

SERVING CITIZENS OF FULTON COUNTY 60 YEARS & OVER

# SENIOR



**SEPTEMBER 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

- September 1** – Closed for Labor Day
- September 16** – Day Trip, Shipshewana for Fayette & Archbold Sites
- September 17** – Day Trip, Toledo Zoo, Zoo-venir BINGO
- September 30** – Musical at Shipshewana
- October 1** – Day Trip, Toledo Zoo, Swing-mania Orchestra
- October 7** – Road to Wellness event at FC Senior Center, Wauseon. Sign up by Sept. 23.

### VOLUNTEERS NEEDED

Interested in a great way to give back to your community? Fulton County Senior Center is in need of volunteers to drive seniors to medical and dental appointments once or twice a week between 8 a.m. and 4 p.m. Monday through Friday. As a driver, you would use a county vehicle, use the Fulton County Senior Center in Wauseon location as home base, and must pass a health screening. Drivers are needed for local trips, as well as trips to medical and dental facilities in the surrounding area. For more information, call Angela, Volunteer Coordinator, at 419-337-9299.

## SENIOR SPOTLIGHT

Shirley Bowerman of Swanton has been creating quilled paper art for twelve years. “I love the peace and quiet of it and the way it feels like I have accomplished something when a project is done,” Shirley said. Paper quilling is an art form where thin strips of paper are rolled, shaped, and glued together to create decorative designs. These designs can range from simple shapes to intricate patterns and can be used to embellish a variety of items like cards, boxes, and artwork. “It’s lots of fun. It gives me something to do, keeps my mind busy, and my hands active,” she added. Shirley said paper quilling is only her hobby and not a business. She likes to share her paper quill creations and recently demonstrated quilling, then gifted each of the seniors at the Delta site with a quilled cupcake that she had made.

Shirley was born and raised in Fulton County, and attended Swanton schools until her freshman year. She is a 1966 graduate of Delta High School. She runs Bowerman Carpet, but on Thursdays you’ll often find Shirley at the Delta Senior Center. “It’s one way for me to get out and be around people. I play BINGO and see my two sisters, Charlotte and Connie. We have a lot of fun,” she said. Shirley has ten grandchildren and three great-grandchildren and has enjoyed passing along the art of paper quilling to them.



## FREE CONFERENCE FOR SENIORS ON OCTOBER 7

Please note, on Tuesday, October 7, the Delta Senior Center and Archbold Senior Center will be closed. You are encouraged to sign up for the 16th annual Road to Wellness Health Care Conference for Mature Adults and Caregivers. Registration will begin at 9:30 a.m. The event ends at 1:00 p.m. Location: Fulton County Senior Center, 695 S. Shoop Avenue, Wauseon. The event is free for local seniors age 60 and over, and is sponsored by the Fulton County Aging Consortium. More than 30 vendors will be onsite with information and giveaways. Speakers from Alzheimer's Association will focus on signs and prevention of dementia, and Heartland Hospice will explain hospice options and information. Wauseon High School Choir will provide entertainment.

Free health screenings, as well as flu and Covid immunizations, will be offered throughout the day for attendees. The menu will be beef & noodles, mashed potatoes, green beans, dinner roll, apple slices, and a cookie. Individuals must pre-register and will receive a free lunch. We must have your registration by September 23 by calling 419-337-9299.

## WHERE'S VAL?

It's September, which means Medicare Open Enrollment will begin soon, on October 15. Seniors have two opportunities to hear Val Edwards, Information & Referral Specialist, speak about current Medicare topics. Val will present a program at 11 AM on Wednesday, September 24 at the Fayette Senior Center, located inside Family Life Center at 306 E. Main Street, Fayette.

Val will also speak at 11 AM at the Swanton Senior Center on Friday, October 3. The Swanton Senior Center is located west of Swanton, on the north side of County Road H, between County Road 3 and County Road 2, inside the NEW Faith Lutheran Church.

Additionally, Val will be available for extended hours at the following locations to focus on Medicare Open Enrollment. Please make an appointment well in advance with Val for any of these dates by calling 419-337-9299.

