

SERVING CITIZENS OF FULTON COUNTY 60 YEARS & OVER

# SENIOR



**MAY 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

**May 6** – Top 10 Financial Tips for Seniors, Archbold site

**May 6** – Don Lee, Cartoonist & Caricaturist, Delta site

**May 8** – Day Trip, Beginner Bird Watching; (Sign Up)

**May 12** – Free Painting Class led by Alice Wynja, Fayette site; (Sign Up)

**May 12** – Timely Topic with Sandy Spengler, “Friendship,” Wauseon site

**May 14** – Free Bluegrass Concert with Circle of Friends, Wauseon site

**May 14** – Day Trip, Behind the Scenes of Special Grounds Coffee & New Horizons Academy

**May 16** – Concert by Gene Zenz, Swanton site, (Sign Up)

**May 19** – Free Painting Class led by Alice Wynja, at Wauseon; (Sign Up)

**May 21** – Current Senior Scams, Kate from Ohio Attorney General’s Office, Wauseon site.

**May 28** – Day Trip, Toledo Mud Hens Baseball Game; (Sign Up)

**May 28** – Music by Steve Snider, Fayette site

**Note:** Choir Resumes July 15 at 1:00 p.m., the perfect time for new members to join, Wauseon site

## SENIOR SPOTLIGHT

Linda Miller and Cheryl Helberg, representing Lyons Live & Learn Club of Fulton County, and Ohio Homemakers and Community Education, donated 74 paint canvases, and 34 bottles of acrylic paint for our seniors to use at painting classes.

“In our club, we have fun, as well as learn things,” Linda said, adding, “It’s kind of like an adult 4-H club.” Similar clubs have been active in Ohio since 1939, and at one point, there were more than 12 clubs averaging 200 members per club in Fulton County alone. “Our club oversees Women’s Day at the Fulton County Fair. We give demonstrations at the fair, and have educational booths at the Grange Building,” Cheryl explained.

If you would like to benefit from this donation, and participate in a beginner painting class, Alice Wynja of Pettisville will lead two. One class will be held on Monday, May 12 at 10:00 a.m. at the Fayette Senior Center, inside Family Life Center, 306 E. Main Street, Fayette. Alice will lead the same class at the Fulton County Senior Center, 695 S. Shoop Ave., Wauseon, on Monday, May 19 at 10:00 a.m. The classes are offered free of charge, thanks to this generous donation. To register for either of these classes, call 419-337-9299.



## SIGN UP FOR FOOD SHOW

Fulton County Senior Center in Wauseon is excited to offer a Mini Food Show with Gordon Food Service. On Tuesday, June 17, 2025, at noon, seniors will enjoy food samples in our dining room, and influence future Senior Center menus. Seniors will taste several dishes from Gordon Food Service vendors, and the samples will combine to make a meal. Seniors may then rate the dishes on a written survey, and share their opinions to impact future Senior Center menus. Food samples served will be items we have not previously offered as regular menu options. Archbold and Delta sites will be closed, so all seniors may participate. Home-delivered meal clients will be served as usual. Donations accepted. This event is open to Fulton County residents age 60 and over, by reservation only. Fulton County Senior Center in Wauseon is located at 695 S. Shoop Ave., Wauseon. Sign up by June 3 by calling 419-337-9299.

## NUTRITION SPOTLIGHT: VEGETABLES

It's no secret that vegetables — which are loaded with fiber, vitamins, minerals, and antioxidants — are a must-have in a healthy diet. Although all vegetables are healthy, several stand out for their supply of nutrients and powerful health benefits.

Here is a list of the 14 most nutrient-dense veggies available. Spinach, carrots, and broccoli top the list, followed by garlic, Brussels sprouts, kale, green peas, Swiss Chard, beets, asparagus, red cabbage, sweet potatoes, collard greens, cauliflower.

Source: HealthLine.com

## WHAT IS IT?

**Cardio Drumming** – Also known as Golden Drummers, this 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, as you follow an experienced instructor. Participants of this class report increased stamina, flexibility and unexplained smiling with regular bursts of laughter. WHEN: Tuesdays & Fridays at 10:00 a.m. at Fulton County Senior Center, 695 S. Shoop Ave., Wauseon.

