

SERVING CITIZENS OF FULTON COUNTY 60 YEARS & OVER

SENIOR



JUNE 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

- June 13** – Car Fit event
- June 17** – Archbold & Delta Senior Center Sites Closed for Mini Food Show (Reserve your spot by June 3)
- June 19** – No Meals, Sites Closed for Juneteenth Holiday
- August 15** – Classic Car Cruise In (Reserve your spot)
- August 22** – Rain Date for Classic Car Cruise In
- Oct. 7** – Road to Wellness event
- Nov. 10** – Veterans Breakfast

DOES YOUR CAR 'FIT' YOU?

On Friday, June 13, we will host Car Fit, a free program designed to improve older driver safety, and help ensure the safest “fit” for older drivers and their vehicles. A Car Fit volunteer will adjust your car’s seat & mirrors for you while you are seated in your parked car. Call 419-337-9299 for an appointment.

SENIOR SPOTLIGHT



In honor of Father’s Day, Wayne Newman of Archbold and his daughter, Mary Schultz, of Wauseon, share the spotlight. Mary works as a substitute for the Senior Center, and encouraged her dad to sign up for meals at the Archbold Senior Center last year. According to Wayne, “The food is excellent. I’ve been happy with everything I’ve tried, and it’s a big help when I don’t have to make something for myself,” Wayne said, as he is a man on the move.

Each week, Wayne volunteers at the Fulton County Humane Society. “I love dogs. It’s a win-win situation. I like to go there, and I think the dogs enjoy the love and attention they get,” he said. He also mows the Humane Society’s property, and attends as many of his great-grandchildren’s activities and sporting events as possible.

“Around Memorial Day, I hook my John Deere tractors together, and drive all over town for a couple of hours, to give people a chance to see them. I’ve got my own parade going,” Wayne said.

His daughter, Mary, has worked as a substitute for the Fulton County Senior Center since 2023. “My dad is a great guy, a devoted family man, and a wonderful father who has always been there for me. He taught me the value of hard work, and I’m glad there’s a day to celebrate him!” Mary said.

The Archbold Senior Center meets in the Scout Cabin, 210 West Williams Street, from 9 a.m. to 2 p.m. on Tuesdays and Fridays. For more information about lunch reservations or programming, call 419-337-9299.

CLASSIC VEHICLE CRUISE IN

We are hosting a Fulton County Senior Center Cruise In and would like to invite you to participate. No cost to register! In the past, we have hosted restored or antique cars, trucks, motorcycles and even bicycles!
Location: Fulton County Senior Center, 695 S Shoop Avenue, Wauseon, OH
Friday, August 15 (Rain Date Friday, August 22) from 10 AM to 2 PM.
Enjoy ice cream treats and a hot dog lunch (or reserve a plain chicken breast or salad as your entrée). We need your lunch reservation on or before August 8. We want to be sure to have plenty of parking spaces, **so please call ahead (before August 8)** and tell Beth you are coming, 419-337-9299. Provide class/ make/ model/ year of your vehicle.
You are welcome to join us for lunch at noon in the dining room or take it outside with you. Call in your vehicle and meal reservations soon.

MINI FOOD SHOW

Reserve your spot by June 3 for a Mini Food Show with Gordon Food Service. On Tuesday, June 17, at noon, seniors will enjoy food samples in our dining room, and share their opinions to impact future Senior Center menus. Seniors will taste several dishes from GFS vendors, and the samples will combine to make a meal. Archbold and Delta sites will be closed, so all seniors may participate. Home-delivered meal clients will be served as usual. Donations accepted.

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.

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.

Reserve a time with Val, and meet at the Delta Library June 11 from 10 AM to noon, at the Swanton Library on June 18 from 10 AM to noon, at the Evergreen Library June 24 10 AM to noon, or at Wyse Commons on June 26 from 10 AM to noon.