- Thursday, October 16, from 10 AM to 3 PM at the Swanton Library
- Wednesday, November 12, from 10 AM to 3 PM at the Delta Library
- Thursday November 20 from 10 to 3 at Wyse Commons
- Tuesday November 25 from 10 to 3 at Evergreen Community Library
- Val has some appointments available to meet with seniors at the Fulton County Senior Center, 695 S. Shoop Ave., Wauseon. A Medicare check-up day will offer appointments with Val and other Medicare specialists on Wednesday, October 15 at the Fulton County Senior Center in Wauseon. Val's services are offered at no cost to seniors in partnership with Wyse Commons and the local libraries.

## TWO TOLEDO ZOO DAY TRIPS OFFERED

Join us on Wednesday, September 17 or Wednesday, October 1, as we take a walk on the wild side at Toledo Zoo during Senior Discovery Days. Meet at Wauseon Senior Center at 8:30 a.m. (leave by 8:45) or board the bus at Swanton Senior Center at 9:15 a.m. Bring \$10 suggested donation, per person, for bus transportation, as well as a debit or credit card to buy your lunch. Remember the zoo is now cashless. Lunch is on your own. Bonuses of Senior Discovery Days include the following: free small coffee & mini-muffin (10 a.m. to 2 p.m.) at the zoo's Timberline Bakery (in the Gift Shop) and a 15% discount on merchandise in gift shops, and a discount on zoo memberships purchased. On September 17 from 10:30 a.m. to noon in the Malawi Event Center, enjoy "Zoo-venir BINGO." On October 1, from 11 a.m. to 1 p.m., enjoy the big band sounds of Jeff McDonald's Swingmania Orchestra in the Malawi Event Center. We encourage you to wear walking shoes, sunscreen, a hat, and bring a bottle of water. The bus returns by approximately 4 p.m. Space is limited. To sign up for one of these day trips, call 419.337.9299.

**FOOD SHOW FAVORITES**

On June 17, we hosted a mini food show at our Wauseon location. Our seniors got to taste-test 37 food samples from five vendors. Approximately 230 seniors dined, then ranked the samples, indicating their favorites. After tabulating the 202 surveys that were returned, here are the top fifteen foods according to our seniors. Watch for your new favorite foods to be added to upcoming menus.

1. Cheesecake Brownie, 113 four-star ratings
2. Escalloped Apples, 107 four-star ratings
3. Beef Pot Roast, 103 four-star ratings
4. Amish Coleslaw, 98 four-star ratings
5. Smoked Applewood Ham, 93 four-star ratings
6. Double Smoked Apple Cider Bacon, 89 four-star ratings
7. Smithfield Bacon, 87 four-star ratings
8. Mashed Potatoes, 84 four-star ratings
9. French Toast Casserole, 82 four-star ratings
10. Dulche de Leche Pie, 80 four-star ratings
11. Chicken & Dumpling Soup, 79 four-star ratings
12. Ricotta Pie, 78 four-star ratings
13. Bacon, Egg, Cheddar Scramble, 74 four-star ratings
14. Potato Ring with Bacon & Cheese Bite w/ Queso, 71 four-star ratings

**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’.

**FROM THE NUTRITION SHELF  
MAINTAINING NUTRITION AS WE AGE**

The aging process causes your body to change in many different ways. You may feel differently than you did a few years ago. While you cannot stop the aging process, you can provide your body with the right nutrients so that you can stay healthy.

Monitor your weight and do your best to maintain a healthy weight as you age. A good diet, physical activity, and stimulating your mind will help you face the obstacles that these changes can present. The answers to the questions discussed here can help you to prepare for daily challenges.

**Why do I have less of an appetite?** It is very common to feel less hungry when you get older, and sometimes medications can affect appetite, causing you to feel less hungry. Try eating small, frequent meals throughout the day to make sure that you are getting enough food. If you cannot eat an entire meal in one sitting, eat what you can, and put the rest of the meal in the refrigerator. Then eat the rest of the meal later in the day.