**Chair Exercises at Fayette, and Swanton** – We offer free senior-led chair exercises at the Fayette Senior Center on Wednesdays at 10 a.m., and at 9:30 a.m. at Swanton Senior Center on Mondays, Wednesdays, and Fridays. Fayette Senior Center meets in Family Life Center, 306 E. Main Street, Fayette, and the Swanton Senior Center is located at 620 Dodge Street, Swanton, inside Faith Lutheran Church.

**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 p.m. at Fulton County Senior Center, 695 S. Shoop Ave., Wauseon.

**Silver Sneakers® Classic** – A fitness instructor from Fulton County Health Center leads this class. Choose your intensity level. Participants report improved muscle tone, flexibility and endurance. Use small, handheld weights, plus exercise bands and small exercise balls. Stand or sit for this class. WHEN: Tuesdays & Thursdays at 1 p.m. You do not need to be a member of Silver Sneakers to participate. Held at Fulton County Senior Center, 695 S. Shoop Ave., Wauseon.

**Silver Sneakers Yoga ®** – Get ready to move through a complete series of seated & standing yoga poses. Chair support is offered so you can perform a variety of postures designed to increase flexibility, balance & range of movement. Restorative breathing exercises & final relaxation will promote stress reduction & mental clarity. WHEN: Wednesdays at 1 p.m. This class is led by an instructor from Fulton County Health Center, and held at Fulton County Senior Center, 695 S. Shoop Ave., Wauseon.

**Tai Chi at Swanton and Wauseon** – Seniors who participate in this class report they have increased stamina, and flexibility, and feel more relaxed. Movements are slow and fluid. You may remain seated, if needed. At the Swanton site, Robert Hendrix, certified Tai Chi instructor, leads seniors on Mondays at 9:00 a.m. If you provide Robert with your Silver Sneakers number, your class is free; two dollars all others. The Swanton Senior Center is located at 620 Dodge Street, Swanton. At the Wauseon site, seniors follow an instructor via a DVD on a large screen. There is no charge for the Wauseon class, which meets on Mondays and Wednesdays at 10:00 a.m. at Fulton County Senior Center, 695 S. Shoop Ave., Wauseon.

**Zumba Gold** – led by a certified instructor from Fulton County Health Center. This class features lower-intensity, easy-to-follow choreography with footwork style similar to line dancing. Participants report fun dance workouts with improvements to their balance, range of motion, and coordination. WHEN: Wednesdays at 8:30 a.m. at Fulton County Senior Center, 695 S. Shoop Ave., Wauseon. Please note: Zumba Gold will move to Mondays at 8:30 a.m. starting on Monday, July 7.

There is no charge for the above classes, which are open to Fulton County seniors age 60 and over. No experience necessary. Join anytime! Call for more information, 419-337-9299. Refer to this monthly newsletter for the full schedule.

## COUPONS FOR LOCAL FARMERS' MARKETS

The 2025 Ohio Senior Farmers' Market Nutrition Program will begin soon. If you are age 60 or over, and earn less than 185% of the federal poverty level, you may be eligible to receive benefits from the Senior Farmers' Market Nutrition Program. Eligible seniors receive \$50 in benefits, and a list of participating farmers' markets and roadside stands. The Ohio Senior Farmers' Market Nutrition Program (SFMNP) helps provide older adults access to fresh, nutritious, unprepared locally grown fruits, vegetables, fresh cut herbs and honey through farmers' markets and roadside stands. Please note, the Council on Aging through the state of Ohio operates the Senior Farmers' Market Nutrition Program (not the Area Office on Aging as in prior years).

Each household must complete an application every year. Locate the online application at this web address, <https://www.help4seniors.org/programs-services/senior-farmers-market-program>

As was the case in 2024, program recipients will have the opportunity to sign up for digital benefits this year, redeemable with a smartphone app. Ohioans who sign up for the program with an email address will receive a confirmation email of their approval and can begin using their \$50 starting on May 15.

Physical membership cards also remain available. Ohioans who chose to receive physical cards last year, and who remain eligible this year, will be able to reuse those cards in 2025, with the \$50 loaded onto the cards on May 15. Physical cards will also be delivered to eligible Ohioans who misplaced their 2024 cards, did not obtain a physical card in 2024, or who are signing up for the first time in 2025. Physical cards may take 4-6 weeks for delivery.