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

THANK YOU FOR YOUR SUPPORT

Thank you for generously supporting class sponsorships, BINGO, birthday desserts, providing programs, and more! John & Alzheimer's Association, Karen & Rachel & Fulton County Health Department, Jamie & Buckeye Health Plan, Hearing Life of Wauseon, Joanna & Genacross, Katie & Key Realty, Emily & Kingston, Suzanne & Promedica, Sara & Heritage Home Health, Emily & Swanton Library, Carrie & Delta Library, Jamin & Fulton County Health Center, Trisha & Ayden Health Care, Rebecca & Swanton Valley, Julie & United Health Care.

ON THE NUTRITION SHELF: VEGETABLES

Why Vegetables? It is recommended that people of all ages fill half of their plate with fruits and vegetables at each meal. Vegetables offer many benefits, as they have a high nutrient content. Nutrients commonly found in vegetables are potassium, dietary fiber, folate (folic acid), vitamin A and vitamin C. Because vegetables offer a great deal of nutrients and only contain few calories and very little fat, they are an important part of weight management. People who eat vegetables as part of an overall healthy diet are more likely to have a reduced risk of some chronic diseases, such as heart disease, high blood pressure and certain types of cancer.

All vegetables and 100% vegetable juices count as part of the vegetables group. This includes fresh, frozen, canned or dried vegetables. There are five subgroups of vegetables:

- dark green vegetables such as broccoli, bok choy, collard greens, dark green lettuce, kale, spinach and watercress
- red and orange vegetables such as acorn squash, butternut squash, carrots, pumpkin, red peppers, sweet potatoes and tomatoes
- starchy vegetables such as black-eyed peas, green peas, lima beans, potatoes and water chestnuts
- beans and peas such as black beans, garbanzo beans (chickpeas), kidney beans, lentils, navy beans, pinto beans, soy beans, split peas and white beans
- other vegetables such as artichokes, asparagus, avocado, bean sprouts, beets, Brussels sprouts, cabbage, cauliflower, celery, cucumbers, eggplant, green beans, green peppers, mushrooms, okra, onions, turnips, wax beans and zucchini

How Much Is Needed From the Vegetable Group? The United States Department of Agriculture recommends women over 51 years of age consume two cups of vegetables per day, while the USDA recommends men over age 51 consume two and a half cups per day.

Note these equivalents for 1 cup of vegetables:

- 2 cups raw spinach or 1 large baked sweet potato
- 1 cup cooked carrots or 1 cup tomato juice
- 1 cup cooked black beans or 1 cup canned green beans
- 1 cup raw, sliced cucumber or 1 cup raw or cooked mushrooms
- 2 large stalks celery or 1 large bell pepper

While it is not necessary to consume vegetables from each of the subgroups each day, try to eat veggies from each of the subgroups throughout the course of a week.

TIPS FOR GETTING VEGETABLES ON YOUR TABLE

- Buy vegetables that are in season for better prices and optimum flavor.
- Always keep frozen vegetables in your freezer for convenience to add to any meal as a side dish.
- Buy canned vegetables for convenience, but select "reduced sodium," "low sodium" or "no salt added" options.
- Include a green salad with dinner each night. Add any vegetables you have on hand to your salad such as baby carrots, grape tomatoes or chickpeas.
- Shred carrots or zucchini into many dishes such as meatloaf, casseroles, quick breads or muffins.
- Include vegetables as a pizza topping. Ask for mushrooms, green peppers or onions.
- Have a yogurt-based vegetable dip handy for dipping fresh chopped vegetables like cucumbers, broccoli, peppers or carrots.
- Add extra vegetables to meals such as lasagna and stir fry.
- Allow children to select a new vegetable to try while shopping. This will make them more engaged in the process and more likely to enjoy the vegetable.
- Always make vegetables available for toppings on sandwiches, tacos and baked potatoes.
- Add extra vegetables to pasta sauces, soups, stews and rice dishes.

