

SERVING CITIZENS OF FULTON COUNTY 60 YEARS & OVER

SENIOR



JULY 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

PARADE PRESENCE

Watch for one of our Senior Center vehicles in upcoming local parades!

July 12, Delta Chicken Festival Parade

July 26, Wauseon Homecoming

August 2, Fayette Bull Thistle Parade

August 9, Swanton Corn Festival Parade

ONE CALL

If you receive automated One Call phone messages from the Senior Center, please save our number (419-337-9299) in your list of safe contacts. This will allow the automated One Call to come through your Caller ID as 'Senior Center' instead of 'Spam'.

PLEASE NOTE: We will be closed on July 4 for the Independence Day holiday

SENIOR SPOTLIGHT

"I'm turning 91 years old this month, so to be teaching again has enriched my life," Lynn Fleming of Swanton said about leading a chair exercise class at the Swanton Senior Center. She went to college to be a gym teacher, then taught elementary school in Swanton Township and the Delta area. "The program I developed for this class is 45 minutes long. The seniors enjoy coming to class, and it's fun to lead them," Lynn said. Participants of the chair exercise class report increased flexibility, mobility, and strength. Lynn started attending the Swanton Senior Center when a friend invited her several years ago. Lynn said there is always room for more seniors to join the free class which is held at 9:15 a.m. on Mondays, Wednesdays, and Fridays. The Swanton Senior Center is located at 620 Dodge Street, inside the new Faith Lutheran Church.



"Just one visit to the senior center will show you how friendly the people are. I have met so many people, and enjoyed new friendships, and I'm always learning new things. You can't find a better leader than our site manager. Jeanne is organized, friendly, and good at including everyone. You'll love the food. There's so much of it, and I appreciate the variety of vegetables," Lynn said, adding, "the beef and noodles meal is out of this world!"

Registration for the class is not required. If you'd like to stay for lunch, please make your meal reservation at least 24 business hours in advance by calling 419-337-9299.

FREE WELLNESS CLASSES

The Fulton County Senior Center in partnership with Maumee Valley Guidance Center is pleased to offer Wellness Initiative for Senior Education (WISE) Program, an Evidence-based Wellness Program for Older Adults.

There is no cost for the series of six sessions which will empower older adults to make positive, healthy choices. Course topics include Understanding the Changes Associated with Aging, Valuing Cultural and Generational Diversity, Medication and the Older Adult, Substance Abuse / Addiction in Older Adults, Gaining an Enhanced Quality of Life, and more.

WISE Program participants increased their knowledge regarding how their bodies age, how the aging process affects their ability to metabolize medications and alcohol, and how to recognize the early signs and symptoms of depression. WISE participants were more likely to improve health behaviors related to lifestyle choices, health care empowerment, and use of prescription and over-the-counter medications. Please sign up to join us for this special opportunity presented at Fulton County Senior Center, 695 S. Shoop Ave., Wauseon from 9 to 11 a.m. on Wednesdays July 2, 9, 16, 23, 30 & August 6. Or at the Fayette Senior Center, 306 E. Main Street, Fayette, from 9:45 to 11:45 a.m. on Monday, September 8, 15, 22, 29, October 6, (not 13, closed for Columbus Day), and October 20. Attending all six sessions is not mandatory. To sign up, call 419-337-9299.

SUMMER COOLING HELP

The 2025 Summer Crisis Program (SCP) will provide eligible households with a one-time benefit to assist with electric utility bills up to \$500 for regulated & \$800 for non-regulated, central air conditioning repairs up to \$1500 for homeowners, and provide a window air conditioning unit and/or fan. This year the program will be open July 1 – September 30, 2025. Household income must be at or below 175% of the Federal Poverty Guidelines and households must have at least one additional eligibility criteria listed below:

- A household member who is age 60 or older.
- A household member has a documented medical condition that is impacted by the heat, and verified by a licensed medical professional.
- Percentage of Income Payment Plan Plus (PIPP) customers are eligible for assistance towards their default PIPP payment, first PIPP payment, central air conditioning repairs, or may receive an air conditioning unit and/or fan.
- A household's electric utility has a disconnect notice, has been shut off, or new electric service is being established for the household. These households may also receive an air conditioning unit and/or fan or central air conditioning repairs, if the household can maintain electric service for 30 days.