## VOLUNTEERS, THANK YOU!

Our volunteers transport seniors to medical appointments, teach classes, call BINGO, lend a helping hand where needed, donate, and share their expertise. We are grateful for the seniors who volunteer at all five of our senior center sites. Our senior center sites would not be what they are without the time, talents, care, and donations you generously offer!

Thank you, volunteers! Marilyn & Jim Adams, Judy Beehner, Shirley Bowerman, David Bowling, Pam Boyers, Brenda Brown, Deb Burrow, Marilyn DeMond, JoAnn Echler, Jayne Ferreira, Lynn Fleming, Karen Foster, Louise Fredrick, Dianne Galbraith, Connie Johnston, Steve & Diana Kline, Diane Krajicek, Dennis Linehan, Myrna Macke, Shirley McGovern, Paul & Peg Meeker, Vicki Melms, Lillian Miller, Tom Miller, Meg Murphy, Char Murry, Maurice Murry, Babs Pfaff, Mike & Linda Reetz, Bill Rufenacht, Hank Schweinhagen, Art & Cora Shaffer, Jane Smith, Matt Spiers, Mary Jane Storeholder, Penny Strup, Donna Stutzman, Jon Timpe, Pat & Floyd VanAlstine, RuthAnn Vereecke, Howard Warncke, Jerry Weber, Jim Winhoven, Kate & Tom Yeater, and John Young.

## DID YOU KNOW?

The monthly issue of the Senior Center B-zz newsletter is available for free via email. Anyone may join our email list, including family and friends. Simply call our senior center to sign up at 419-337-9299 or send an email to Karen at [kschroeder@fultoncountyoh.com](mailto:kschroeder@fultoncountyoh.com) and ask her to add you.

## DON'T FALL FOR SCAMS

Scammers never rest. Seniors in and around Fulton County are regularly targeted by scammers.

The Better Business Bureau has some tips to avoid falling victim to scams.

- It's OK to be skeptical and ask questions of the caller.
- Scammers often use high pressure to make the senior believe this is an urgent matter.
- The Social Security Administration will never call someone and ask for their Social Security Number.
- The Internal Revenue Service will not call someone and ask for payment over the phone.
- If someone asks for your personal information, refuse to give out any personal information, and simply hang up.
- Don't trust your caller ID. The internet has made it possible for scammers to use fake IDs when they call you, so it could appear to be a legitimate or local source.
- Contact the Social Security Administration if you're concerned about a call from someone claiming to be with the SSA, you can call the real SSA at 1-800-772-1213.
- Remember, never give personal information to unsolicited callers.
- You are in control. Just hang up.

One recent popular scam includes receiving a text message that claims you have unpaid tolls. Do not be fooled. Do not click on links in the text message. The Ohio Turnpike will not text drivers, and ask for payment.

Another common scam is an email claiming your computer is at risk of a virus, because your anti-virus program subscription has run out OR has been automatically renewed. Do not click on the links in the email, or call the phone number in the body of the email.

