00 Games
9:00 Qwirkle <b>7</b> <b>11:00 Summer Storm Safety &amp; Tornado Safety, American Red Cross</b> 12:00 Lunch 1:00 Word Search	<b>9:00 Uno Flip 8</b> <b>11:00 "How Tos of Hydration," Wendy Gericke of Community Health Professionals</b> 12:00 Lunch 1:00 Monopoly Deal	<b>Day Trip, Defiance At Site: Wear Blue for Child Abuse Awareness 9</b> 9:00 Kanoodle 10:00 Chair Yoga <b>11:00 "My Life as a Cartoonist," &amp; Free Caricatures with Don Lee</b> 12:00 Lunch 1:00 Time Line: Americana	<b>For the Prize Table, Bring a Gently Used Item That You Have Decluttered 10</b> 9:00 Coffee & Conversation <b>10:15 to 10:45 Spring Clean BINGO</b> 12:00 Lunch 1:00 Trivia	<b>For the Prize Table, Bring a Gently Used Item That You Have Decluttered 11</b> 9:00 Pepper <b>10:15 to 10:45 Spring Clean BINGO</b> 12:00 Lunch 1:00 Brain Games
9:00 Puzzles with Pals <b>14</b> <b>10:15 Easter Program w/ Wendy. Meet at Normal Memorial Library (Note Time)</b> 12:00 Lunch 1:00 Blokus	<b>Wear Pastel Colors 15</b> 9:00 Tech Appointments with Megan (Sign Up) <b>10:15 to 10:45 Friday's Egg-stravaganza BINGO</b> 12:00 Lunch 1:00 Reminiscing Booklet (Brain Game Box)	9:00 Tech Appointments with Megan (Sign Up) <b>16</b> 10:00 Chair Yoga <b>11:00 Fayette FFA Members</b> 12:00 Lunch 1:00 Shut the Box	<b>Wear Pastel Colors 17</b> 9:00 Uno Flip <b>10:15 to 10:45 Egg-stravaganza BINGO</b> 12:00 Lunch 1:00 Brain Games	<p style="text-align: center;"><b>18</b>  <b>CLOSED FOR GOOD FRIDAY</b></p> <p style="text-align: center;">(Call 419-337-9299 by April 11 to reserve your spot at Good Friday breakfast at the Wauseon site. Come &amp; go between 8 &amp; 9:30)</p>
9:00 Monopoly Deal <b>21</b> <b>11:00 Stroke Prevention, Erica Reid, Rehabilitation Hospital of Northwest Ohio</b> 12:00 Lunch 1:00 Tenzi	<b>Wear Blue/ Green for Earth Day 22</b> 9:00 Coffee & Conversation <b>11:00 Free Blood Pressure Checks &amp; Just So You Know, Fulton Co. Health Dept.</b> 12:00 Lunch 1:00 Time Line: Events	<b>Wear Senior Center Shirt 23</b> 9:00 Cards & Games 10:00 Chair Yoga <b>11:00 "How to Share Our Personal Treasures"" (Do Our Family Members Want Our Stuff?) Melissa Rupp</b> 12:00 Lunch 1:00 "Things They Don't Teach You In School" Brain Game	<b>Wear Denim for National Denim Day 24</b> 9:00 Shut the Box 10:15 to 10:45 Denim BINGO 12:00 Lunch 1:00 Puzzles with Pals	<b>Wear Denim for National Denim Day 25</b> 9:00 Pepper <b>10:15 to 10:45 Denim BINGO</b> 12:00 Lunch 1:00 Cards
9:00 Coffee & Conversation <b>28</b> <b>11:00 Free Blood Pressure Checks &amp; Just So You Know, Fulton Co. Health Dept.</b> 12:00 Lunch 1:00 ""I Should Have Known That"" Brain Game	9:00 Chit Chat <b>29</b> <b>11:00 Free Bluegrass Concert by Circle of Friends</b> 12:00 Lunch 1:00 Pairzi	<b>Day Trip, Sadowski's Greenhouse. 30</b> <b>Wear Senior Center Shirt</b> 9:00 Reminiscing Booklet (Brain Game Box) 10:00 Chair Yoga <b>11:00 Jamin Torres, DermaScan/ Info. on Sun Damage</b> 12:00 Lunch 1:00 Uno Flip		



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](mailto:kschroeder@fultoncountyoh.com).

**DATED MATERIAL - DELIVER BEFORE APRIL 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