Please call the appointment hotline number 419-219-4641 to schedule an appointment. For additional questions, call 419-337-8601.

LOCAL COOLING CENTERS

As summer temperatures rise, take note of these Fulton County cooling center locations.

- Fulton Co Senior Center, 695 S. Shoop Ave. Wauseon, Mon-Fri 8 AM-4 PM, NO COUNTY HOLIDAYS. 419-337-9299.
- Crossroads Evangelical Church, 845 E. Leggett St. Wauseon, Mon-Thurs 8:30 AM-5 PM. Call first 419-335-3686.
- North Clinton Church, 831 W. Linfoot St. Wauseon, Mon-Fri 8 AM to 4 PM. Call first 419-337-4776.
- St. John's Christian Church, 700 S. Defiance St. Archbold, Mon-Fri 8 AM-9 PM. Call first 419-446-2545.
- Wauseon Public Library, 117 E. Elm St. Wauseon Mon-Fri 10 AM-6 PM. 419-335-6626.
- Trinity Lutheran Church, 410 Taylor St. Delta, Mon-Fri 9 AM-5 PM with the doors unlocked from 9 to noon; call first, (419) 822-4579.
- Village of Delta Memorial Hall, 401 Main St. Delta 419-822-3191 Doors will be unlocked for those in need; call first.
- Normal Memorial Library 301 N. Eagle St., Fayette, Mon & Wed 10 AM-5 PM, Tues 10 AM-7:30 PM, Thurs 1-7:30 PM, Friday 1-5 PM Sat, 10 AM-1 PM. 419-237-2115.
- Swanton Public Library - 305 Chestnut St. Swanton, OH 43558 Mon-Thurs: 10 AM-7 PM, Fri 10 AM-5:30 PM, Sat: 10 AM-2 PM. 419-826-2760.
- Swanton American Legion Murbach-Siefert Post #479, 200 Hallett Ave. Swanton, OH, Mon-Sat 4 PM-8 PM & Sun 2 PM-8 PM. Call first 419-826-2936.

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 hot dog lunch (or salad as your entrée).

We want to be sure to have plenty of parking spaces, **so please call ahead (before August 8)** and tell us 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.

MEDICARE ETC. QUESTIONS ANSWERED WITH VAL

Val Edwards, Information & Referral Specialist, is taking appointments for meetings at locations around the county. Get help understanding Medicare and Social Security issues, insurance, bills, completing applications, and more. Delta area seniors with appointments can meet with Val at Delta Library on Wednesday, August 13 from 10:00 am to noon. Thursday, August 21, meet Val at the Swanton Library from 10:00 am to noon, by appointment only. Live near Metamora? Make an appointment for Tuesday, August 26 to meet with Val at the Evergreen Library in Metamora from 10:00 am to noon. On Thursday, August 28, Val will be at Wyse Commons on Archbold's Fairlawn campus by appointment. In addition, Val is available most weekdays by appointment to meet with seniors at the Fulton County Senior Center, 695 S. Shoop Avenue, Wauseon. Val's services are offered at no cost to seniors in partnership with Wyse Commons and the local libraries. Please make an appointment in advance with Val for any of these dates by calling 419-337-9299.

FROM THE NUTRITION SHELF, PROTEIN

Proteins help build and maintain body tissues like bones, muscles, skin and blood. They are also the building blocks for enzymes, hormones and vitamins. Other nutrients commonly supplied by foods in the protein group include B vitamins, iron, vitamin E, magnesium and zinc.

Which Foods Are in the Protein Group?

Foods in the protein group include meat, poultry, seafood, beans, peas, eggs, soy products, nuts and seeds. Choose Lean and Varied Protein Sources. Most Americans eat enough foods from the protein group, but could benefit from making leaner and healthier choices. Some foods in this group are high in saturated fat, including fatty cuts of beef, pork and lamb; regular (75% to 85% lean) ground beef; regular sausages, hot dogs and bacon; and some luncheon meats such as salami and bologna. In addition, many processed meats contain nitrates and high levels of sodium. To help maintain a healthy body weight and keep blood cholesterol levels healthy, these foods should be limited. Healthier protein sources include lean meat, poultry, seafood, eggs, soy products, beans, peas, nuts and nut butters, and seeds.