# LUNCH CALENDAR

MAY, 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
			Chicken & Noodles <b>1*</b> Mashed Potatoes Green Beans Fruit Cocktail	Philly Steak/Cheese <b>2*</b> Peppers & Onions Paco Blend Peas Dark Sweet Cherries
Cinco de Mayo <b>5*</b> BOWL Taco Meat/Rice Pinto Beans Roasted Corn Mango	Goulash <b>6*</b> Summer Squash Fruit Crisp	BBQ Pork <b>7*</b> Batter Bites Harvard Beets Tangerine	Boneless Chicken Wings <b>8*</b> Tater Tots Calif Blend Apricots	Breaded Fish <b>9*</b> Macaroni & Cheese Stewed Tomatoes Fresh Fruit Juice
Lasagna <b>12*</b> Broccoli Carrots Peaches Yogurt	Corn Chowder <b>13*</b> Ham & Swiss Potato Salad Jell-O	Hot Dog <b>14*</b> (LS Alt= Chicken Breast) Baked Beans Cauliflower Michigan Fruit Blend	Cream Chipped Beef <b>15*</b> Mashed Potatoes Succotash Apple Slices w/ Caramel	Swedish Meatballs <b>16*</b> Noodles Brussels Sprouts Midori Vegetable Bland Banana
Hot Chicken Sandwich <b>19*</b> Rosemary Herb Potato Garlic Chalet Blend Mandarin Oranges	Cabbage Roll <b>20*</b> Smashed Red Potatoes Peas & Onions Pears	Salisbury Steak <b>21*</b> Mashed Potatoes Carrots Applesauce	Sausage Patty <b>22*</b> Mixed Vegetable Fruit Cobbler Juice	Chicken Salad <b>23*</b> Lima Dill Salad Peach Pudding Carrots w/ Ranch
<b>26*</b>  <b>CLOSED FOR MEMORIAL DAY</b>	Chili <b>27*</b> Mexican Rice Corn Tropical Fruit Blend	National Cheeseburger Day <b>28*</b> Cheese Burger Batter Bites Tuscan Asiago Blend Fresh Fruit Cookie/SF Cookie	Hamloaf <b>29*</b> (LS Alt= Meatloaf) Sweet Potatoes Sweet & Sour Spinach Pineapple	Sausage, Egg & Cheese <b>30*</b> Sandwich Hash Brown Casserole Corn Nuggets Orange Juice

# WAUSEON ACTIVITIES

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

MAY, 2025

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			8:00 Walking <b>10:00 Movie on the Big Screen</b> 10 to 2 County Meeting in MPR 10:15 to 11:45 BINGO (Gym) 12:00 Lunch 1:00 Silver Sneakers® Classic 2:00 H & F/ Pepper/ Pinochle/ Euchre 2:30 Walking	8:00 Walking 10:00 Golden Drummers 12:00 Lunch & Birthday Dessert 1:00 Cards/ Games 1:00 BINGO 2:30 Walking
8:00 Walking 9:00 Tech Appts (Sign Up) 10:00 Tai Chi (Senior Led) <b>11:00 Keyboard Music</b> 12:00 Lunch 1:00 Line Dancing <b>1:00 Movie in Multi-Purpose Rm</b> 2:30 Walking	8:00 Walking 9:00 Tech Appts (Sign Up) 10:00 Golden Drummers <b>11:00 Hydration How Tos</b> 12:00 Lunch 1:00 Choir Resumes July 15 1:00 Silver Sneakers® Classic 1:00 Veterans Meeting 2:00 H & F/ Pepper/ Pinochle/ Euchre 2:30 Walking	8:00 Walking w/ Friends 8:30 Zumba Gold 10:00 Tai Chi (Senior Led) <b>11:00 Program: Local Students</b> 12:00 Lunch 1:00 Site Council 1:00 Silver Sneakers Chair Yoga® 1:00 Card Games 2:30 Walking	<b>Day Trip, Bird Watching; Wear Senior Center Shirt</b> 8:00 Walking <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	8:00 Walking 10:00 Golden Drummers 12:00 Lunch 1:00 Cards/ Games 1:00 BINGO 2:30 Walking