Reference: USDA, ChooseMyPlate.gov. "What Foods Are in the Vegetable Group"

FIVE MINUTES MATTERS

If you are busy, chronically tired, chronically ill or deal with limitations, give yourself permission to spend only five minutes on a project. Whether it is housekeeping, paying bills, yard work, studying, cleaning your vehicle, exercise or decluttering, five minutes is better than zero minutes. Working for a shorter amount of time is much less intimidating than trying to find energy and motivation to spend an entire day on a project. Pro tip: take a "before" photo of an area of your home you are working on, so you can view the visual progress in the "after" photo. Several five-minute work sessions throughout the day feels empowering, inspiring and gives us reasons to celebrate, according to Mayo Clinic online. Regarding decluttering, Dawn Madsen, the Minimal Mom on YouTube, reminds us that items don't come into our homes all at once, so it's okay to get rid of clutter slowly but consistently.

LUNCH CALENDAR

JUNE, 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
Sloppy Joe 2* Tater Tots Mixed Vegetable Juice	Baked Chicken 3* Mashed Potatoes Cooked Cabbage Cranberry Relish	Sausage Gravy 4* Hash Brown Casserole Peas & Carrots Grapes	Chicken Fried Steak 5* Country Gravy Mashed Potato Asparagus Apricots	Baked Ham 6* (LS Alt. Pork Roast) Scalloped Potato Sweet & Sour Spinach Dark Sweet Cherries
Smoked Sausage 9* (LS Alt Hot Dog) Peppers & Onions Peas Fruit Crisp	Hot Chicken Sandwich 10 Batter Bites Garlic Chalet Blend Apple Slices w/Caramel	Sweet & Sour Meatballs 11 Rice Midori Blend Tropical Fruit Juice	Baked Fish 12* Riced Cauliflower Stewed Tomatoes Mandarin Oranges	Beef Stew 13* Mashed Potato Brussels Sprouts Fresh Fruit
Hot Dog 16* (LS Alt. Chicken Breast) Baked Beans California Blend Mixed Fruit	Home Delivery: Lunch 17* Meat Sandwich, Three Bean Salad, Peaches Seniors from all sites with reservations: Mini Food Show	Pulled Pork 18* Baby Bakers Broccoli w/ cheese Cole Slaw Yogurt w/ Fruit	19* Closed Juneteenth	Goulash 20* Spinach Baked Apples
Creamed Chicken 23* Mashed Potato Normandy Blend Fruit Cocktail	BBQ Beef 24* Potato Wedge Beets Michigan Fruit Blend	BOWL 25* Popcorn Chicken Mashed Potato Gravy Corn Pear	Chicken Alfredo 26* Carrots Broccoli Banana	Ham Loaf 27* (LS Alt. Meatloaf) Sweet Potatoes Green Beans Ambrosia
Cheese Omelet 30* Sausage Links Potato Pancakes Hot Applesauce Orange Juice				