How much protein do I need daily?

To determine your daily protein intake, you can multiply your weight in pounds by 0.36. For a 50-year-old woman who weighs 140 pounds woman and who is sedentary (doesn't exercise), that translates into 53 grams of protein a day or at least 5 ounces per day, according to the USDA. The Institute of Medicine recommends men over 50 eat at least 56 grams of protein per day or at least 5.5 ounces per day, according to the USDA.

Note these 1-ounce protein equivalents:

- 1 egg
- 1/4 cup cooked kidney, black or garbanzo beans
- 1 tablespoon peanut butter
- 1 ounce cooked lean beef (a small hamburger equals 3 oz)
- 1 ounce cooked chicken (a small chicken breast equals 3 oz)
- 1 ounce tuna fish (one small can tuna equals 3 oz)
- 1 sandwich slice of turkey
- 1 ounce tofu (1/4 cup equals 2 oz)
- 1 ounce tempeh (1/4 cup equals 2 oz)
- 1/4 cup roasted soybeans
- 2 tablespoons hummus
- 1/2 ounce nuts or seeds

Original Authors: Linnette Goard, M.S., Cindy Oliveri, M.S. Revised by Bridgette Kidd, M.P.H., R.D., L.D., Healthy People Program Specialist, Family and Consumer Sciences, Ohio State University Extension; and Carol Smathers, M.P.H., M.S., Field Specialist, Youth Nutrition and Wellness, Family and Consumer Sciences

LUNCH CALENDAR

JULY, 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

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)

SUGGESTED DONATION: \$3.00. LUNCH SERVED AT NOON.

Checks Payable to: Fulton County Senior Center

***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
	1* Shepherd's Pie Cooked Cabbage Fruit Crunch	2* Teriyaki Chicken Fried Rice Asian Blend Mixed Fruit	3* Hot Dog (LS Alt. Chicken Breast) Baked Beans California Blend Macaroni Salad Potato Chips	4* CLOSED FOR INDEPENDENCE DAY
7* Philly Steak/Cheese Peppers & Onions Paco Blend Peas Dark Sweet Cherries	8* Goulash Summer Squash Riced Cauliflower Grapes	9* Cod Tenders Tater Tots Stewed Tomatoes Fresh Fruit	10 Chicken Breast Rosemary Herb Potatoes Black Eyed Peas Mandarin Oranges	11 BBQ Pork Potato Wedge Harvard Beets Pears
14* Beef & Noodles Mashed Potatoes Green Bean Casserole Peaches	15* Italian Wedding Soup Tossed Salad Fruit Salad Cottage Cheese	16* Beef & Cheese Burrito Refried Beans Cilantro Lime Rice Mango	17* Cheese Burger Batter Bites Cooks Choice Applesauce	18* 5 cheese Ziti w/ Italian sausage Spinach Broccoli Fresh fruit
21* World Ice Cream Day Chicken Tenders Macaroni & Cheese Garlic Chalet Blend Sorbet Cups	22* Stuffed Peppers Smashed Red Potatoes Green Beans Pears	23* Salisbury Steak Mashed Potatoes Maple Glazed Carrots Banana	24* Bratwurst/ Sauerkraut (LS ALT = Hot Dog) German Potato Salad Fruit Crunch Juice	25* Egg Salad Sandwich Carrots w/Ranch Jello w/ Fruit Fresh Fruit
28* Chili Mexican Rice Corn Pineapple	29* Sausage, Egg & Cheese Sandwich Potato Coins Baked Apples Orange Juice	30* Beef Pot Roast Boiled Potato Brussels Sprouts Peaches	31* BOWL Honey Sesame Chicken Rice Broccoli Snap Peas Fruit Cocktail	