8:00 Walking 10:00 Tai Chi (Senior Led) 10:00 Free Hearing Aid Cleanings & Hearing Screenings <b>11:00 "Friendship" with Sandy Spengler</b> 12:00 Lunch 1:00 Line Dancing 2:30 Walking	8:00 Walking 10:00 Golden Drummers <b>11:00 Derma Scan w/ Jamin</b> 12:00 Lunch 1:00 Choir Resumes July 15 1:00 Silver Sneakers® Classic Exercise 2:00 H & F/ Pepper/ Pinochle/ Euchre 2:30 Walking	<b>Day Trip, Special Grounds</b> 8:00 Walking w/ Friends 8:30 Zumba Gold 10:00 Tai Chi (Senior Led) <b>11:00 Circle of Friends Bluegrass</b> 12:00 Lunch 1:00 Silver Sneakers Chair Yoga® <b>1:00 Movie in Multi-Purpose Rm</b> 2:30 Walking	8:00 Walking 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	8:00 Walking 10:00 Golden Drummers 12:00 Lunch 1:00 Cards/ Games <b>1:00 Ognib Sdrawkcab Backwards BINGO; Wear Something Backwards</b> 2:30 Walking
8:00 Walking 10:00 Tai Chi (Senior Led) <b>10:00 Painting Class with Alice (Sign Up)</b> <b>11:00 Free Blood Pressure Checks</b> <b>11:00 Keyboard Music</b> 12:00 Lunch <b>1:00 Movie in Multi-Purpose Rm</b> 1:00 Line Dancing 2:30 Walking	8:00 Walking 10:00 Golden Drummers <b>11:00 Utility Bill Tips, Amy C.</b> 12:00 Lunch 1:00 Choir Resumes July 15 1:00 Silver Sneakers® Classic Exercise 2:00 H & F/ Pepper/ Pinochle/ Euchre 2:30 Walking	8:00 Walking w/ Friends 8:30 Zumba Gold 10:00 Tai Chi (Senior Led) <b>10:00 Make Cards w/ Deb B.</b> <b>11:00 Senior Scams/ Atty Gen Ofc</b> 12:00 Lunch 1:00 Silver Sneakers Chair Yoga® 1:00 Card Games 2:30 Walking	8:00 Walking <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	8:00 Walking 10:00 Golden Drummers 12:00 Lunch 1:00 Cards/ Games <b>1:00 Bumblebee BINGO (Wear Black/ Yellow)</b> 2:30 Walking
<b>CLOSED FOR MEMORIAL DAY</b>	8:00 Walking 10:00 Golden Drummers 11:00 Word Game 12:00 Lunch 1:00 Choir Resumes July 15 1:00 Silver Sneakers® Classic Exercise 2:00 H & F/ Pepper/ Pinochle/ Euchre 2:30 Walking	<b>Day Trip, Mud Hens (Wear Sr Ctr Shirt)</b> 8:00 Walking w/ Friends 8:30 Zumba Gold 9:30 Toenail Clinic 10:00 Tai Chi (Senior Led) 12:00 Lunch 1:00 Silver Sneakers Chair Yoga® 1:00 Card Games	2:30 Walking 8:00 Walking <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	8:00 Walking 10:00 Golden Drummers 12:00 Lunch 1:00 Cards/ Games 1:00 BINGO 2:30 Walking