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
8:00 Walking 10:00 Tai Chi (Senior Led) 11:00 Keyboard Music 12:00 Lunch 1:00 Line Dancing 1:00 Cards 2:30 Walking 2	8:00 Walking 10:00 Golden Drummers 11:00 Utility/ Summer Heat, Amy 12:00 Lunch 1:00 Choir Resumes July 15 1:00 Silver Sneakers® Classic 1:00 Veterans Social 2:00 H & F/ Pepper/ Pinochle/ Euchre 2:30 Walking 3	8:00 Walking w/ Friends 8:30 Zumba Gold 10:00 Tai Chi (Senior Led) 12:00 Lunch 1:00 Site Council 1:00 Silver Sneakers Chair Yoga® 1:30 Card Games 2:30 Walking 4	8:00 Walking 10:00 Movie on the Big Screen 10:15 to 11:45 BINGO 12:00 Lunch 1:00 Silver Sneakers® Classic 2:00 H & F/ Pepper/ Pinochle/ Euchre 2:30 Walking 5	8:00 Walking 10:00 Golden Drummers 12:00 Lunch with Birthday Dessert, Provided by Heritage Health Care 1:00 Cards/ Games 1:00 BINGO 2:30 Walking 6
8:00 Walking 10:00 Tai Chi (Senior Led) 11:00 "Patience," Timely Topic w/ Sandy S. 12:00 Lunch 1:00 Line Dancing 1:00 Cards 2:30 Walking 9	8:00 Walking 10:00 Golden Drummers 11:00 Wildlife Game, Amanda P. 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 10	8:00 Walking w/ Friends 8:30 Zumba Gold 10:00 Tai Chi (Senior Led) 11:00 Music by Will Hinton 12:00 Lunch 1:00 Silver Sneakers Chair Yoga® 1:00 Card Games 2:30 Walking 11	8:00 Walking 10:00 Movie on the Big Screen 10:15 to 11:45 BINGO 12:00 Lunch 1:00 Silver Sneakers® Classic 2:00 H & F/ Pepper/ Pinochle/ Euchre 2:30 Walking 12	8:00 Walking 10:00 Golden Drummers 11 to 1:30 Car Fit Appointments 12:00 Lunch 1:00 Cards/ Games 1:00 BINGO 2:30 Walking 13
8:00 Walking 10:00 Tai Chi (Senior Led) 10:15 to 11:45 BINGO (Note Date) 11:00 Free Blood Pressure Checks 11:00 Keyboard Music 12:00 Lunch 1:00 Line Dancing 1:00 Cards 2:30 Walking 16	8:00 Walking No Golden Drummers 11:00 Word Game 12:00 Lunch, Mini Food Show 1:00 Choir Resumes July 15 No Silver Sneakers® Classic 2:00 H & F/ Pepper/ Pinochle/ Euchre 2:30 Walking 17	Day Trip, Tibbits Musical 8:00 Walking w/ Friends 8:30 Zumba Gold 9:00 Tech Appts 10:00 Tai Chi (Senior Led) 10:00 Make Cards w/ Deb 11:00 Rightsizing, Melissa Rupp 12:00 Lunch 1:00 Silver Sneakers Chair Yoga® 1:00 Card Games 2:30 Walking 18	CLOSED FOR JUNETEENTH 19	Wear Purple, Alzheimer's Awareness 8:00 Walking 10:00 Golden Drummers 12:00 Lunch 1:00 Cards/ Games 1:00 BINGO 2:30 Walking 20
8:00 Walking 10:00 Tai Chi (Senior Led) 11:00 "Trusting God," Timely Topic w/ Sandy S. 12:00 Lunch 1:00 Line Dancing 1:00 Cards 2:30 Walking 23	8:00 Walking 10:00 Golden Drummers 11:00 Music by Sonny & Friends 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 24	8:00 Walking w/ Friends 8:30 Zumba Gold 9:30 Toenail Clinic 10:00 Tai Chi (Senior Led) 11:00 Senior Scam Guard, BBB 12:00 Lunch 1:00 Silver Sneakers Chair Yoga® 1:00 Card Games 2:30 Walking 25	8:00 Walking 10:00 Movie on the Big Screen 10:15 to 11:45 BINGO 12:00 Lunch 1:00 Silver Sneakers® Classic 2:00 H & F/ Pepper/ Pinochle/ Euchre 2:30 Walking 26	Day Trip, (Wear Sr Ctr Shirt) 27 8:00 Walking 10:00 Golden Drummers 12:00 Lunch 1:00 Cards/ Games 1:00 BINGO 2:30 Walking
8:00 Walking 9:00 Tech Appts 10:00 Tai Chi (Senior Led) 11:00 Keyboard Music 12:00 Lunch 1:00 Line Dancing 1:00 Cards 2:30 Walking 30				