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 8:00 Walking 10:00 Golden Drummers 11:00 Keyboard Music 12:00 Lunch 1:00 Veterans Social Choir Resumes July 15 1:00 Silver Sneakers@ Classic 2:00 H & F/ Pepper/ Pinochle/ Euchre 2:30 Walking	2 8:00 Walking w/ Friends 9 to 11 WISE 10:00 Tai Chi (Senior Led) 12:00 Lunch 1:00 Site Council 1:00 Silver Sneakers Chair Yoga@ 1:00 Card Games 2:30 Walking	3 Wear Red/ White/ Blue 8:00 Walking 10:15 to 11:45 BINGO 11:00 Keyboard Music 12:00 Lunch & Birthday Dessert by Heritage Health Care 1:00 Silver Sneakers@ Classic 2:00 H & F/ Pepper/ Pinochle/ Euchre 2:30 Walking	4 CLOSED FOR INDEPENDENCE DAY
7 8:00 Walking 8:30 Zumba Gold 10:00 Tai Chi (Senior Led) 11:00 Free Blood Pressure Checks 11:00 Keyboard Music 12:00 Lunch 1:00 Line Dancing 2:30 Walking	8 8:00 Walking 10:00 Golden Drummers 11:00 Music by Will Hinton 12:00 Lunch Choir Resumes Next Week 1:00 Silver Sneakers@ Classic 2:00 H & F/ Pepper/ Pinochle/ Euchre 2:30 Walking	9 8:00 Walking w/ Friends 9 to 11 WISE 10:00 Tai Chi (Senior Led) 11:00 Caricatures, Don Lee 12:00 Lunch 1:00 Silver Sneakers Chair Yoga@ 1:00 Card Games 2:30 Walking	10 Day Trip, Sandpiper Boat Cruise; Wear Senior Center Shirt 8:00 Walking 10:15 to 11:45 BINGO 11:00 Keyboard Music 12:00 Lunch 1:00 Silver Sneakers@ Classic 2:00 H & F/ Pepper/ Pinochle/ Euchre 2:30 Walking	11 8:00 Walking 10:00 Golden Drummers 12:00 Lunch 1:00 Cards/ Games 1:00 BINGO 2:30 Walking
14 8:00 Walking 8:30 Zumba Gold 10:00 Tai Chi (Senior Led) 11:00 Free Hearing Screenings & Hearing Aid Cleaning 11:00 Keyboard Music 12:00 Lunch 1:00 Line Dancing 2:30 Walking	15 8:00 Walking 10:00 Golden Drummers 11:00 Keyboard Music 12:00 Lunch 1:00 Choir 1:00 Silver Sneakers@ Classic 2:00 Pinochle/ H & F/ Pepper/ Euchre 2:30 Walking	16 8:00 Walking w/ Friends 9 to 11 WISE 10:00 Tai Chi (Senior Led) 10:00 Make Cards w/ Deb B. (Sign Up) 11:00 Bee Keeping, Roger Myers 12:00 Lunch 1:00 Silver Sneakers Chair Yoga@ 1:00 Card Games 2:30 Walking	17 8:00 Walking 10:15 to 11:45 BINGO 11:00 Sign Up For Farmers' Market Benefits 12:00 Lunch 1:00 Silver Sneakers@ Classic 2:00 H & F/ Pepper/ Pinochle/ Euchre 2:30 Walking	18 8:00 Walking 10:00 Golden Drummers 12:00 Lunch 1:00 Cards/ Games 1:00 BINGO 2:30 Walking
21 8:00 Walking 8:30 Zumba Gold 10:00 Tai Chi (Senior Led) 11:00 Free Blood Pressure Checks 11:00 Timely Topic w/ Sandy, "Forgiveness" 12:00 Lunch 1:00 Line Dancing 2:30 Walking	22 8:00 Walking 10:00 Golden Drummers 11:00 Concert by Sunshine Bell Choir 12:00 Lunch 1:00 Choir 1:00 Silver Sneakers@ Classic 2:00 H & F/ Pepper/ Pinochle/ Euchre 2:30 Walking	23 8:00 Walking w/ Friends 9 to 11 WISE 9:30 Toenail Clinic (Conf. Rm) 10:00 Tai Chi (Senior Led) 11:00 Hands Only CPR, Red Cross 12:00 Lunch 1:00 Silver Sneakers Chair Yoga@ 1:00 Card Games 2:30 Walking	24 Second Trip on Sandpiper Boat Cruise; Wear Senior Center Shirt 8:00 Walking 10:15 to 11:45 BINGO 12:00 Lunch 1:00 Silver Sneakers@ Classic 2:00 H & F/ Pepper/ Pinochle/ Euchre 2:30 Walking	25 8:00 Walking 10:00 Golden Drummers 12:00 Lunch 1:00 Cards/ Games 1:00 BINGO 2:30 Walking
28 8:00 Walking 8:30 Zumba Gold 10:00 Tai Chi (Senior Led) 11:00 Keyboard Music 12:00 Lunch 1:00 Line Dancing 2:30 Walking	29 8:00 Walking 10:00 Golden Drummers 11:00 CHIP Home Repair Info for Homeowners & Rights for Renters 12:00 Lunch 1:00 Choir 1:00 Silver Sneakers@ Classic 2:00 H & F/ Pepper/ Pinochle/ Euchre 2:30 Walking	30 8:00 Walking w/ Friends 9 to 11 WISE 10:00 Tai Chi (Senior Led) 12:00 Lunch 1:00 Silver Sneakers Chair Yoga@ 1:00 Card Games 2:30 Walking	31 8:00 Walking 10:15 to 11:45 BINGO 12:00 Lunch 1:00 Silver Sneakers@ Classic 2:00 H & F/ Pepper/ Pinochle/ Euchre 2:30 Walking	