**Why doesn't my food taste as good?** You may have noticed that food does not taste as good to you as it once did. You are not alone. Both our sense of taste and smell decline as we age. Trying new seasonings, such as fresh herbs and spices, new foods, and different recipes, may help you enjoy your food more.

**What can I do to protect my eyesight?** Poor vision often accompanies aging. Vitamins A and C are essential to keep your eyes healthy. Eat plenty of fruits and vegetables because they are the best sources of vitamins A and C. Visit an eye doctor annually to help maintain healthy eyes.

**How do I control my cholesterol?** Cholesterol is found in animal products, such as meat, dairy products, and eggs. Vegetables and fruits do not contain any cholesterol. Limiting your intake of cholesterol-rich foods can help to lower your cholesterol. Saturated fats are fats found in foods like lard, palm oil, and butter that can raise your “bad” cholesterol. Trans fat is a kind of fat found in highly processed foods and margarine that can also raise your “bad” cholesterol. A good way to control your cholesterol is to limit your intake of both saturated and trans fats. Vegetable oils such as olive oil and sunflower oil are great alternatives to use for cooking.

*Source: Ohio State University Extension and Ohio Aging Network professionals*

# LUNCH CALENDAR

SEPTEMBER, 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
<p><b>1*</b></p> <p><b>Sites Closed Labor Day</b></p>	<p><b>2*</b></p> <p>Beef &amp; Noodles Mashed Potatoes Green Beans Apricots</p>	<p><b>3*</b></p> <p>Swanton B-day Navy Bean Soup (LS Alt=Tomato Soup) Deli Chicken Sandwich Pickled Beets Tropical Fruit</p>	<p><b>4*</b></p> <p>Fayette &amp; Delta B-day Sausage Patty Sandwich Riced Cauliflower Succotash Mixed Fruit</p>	<p><b>5*</b></p> <p>Wauseon &amp; Archbold B-day Salisbury Steak Mashed Potatoes Maple Glazed Carrots Apple Yogurt</p>
<p><b>8*</b></p> <p>Baked Ham (LS Alt = Pork Loin) Scalloped Potatoes Sweet &amp; Sour Spinach Fruit Crisp</p>	<p><b>9*</b></p> <p>Fish Sandwich Macaroni &amp; Cheese Stewed Tomatoes Dark Sweet Cherries</p>	<p><b>10</b></p> <p>Chili w/Beans Mexican Style Rice Corn Mango Cornbread</p>	<p><b>11</b></p> <p>Chicken Salad Creamy Cucumbers Ambrosia Fresh Fruit</p>	<p><b>12*</b></p> <p>Chipped Beef Mashed Potatoes Mixed Vegetables Peaches Biscuit</p>
<p><b>15*</b></p> <p>Hot Dogs (LS Alt=Chicken Breast) Baked Beans California Blend Mixed Fruit Chips</p>	<p><b>16*</b></p> <p>Beef Stroganoff Egg Noodles Brussels Sprouts Fruit Crunch</p>	<p><b>17*</b></p> <p>Chicken Breast Sandwich O'Brien Potatoes Buttered Beets Fruit Salad</p>	<p><b>18*</b></p> <p>Chicken Alfredo Broccoli Garlic Mushrooms Fruit Cocktail</p>	<p><b>19*</b></p> <p>Cheese Burgers Batter Bites Tuscan Asiago Blend Mandarin Oranges</p>
<p><b>22*</b></p> <p>Biscuits &amp; Gravy Hash Brown Casserole Peas &amp; Carrots Grapes</p>	<p><b>23*</b></p> <p>Cheeseburger Soup Ground Bologna Sandwich (LS Alt=Egg Salad) Tossed Salad Jell-O w/ Fruit</p>	<p><b>24*</b></p> <p>Teriyaki Chicken Fried Rice Asian Blend Fresh Fruit Pudding/SF Pudding</p>	<p><b>25*</b></p> <p>Ham Loaf (LS Alt=Meatloaf) Sweet Potatoes Creamed Peas Banana</p>	<p><b>26*</b></p> <p>Nat'l Pancake Day Scrambled Egg Sausage Links Pancake Escalloped Apples Carrots w/ Ranch Orange Juice</p>
<p><b>29*</b></p> <p>Country Fried Steak w/Country Gravy Mashed Potatoes Green Beans Pears</p>	<p><b>30*</b></p> <p>Goulash Summer Squash Pineapple Casserole Fresh Fruit</p>			