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			9:00 Wizard <b>1</b> 10:00 Site Council <b>10:15 to 11:45 Crazy Hat BINGO; Make/ Wear a Crazy Hat</b> 12:00 Lunch & Birthday Dessert 1:00 Tenzi	9:00 Coffee & Conversation <b>2</b> 9 to 11 Mahjong 9:30 Chair Exercises <b>11:00 American Red Cross, Spring Storm Safety &amp; Tornado Safety Tips</b> 12:00 Lunch 1:00 "I Should Have Known That"
<b>Wear Red/White/Green for Cinco de Mayo</b> <b>5</b> 9:00 Kings in the Corner 9:30 Chair Exercises 9:30 Tai Chi w/ Robert H. (\$2) <b>11:00 Game Day, by request</b> 12:00 Lunch 1:00 Spot It!	9:00 Uno Flip <b>6</b> 9:00 Chair Yoga at Hope Church (\$5) <b>11:00 "Life as a Cartoonist" w/ Free Caricatures, Don Lee</b> 12:00 Lunch 1:00 Wizard	<b>9:00 "Traveling Little Library" 7</b> 9:00 Parking Lot Stroll 9:30 Chair Exercises 10:00 Site Council <b>10:15 to 11:45 BINGO w/ Emily</b> 12:00 Lunch & Birthday Dessert by Kingston 12:45 Ballroom Dancing 1:00 Set	<b>Day Trip, Beginner Bird Watching; 8</b> <b>Wear Senior Center Shirt</b> 9:00 Coffee & Conversation 10:15 to 11:45 BINGO w/ Delta Students 12:00 Lunch 1:00 Shut the Box	9 to 11 Mahjong <b>9</b> <b>9:15 (Note Time) Chair Exercises</b> <b>10:00 (Note Time) Make a Spring Floral Container Arrangement w/ Myrna (Sign Up)</b> 12:00 Lunch 1:00 Reminiscing
9:00 Uno Flip <b>12</b> 9:30 Chair Exercises 9:30 Tai Chi w/ Robert H. (\$2) <b>11:00 Free BP Checks, "Just So You Know," Fulton Co. Health Dept.</b> 12:00 Lunch 1:00 Five Crowns	9:00 Kings in the Corner <b>13</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 Skip-Bo	<b>Day Trip, Special Grounds 14</b> 9:00 Parking Lot Stroll 9:30 Chair Exercises <b>10:15 to 11:45 OgniB SdrawkcaB (Backwards BINGO; Wear Your Clothes Backwards); with Swanton Students</b> <b>10:30 Free Hearing Aid Cleaning &amp; Free Hearing Screenings with Hearing Life</b> 12:00 Lunch 12:45 Ballroom Dancing 1:00 Phase 10	9:00 Quiddler <b>15</b> <b>10:15 to 11:45 OgniB SdrawkcaB (Backwards BINGO), Wear Your Clothes Backwards</b> 12:00 Lunch 1:00 Wizard	9:00 Cards <b>16</b> 9 to 11 Mahjong 9:30 Chair Exercises <b>11:00 Free Concert with Gene Zenz</b> 12:00 Lunch 1:00 Sequence
9:00 "Things They Don't Teach You In School" <b>19</b> 9:30 Chair Exercises 9:30 Tai Chi w/ Robert H. (\$2) <b>11:00 Overview &amp; Update on Rails to Trails</b> 12:00 Lunch 1:00 Shut the Box	<b>Wear Senior Center Shirt 20</b> 9:00 Coffee & Conversation 9:00 Chair Yoga at Hope Church (\$5) <b>11:00 Music by Will Hinton</b> 12:00 Lunch 1:00 Spot It!	<b>Wear Black/Yellow and or Stripes 21</b> 9:00 Parking Lot Stroll 9:00 Tech Appts w/ Megan (Sign Up) 9:30 Chair Exercises <b>10:15 to 11:45 Bumblebee BINGO, with Kate from Elara Caring</b> 12:00 Lunch 12:45 Ballroom Dancing 1:00 Scrabble	<b>Wear Black/ Yellow and or Stripes 22</b> 9:00 Set 9:00 Tech Appts w/ Megan (Sign Up) <b>10:15 to 11:45 Bumblebee BINGO with Delta Library</b> 12:00 Lunch 1:00 Reminiscing	9:00 Games <b>23</b> 9 to 11 Mahjong 9:30 Chair Exercises <b>11:00 Top 10 Financial Tips for Seniors, Melissa Rupp, OSU Extension</b> 12:00 Lunch 1:00 Word Search
<b>26</b>  <b>CLOSED FOR MEMORIAL DAY</b>	9:00 Puzzles with Pals <b>27</b> 9:00 Chair Yoga at Hope Church (\$5) <b>11:00 Music by Michael Buck</b> 12:00 Lunch 1:00 Connect Four	<b>Day Trip, Toledo Mud Hens; 28</b> <b>Wear Senior Center Shirt</b> 9:00 Parking Lot Stroll 9:30 Chair Exercises 10:15 to 11:45 BINGO 12:00 Lunch 12:45 Ballroom Dancing 1:00 Rummikub	<b>Wear Senior Center Shirt 29</b> 9:00 Dad Jokes 10:15 to 11:45 BINGO 12:00 Lunch 1:00 Skip-Bo	9:00 Wits & Wagers <b>30</b> 9 to 11 Mahjong 9:15 Chair Exercises (Note Time) <b>10:00 PoKeNo (Note Time &amp; Bring Pennies)</b> 12:00 Lunch 1:00 Kings in the Corner