DELTA - SWANTON
ACTIVITIES
 SWANTON
 620 DODGE ST.
 MON., WED., & FRI

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>7</p> <p>9:00 Golf Card Game 9:15 Chair Exercises 11:00 CHIP Home Repair Info for Homeowners, & Rights for Renters 12:00 Lunch 1:00 Uno Flip</p>	<p>1</p> <p>9:00 Uno Flip 9:00 Parking Lot Stroll 9:00 Chair Yoga at Hope Church (\$5) 11:00 CHIP Home Repair Info for Homeowners, & Rights for Renters 12:00 Lunch 1:00 Connect Four</p>	<p>2</p> <p>Wear Red/ White/ Blue 9:00 "Traveling Little Library" 9:15 Chair Exercises 10:00 Site Council 10:15 to 11:45 BINGO, Emily, Swanton Library 12:00 Lunch & Birthday Dessert by Kingston 1:00 Golf Card Game</p>	<p>3</p> <p>Wear Red/ White/ Blue 9:00 Wizard 9:00 Parking Lot Stroll 10:00 Site Council 10:15 to 11:45 BINGO 12:00 Lunch & Birthday Dessert 1:00 Cards & Games</p>	<p>4</p> <p>CLOSED FOR INDEPENDENCE DAY</p>
<p>14</p> <p>9:00 Dominoes 9:15 Chair Exercises 11:00 Free BP Checks, "Just So You Know," Fulton Co. Health Dept. 12:00 Lunch 1:00 Scrabble</p>	<p>8</p> <p>9:00 Blokus 9:00 Parking Lot Stroll 9:00 Chair Yoga at Hope Church (\$5) 11:00 Free BP Checks, "Just So You Know," Fulton Co. Health Dept. 12:00 Lunch 1:00 Monopoly Deal</p>	<p>9</p> <p>Wear Black/ Leather 9:00 Cards 9:15 Chair Exercises 10:15 to 11:45 Biker Babe BINGO 12:00 Lunch 1:00 "No Thanks" Game</p>	<p>10</p> <p>Day Trip, Sandpiper Boat Cruise; Wear Senior Center Shirt At Site: Wear Black/ Leather 9:00 Coffee & Conversation 9:00 Parking Lot Stroll 10:15 to 11:45 Biker Babe BINGO 11:45 Liz Cruz, NOCAC 12:00 Lunch 1:00 "Things They Don't Teach You In School" Brain Game</p>	<p>11</p> <p>9:00 Chit Chat 9 to 11 Mahjong 9:15 Chair Exercises 11:00 Better Business Bureau, Senior Scam Guard w/ Pam 12:00 Lunch 1:00 Puzzles with Pals</p>
<p>21</p> <p>9:00 Monopoly Deal 9:15 Chair Exercises 11:00 Can You Beat the Heat as an Energy Saver, Amy, OH Consumers' Counsel 12:00 Lunch 1:00 Time Line - Events"</p>	<p>15</p> <p>9:00 Chit Chat 9:00 Parking Lot Stroll 9:00 Chair Yoga at Hope Church (\$5) 11:00 Delta Police Chief Samuel Chappell, Senior Scams 12:00 Lunch 1:00 Time Line - Americana</p>	<p>16</p> <p>Bring Your Grandchild to BINGO 9:00 Cards & Games 9:15 Chair Exercises 10:15 to 11:45 Grandchild BINGO 12:00 Lunch 1:00 Goat Lords Game</p>	<p>17</p> <p>Bring Your Grandchild to BINGO 9:00 Reminiscing 9:00 Parking Lot Stroll 10:15 to 11:45 Grandchild BINGO 12:00 Lunch 1:00 "I Should Have Known That" Brain Game</p>	<p>18</p> <p>9:00 Sequence 9 to 11 Mahjong 9:15 Chair Exercises 10:00 (Note Time) Bunco w/ Buddies 12:00 Lunch 1:00 Dominoes</p>