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>9:00 Tenzi 2 9:30 Chair Exercises 9:30 Tai Chi w/ Robert H. (\$2) 11:00 Car Fit: We'll Adjust Your Car Mirrors & Seat so You Can Drive Safely Longer 12:00 Lunch 1:00 Puzzles with Pals</p>	<p>9:00 Parking Lot Stroll 3 9:00 Chair Yoga at Hope Church (\$5) 11:00 Red Cross Summer Storm Prep/ Info. 12:00 Lunch 1:00 Five Crowns</p>	<p>9:00 "Traveling Little Library" 4 9:30 Chair Exercises 10:00 Site Council 10:15 to 11:45 BINGO, Emily, Swanton Library 12:00 Lunch & Birthday Dessert 12:45 Ballroom Dancing 1:00 Monopoly Deal</p>	<p>9:00 Parking Lot Stroll 5 10:00 Site Council 10:15 to 11:45 BINGO 12:00 Lunch & Birthday Dessert 1:00 Shut the Box</p>	<p>9:00 Puzzles with Pals 6 9 to 11 Mahjong 9:30 Chair Exercises 11:00 Swanton Author Jeff Pawlecki 12:00 Lunch 1:00 Qwirkle"</p>
<p>9:00 Sequence 9 9:00 Tech Appts (Sign Up) 9:30 Chair Exercises 9:30 Tai Chi w/ Robert H. (\$2) 11:00 Free BP Checks, "Just So You Know," Fulton Co. Health Dept. 12:00 Lunch 1:00 Monopoly Deal</p>	<p>9:00 Parking Lot Stroll 10 9:00 Chair Yoga at Hope Church (\$5) 11:00 Free BP Checks, "Just So You Know," Fulton Co. Health Dept. 11:30 Car Fit: We'll Adjust Your Car Mirrors & Seat so You Can Drive Safely Longer 12:00 Lunch 1:00 Connect Four</p>	<p>Wear Senior Center Shirt 11 9:00 Tech Appts (Sign Up) 9:30 Chair Exercises 10:15 to 11:45 Floral BINGO (Wear something with flowers on it.) 12:00 Lunch 12:45 Ballroom Dancing 1:00 Time Line Game: Americana</p>	<p>9:00 Parking Lot Stroll 12 9:00 Tech Appts (Sign Up) 9:00 Reminiscing Booklet 10:15 to 11:45 Floral BINGO (Wear Something with Flowers on it) 12:00 Lunch 1:00 Tenzi</p>	<p>9:00 Coffee & Conversation 13 9 to 11 Mahjong 9:30 Chair Exercises 11:00 My Life as a Cartoonist/ Free Caricatures, Don Lee 12:00 Lunch 1:00 Chit Chat</p>
<p>9:00 Qwirkle 16 9:30 Chair Exercises 9:30 Tai Chi w/ Robert H. (\$2) 11:00 Amanda Podach, Animal Characteristics (Escape Game) 12:00 Lunch 1:00 Scrabble</p>	<p>Delta Site is Closed Today. 17 Reserve your spot by June 3, and enjoy a Mini Food Show at the Wauseon site. See B-zz for more information.</p>	<p>Day Trip, Tibbits Opera House 18 9:00 "Things They Don't Teach You In School" Game 9:30 Chair Exercises 10:15 to 11:45 BINGO 12:00 Lunch 12:45 Ballroom Dancing 1:00 Shut the Box</p>	<p>19 CLOSED FOR JUNETEENTH HOLIDAY</p>	<p>9:00 "I Should Have Known That" Game 20 9 to 11 Mahjong 9:30 Chair Exercises 11:00 Dulcimer Music, Vickie Halsey 12:00 Lunch 1:00 Kanoodle</p>
<p>9:00 Games & Cards 23 9:30 Chair Exercises 9:30 Tai Chi w/ Robert H. (\$2) 11:00 Music by Sonny & Friends 12:00 Lunch 1:00 Chit Chat</p>	<p>9:00 Parking Lot Stroll 24 9:00 Chair Yoga at Hope Church (\$5) 11:00 How Tos of Hydration, Wendy Gericke, Community Health Professionals 12:00 Lunch 1:00 "Set" Card Game</p>	<p>9:00 Wizard 25 9:30 Chair Exercises 10:15 to 11:45 Sunshine BINGO (Wear Yellow/ Gold) 12:00 Lunch 12:45 Ballroom Dancing 1:00 Puzzles with Pals</p>	<p>9:00 Coffee & Conversation 26 9:00 Parking Lot Stroll 9:00 Tech Appts (Sign Up) 10:15 to 11:45 Sunshine BINGO (Wear Yellow/ Gold) 12:00 Lunch 1:00 Puzzles with Pals</p>	<p>Wear Senior Center Shirt 27 9:00 Uno Flip 9 to 11 Mahjong 9:30 Chair Exercises 11:00 Game Day, by request 12:00 Lunch 1:00 Cards & Games</p>
<p>9:00 Uno Flip 30 9:30 Chair Exercises 9:30 Tai Chi w/ Robert H. (\$2) 11:00 How Tos of Hydration, Wendy Gericke, Community Health Professionals 12:00 Lunch 1:00 Games & Cards</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.