**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.**

MAY, 2025

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			9:00 Coffee & Conversation <b>1</b> 10:00 Site Council <b>10:15 to 11:45 Crazy Hat BINGO; Make/ Bring a Crazy Hat</b> 12:00 Lunch & Birthday Dessert 1:00 Chit Chat	9:00 Games <b>2</b> 10:00 Site Council <b>10:15 to 11:45 Crazy Hat BINGO; Make/ Bring a Crazy Hat</b> 12:00 Lunch & Birthday Dessert 1:00 Pepper
<b>Wear Red/White/Green for Cinco de Mayo</b> <b>5</b> 9:00 Puzzles with Pals <b>11:00 Music by Sonny &amp; Friends</b> 12:00 Lunch 1:00 Monopoly Deal Game	<b>Wear Senior Center Shirt</b> <b>6</b> 9:00 Uno Flip <b>11:00 Ten Financial Tips for Seniors, Melissa Rupp</b> 12:00 Lunch 1:00 Quadrillion	9:00 Uno Flip <b>7</b> 9:30 to 10:00 (Note Time) Chair Yoga <b>10:15 to 11:15 (Note Time) Program with Wendy at Normal Memorial Library</b> 12:00 Lunch 1:00 SkipBo	<b>Day Trip, Beginner Bird Watching; Wear Senior Center Shirt</b> <b>8</b> 9:00 Shut The Box Game 10:15 to 11:45 BINGO 12:00 Lunch 1:00 Tenzi	9:00 Pepper <b>9</b> 10:15 to 11:45 BINGO 12:00 Lunch 1:00 Cards
9:00 Time Line Game: Events <b>12</b> <b>10:00 Simple Painting Class with Alice W. (Sign Up)</b> 12:00 Lunch 1:00 "Things They Don't Teach You in School" Game	9:00 "Set" Card Game <b>13</b> <b>11:00 Music by Michael Buck</b> 12:00 Lunch 1:00 Chit Chat	<b>Day Trip, Special Grounds; Wear Senior Center Shirt</b> <b>14</b> 9:00 Cards & Games 10:00 Chair Yoga <b>11:00 Hospice News with Sara</b> 12:00 Lunch 1:00 Reminiscing Booklet	<b>Wear Something Backwards</b> <b>15</b> 9:00 Puzzles with Pals <b>10:15 to 11:45 Sdrawkcab (Backwards) BINGO</b> 12:00 Lunch 1:00 SkipBo	<b>Wear Something Backwards</b> <b>16</b> 9:00 Coffee & Conversation <b>10:15 to 11:45 Sdrawkcab (Backwards) BINGO</b> 12:00 Lunch 1:00 Word Search
9:00 Tenzi <b>19</b> <b>11:00 Hydration How-Tos, Wendy G. with Community Health Professionals</b> 12:00 Lunch 1:00 "I Should Have Known That" Game	<b>Wear Senior Center Shirt</b> <b>20</b> 9:00 Coffee & Conversation 9:00 Tech Appts w/ Megan (Sign Up) <b>11:00 Free Blood Pressure Checks &amp; Just So You Know, Fulton Co. Health Dept.</b> 12:00 Lunch 1:00 Pepper	9:00 Pairzi <b>21</b> 10:00 Chair Yoga <b>11:00 Free Blood Pressure Checks &amp; Just So You Know, Fulton Co. Health Dept. (Note Date)</b> <b>11:30 Car Fit: We'll Adjust Your Car Mirrors &amp; Car Seats to Help You Keep Driving Safely for Longer</b> 12:00 Lunch 1:00 Puzzles with Pals	<b>Wear Yellow/ Black for Bumblebee Day</b> <b>22</b> 9:00 Coffee & Conversation <b>10:15 to 11:45 Bumblebee BINGO</b> 12:00 Lunch 1:00 Time Line Game: Events	<b>Wear Yellow/ Black for Bumblebee Day</b> <b>23</b> 9:00 Pepper <b>10:15 to 11:45 Bumblebee BINGO</b> 12:00 Lunch 1:00 Games
<b>26</b>  <b>CLOSED FOR MEMORIAL DAY</b>	9:00 Q*Bitz Game <b>27</b> <b>11:00 Music by Sonny &amp; Friends</b> 12:00 Lunch 1:00 Phase 10	<b>Day Trip, Mud Hens, Wear Senior Center Shirt/ Hat</b> <b>28</b> 9:00 Games & Cards 10:00 Chair Yoga <b>11:00 Music by Steve Snider</b> 12:00 Lunch 1:00 No Thanks Card Game	9:00 Tech Appts (Sign Up) <b>29</b> 9:00 Games 10:15 to 11:45 BINGO 12:00 Lunch 1:00 Chit Chat	9:00 Coffee & Conversation <b>30</b> 10:15 to 11:45 BINGO 12:00 Lunch 1:00 Brain Box Games



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 MAY 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