<p>28</p> <p>9:00 Coffee & Conversation 9:15 Chair Exercises 11:00 Free Bluegrass Concert, Circle of Friends 12:00 Lunch 1:00 "Things They Don't Teach You In School" Game</p>	<p>22</p> <p>9:00 Coffee & Conversation 9:00 Parking Lot Stroll 9:00 Chair Yoga at Hope Church (\$5) 11:00 Can You Beat the Heat as an Energy Saver, Amy, OH Consumers' Counsel 12:00 Lunch 1:00 Kanoodle</p>	<p>23</p> <p>Wear Something That Makes You Feel Gorgeous 9:00 Reminiscing 9:15 Chair Exercises 10:15 to 11:45 Gorgeous Grandma BINGO 12:00 Lunch 1:00 Shut the Box</p>	<p>24</p> <p>Second Trip on Sandpiper Boat Cruise; Wear Senior Center Shirt At Site: Wear Something That Makes You Feel Gorgeous 9:00 Parking Lot Stroll 10:15 to 11:45 Gorgeous Grandma BINGO, with Carrie from Delta Library 12:00 Lunch 1:00 Chit Chat</p>	<p>25</p> <p>9:00 Coffee & Conversation 9 to 11 Mahjong 9:15 Chair Exercises 11:00 Game Day 12:00 Lunch 1:00 Puzzles with Pals</p>
<p>28</p> <p>9:00 Coffee & Conversation 9:15 Chair Exercises 11:00 Free Bluegrass Concert, Circle of Friends 12:00 Lunch 1:00 "Things They Don't Teach You In School" Game</p>	<p>29</p> <p>9:00 Qwirkle 9:00 Parking Lot Stroll 9:00 Chair Yoga at Hope Church (\$5) 11:00 Beginning Genealogy, with Tarilynn & Paulette 12:00 Lunch 1:00 Shut the Box</p>	<p>30</p> <p>Match with a Friend & Dress like a Twin 9:00 Tenzi 9:15 Chair Exercises 10:15 to 11:45 Twin Day BINGO 12:00 Lunch 1:00 "I Should Have Known That"</p>	<p>31</p> <p>Match with a Friend & Dress like a Twin 9:00 Wizard 9:00 Parking Lot Stroll 9:30 Quilling Demonstration, Shirley Bowerman 10:15 to 11:45 Twin Day BINGO 12:00 Lunch 1:00 Games</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.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<p>1</p> <p>9:00 Cards 10:00 Site Council 10:15 to 11:45 Friday's BINGO (Note Date) 12:00 Lunch & Birthday Dessert 1:00 Chit Chat</p>	<p>2</p> <p>9:00 Quiddler Game 10:00 Chair Yoga 11:00 Fayette Police Chief Bingham & Asst Chief McConnell 12:00 Lunch 1:00 Set (Game)</p>	<p>3</p> <p>Wear Red/ White/ Blue 9:00 Reminiscing 10:00 Site Council 10:15 to 11:45 BINGO 12:00 Lunch & Birthday Dessert 1:00 Cards</p>	<p>4</p> <p>CLOSED FOR INDEPENDENCE DAY</p>
<p>7</p> <p>9:00 Uno Flip 11:00 Carpet Golf/ Tic-Tac-Toe/ Game Day 12:00 Lunch 1:00 Kings in the Corner Game</p>	<p>8</p> <p>9:00 Kings in the Corner Game 11:00 Red Cross Summer Storm Preparation/ Information 12:00 Lunch 1:00 Five Crowns Game</p>	<p>9</p> <p>9:00 Chit Chat 10:00 Chair Yoga 11:00 Music by Sonny & Friends 12:00 Lunch 1:00 Cards</p>	<p>10</p> <p>Sandpiper Boat Day Trip Wear Black/ Leather 9:00 Coffee & Conversation 10:15 to 11:45 Biker Babe BINGO 12:00 Lunch 1:00 Games</p>	<p>11</p> <p>Wear Black/ Leather 9:00 Pepper 10:15 to 11:45 Biker Babe BINGO 12:00 Lunch 1:00 Chit Chat</p>