JUNE, 2025

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9:00 Quadrillion 2 11:00 CHIP Home Repair Info for Homeowners & Rights for Renters (Dottie w/ Maumee Valley Planning Org.) 12:00 Lunch 1:00 Set	9:00 Kings in the Corner 3 10:00 Site Council 11:00 ZINGO 12:00 Lunch 1:00 Skip-Bo	9:00 Puzzles with Pals 4 10:45 to 11:45 (Note Time) Concert by Heidi Paxton 12:00 Lunch 1:00 Coffee & Conversation	9:00 Brain Game from Game Box 5 10:00 Site Council 10:15 to 11:45 BINGO 12:00 Lunch & Birthday Dessert 1:00 Left-Center-Right	9:00 "I Should Have Known That" 6 10:15 to 11:45 BINGO 12:00 Lunch & Birthday Dessert 1:00 Reminiscing Booklet
9:00 Phase 10 9 11:00 Game Day 12:00 Lunch 1:00 Azul	9:00 Spot It! 10 11:00 Update & Tour of Archbold Community Garden with Abby P. 12:00 Lunch 1:00 "Things They Don't Teach You In School"	9:00 Chit Chat 11 11:00 Rightsizing/ Making a Space Work for You, Melissa Rupp, OSU Extension 12:00 Lunch 1:00 Games	9:00 Coffee & Conversation 12 10:15 to 11:45 Floral BINGO (Wear Something with Flowers on it) 12:00 Lunch 1:00 Time Line -- Inventions	9:00 Pepper 13 10:15 to 11:45 Floral BINGO (Wear Something with Flowers on it) 12:00 Lunch Car Fit Event at Wauseon 1:00 Uno Flip
9:00 Coffee & Conversation 16 11:00 Can You Beat the Heat as an Energy Saver? Amy Carles, Ohio Consumers' Counsel 12:00 Lunch 1:00 Word Search	17 Archbold Site is Closed Today. Reserve your spot by June 3, and enjoy a Mini Food Show at the Wauseon site. See B-zz for more information.	18 Day Trip, Tibbits Musical 9:00 Azul 11:00 Amanda Podach, Animals Escape Pack Activity 12:00 Lunch 1:00 Brain Game from Game Box	19 CLOSED FOR JUNETEENTH	20 9:00 Word Search 10:15 to 11:45 BINGO 12:00 Lunch 1:00 Set
9:00 Tech Appts. (Sign Up) 23 11:00 "Just So You Know" & Free Blood Pressure Checks 12:00 Lunch 1:00 Reminiscing Booklet	24 9:00 Tech Appts 9:00 Uno Flip 11:00 Safe Summer Skin/ DermaScan with Jamin 12:00 Lunch 1:00 Tenzi	25 9:00 Coffee & Conversation 11:00 Free Bluegrass Concert, Circle of Friends 12:00 Lunch 1:00 Word Search	26 9:00 Quadrillion 10:15 to 11:45 Sunshine BINGO (Wear Yellow/ Gold) 12:00 Lunch 1:00 Phase 10	27 9:00 Pepper 10:15 to 11:45 Sunshine BINGO (Wear Yellow/ Gold) 12:00 Lunch 1:00 Quiddler
9:00 Time Line -- Inventions 30 10:15 to 10:45 BONUS BINGO (Due to 19th) 12:00 Lunch 1:00 Puzzles with Pals				



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 JUNE 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, 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