# WAUSEON ACTIVITIES

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

SEPTEMBER, 2025

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>1</b>  <b>CLOSED FOR LABOR DAY</b>	<b>2</b> 8:00 Walking 10:00 Golden Drummers 11:00 Keyboard Music 12:00 Lunch <b>1:00 Veterans Social</b> 1:00 Choir No Silver Sneakers 2:00 H & F/ Pepper/ Pinochle/ Euchre 2:30 Walking	<b>3</b> 8:00 Walking w/ Friends No Tai Chi 10:00 Choir Leaves for Fair <b>11:00 Choir Sings at Fair</b> 12:00 Lunch 1:00 Silver Sneakers Chair Yoga® 1:00 Card Games 2:30 Walking	<b>4</b> 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	<b>5</b> 8:00 Walking 10:00 Golden Drummers 12:00 Lunch & Birthday Dessert by Heritage Home Health Care 1:00 Cards/ Games 1:00 BINGO 2:30 Walking
<b>8</b> 8:00 Walking <b>8:30 Zumba Gold</b> 10:00 Tai Chi (Senior Led) 11:00 Free Hearing Aid Cleaning 11:00 Keyboard Music 12:00 Lunch 1:00 Line Dancing 2:30 Walking	<b>9</b> 8:00 Walking 10:00 Golden Drummers 11:00 Keyboard Music 12:00 Lunch 1:00 Choir 1:00 Silver Sneakers® Classic 2:00 H & F/ Pepper/ Pinochle/ Euchre 2:30 Walking	<b>10</b> 8:00 Walking w/ Friends 10:00 Tai Chi (Senior Led) 10:00 Choir Leaves for Fairlawn <b>10:30 Choir Sings at Fairlawn</b> 12:00 Lunch 1:00 Silver Sneakers Chair Yoga® 1:00 Card Games 2:30 Walking	<b>11</b> <b>Day Trip, Sauder Village Wear Red, White &amp; Blue</b> 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	<b>12</b> 8:00 Walking 10:00 Golden Drummers 12:00 Lunch 1:00 Cards/ Games 1:00 BINGO 2:30 Walking
<b>15</b> 8:00 Walking <b>8:30 Zumba Gold</b> 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	<b>16</b> <b>Archbold/ Fayette Trip to Shippshewana</b> 8:00 Walking 10:00 Golden Drummers <b>11:00 Noggin Knowledge Trivia</b> 12:00 Lunch 1:00 Choir 1:00 Silver Sneakers® Classic 1:00 Pinochle/ H & F/ Pepper/ / Euchre 2:30 Walking	<b>17</b> <b>Day Trip, Toledo Zoo; Wear Senior Center Shirt</b> 8:00 Walking w/ Friends 10:00 Tai Chi (Senior Led) 10:00 Make Cards w/ Deb B. <b>11:00 Avoid Identity Theft, Atty Gen Ofc</b> 12:00 Lunch 1:00 Silver Sneakers Chair Yoga® 1:00 Card Games 2:30 Walking	<b>18</b> 8:00 Walking 10:15 to 11:45 BINGO (Note: Conf. Rm) 12:00 Lunch County Lunch & Learn, plus Drug Court Grad. 1:00 Silver Sneakers® Classic 2:00 H & F/ Pepper/ Pinochle/ Euchre 2:30 Walking	<b>19</b> 8:00 Walking 10:00 Golden Drummers 12:00 Lunch 1:00 Cards/ Games 1:00 BINGO 2:30 Walking
<b>22</b> 8:00 Walking <b>8:30 Zumba Gold</b> 9:00 Free Vascular Screenings by UTMC 10:00 Tai Chi (Senior Led) <b>10:00 Choir Leaves for Swanton SC</b> 11:00 Choir Sings at Swanton SC 12:00 Lunch 1:00 Line Dancing 2:30 Walking	<b>23</b> 8:00 Walking 10:00 Golden Drummers <b>11:00 Little Rascals Video</b> 12:00 Lunch 1:00 Choir 1:00 Silver Sneakers® Classic 2:00 Pinochle/ H & F/ Pepper/ Euchre 2:30 Walking	<b>24</b> 8:00 Walking w/ Friends 10:00 Tai Chi (Senior Led) <b>11:00 Screen: Carol Burnett Show</b> 12:00 Lunch 1:00 Silver Sneakers Chair Yoga® 1:00 Card Games 2:30 Walking	<b>25</b> 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	<b>26</b> 8:00 Walking 10:00 Golden Drummers 12:00 Lunch 1:00 Cards/ Games 1:00 BINGO 2:30 Walking
<b>29</b> 8:00 Walking <b>8:30 Zumba Gold</b> 10:00 Tai Chi (Senior Led) 11:00 Keyboard Music 12:00 Lunch 1:00 Line Dancing 2:30 Walking	<b>30</b> <b>Day Trip, Musical at Shippshewana</b> 8:00 Walking 10:00 Golden Drummers 11:00 Autumn Days Word Search 12:00 Lunch 1:00 Choir 1:00 Silver Sneakers® Classic 2:00 H & F/ Pepper/ Pinochle/ Euchre 2:30 Walking			