<p>14</p> <p>9:00 Skip-Bo 11:00 History Chat with Colleen (Note: Meet at Bean Creek History Center) 12:00 Lunch 1:00 Spot It! Game</p>	<p>15</p> <p>9:00 Spot It! Game 11:00 "Just So You Know" & Free Blood Pressure Checks 12:00 Lunch 1:00 Tenzi Game</p>	<p>16</p> <p>9:00 Coffee & Conversation 10:00 Chair Yoga 11:00 Guitar Music, Will Hinton 12:00 Lunch 1:00 "Tell Me More" Questions</p>	<p>17</p> <p>Bring Your Grandchild to BINGO 17 9:00 Chit Chat 10:15 to 11:45 Grandchild BINGO 12:00 Lunch 1:00 Songburst Game</p>	<p>18</p> <p>Bring Your Grandchild to BINGO 18 9:00 Cards 10:15 to 11:45 Grandchild BINGO 12:00 Lunch 1:00 Word Search</p>
<p>21</p> <p>9:00 Word Search 11:00 Vascular Screenings & Education by University of Toledo 12:00 Lunch 1:00 Puzzles with Pals</p>	<p>22</p> <p>9:00 Pepper 11:00 Current Scams with Archbold Asst. Chief of Police, Tera Rogers 12:00 Lunch 1:00 Reminiscing</p>	<p>23</p> <p>9:00 Games & Cards 10:00 Chair Yoga 11:00 Q & A with Pharmacist Aaron Dunlap of Klinger Pharmacy 12:00 Lunch 1:00 Uno Flip</p>	<p>24</p> <p>Second Trip on Sandpiper Boat Cruise; Wear Senior Center Shirt At Site: Wear Something That Makes You Feel Gorgeous 9:00 Kings In The Corner Game 10:15 to 11:45 Gorgeous Grandma BINGO 12:00 Lunch 1:00 "I Should Have Known That" Game</p>	<p>25</p> <p>9:00 Coffee & Conversation 10:15 to 11:45 BINGO 12:00 Lunch 1:00 Pepper</p>
<p>28</p> <p>9:00 Coffee & Conversation 11:00 "Just So You Know" & Free Blood Pressure Checks 12:00 Lunch 1:00 Tenzi</p>	<p>29</p> <p>9:00 Phase 10 Card Game 11:00 "Can You Beat the Heat as an Energy Saver?" Game, Amy Carles 12:00 Lunch 1:00 Set (Brain Game)</p>	<p>30</p> <p>9:00 Skip-Bo 10:00 Chair Yoga 11:00 Hands Only CPR with American Red Cross 12:00 Lunch 1:00 Shut the Box</p>	<p>31</p> <p>Match w/ a Friend & Dress as Twins 9:00 LCR Game 10:15 to 11:45 Twin Day BINGO 12:00 Lunch 1:00 "Things They Don't Teach You In School" Game</p>	



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 JULY 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
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 Ehrsam, Tim Gorsuch, Steve Jackson, Vicki Lynn Kline, Cheryl Kohls, Arin Lauber, Michael Mangas, Sharon McCabe, Becky Peabody, Dennis Peabody, Christian Powers, 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