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>1</b>  <b>CLOSED FOR LABOR DAY</b>	<b>2</b> 9:00 Coffee & Conversation 9:00 Parking Lot Stroll 9:00 Chair Yoga at Hope Church (\$5) <b>11:00 Chip Program, Maumee Valley Planning Organization; Home Repairs for Homeowners &amp; Rights for Renters</b> 12:00 Lunch 1:00 Set	<b>3</b> 9:00 "Traveling Little Library" 9:15 Chair Exercises 10:00 Site Council <b>10:15 to 11:45 Bad to the Bone BINGO, Emily, Swanton Library</b> 12:00 Lunch & Birthday Dessert by Kingston 1:00 Cards	<b>4</b> 9:00 Phase 10 10:00 Site Council <b>10:15 to 11:45 Bad to the Bone BINGO</b> 12:00 Lunch & Birthday Dessert 1:00 Cards & Games	<b>5</b> 9:00 Parking Lot Stroll 9 to 11 Mahjong 9:15 Chair Exercises <b>11:00 Game Day/ Noggin Knowledge Trivia</b> 12:00 Lunch 1:00 Quiddler
<b>8</b> 9:00 Dad Jokes 9:15 Chair Exercises <b>11:00 Free BP Checks, "Just So You Know," Fulton Co. Health Dept.</b> 12:00 Lunch 1:00 Set	<b>9</b> 9:00 Parking Lot Stroll 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 Quadrillion	<b>10</b> 9:00 Parking Lot Stroll 9:15 Chair Exercises <b>10:15 to 11:45 BINGO</b> 12:00 Lunch 1:00 Scrabble	<b>11</b> <b>Wear Red, White &amp; Blue</b> 9:00 Coffee & Conversation 9:00 Parking Lot Stroll <b>10:15 to 11:45 BINGO with Delta Students</b> 12:00 Lunch 1:00 Brain Games	<b>12</b> 9:00 Chit Chat 9 to 11 Mahjong 9:15 Chair Exercises <b>11:00 "Tell Me Something Good!" Bring Some Good News/ Something Happy to Show or Tell</b> 12:00 Lunch 1:00 Cards
<b>15</b> 9:00 Parking Lot Stroll 9:15 Chair Exercises <b>11:00 Hand &amp; Foot, Uno &amp; LCR</b> 12:00 Lunch 1:00 Uno Flip	<b>16</b> <b>Archbold/ Fayette Trip to Shipshewana</b> 9:00 Uno Flip 9:00 Chair Yoga at Hope Church (\$5) <b>11:00 Game Day/ Noggin Knowledge Trivia</b> 12:00 Lunch 1:00 Connect Four	<b>17</b> <b>Day Trip, Toledo Zoo; Wear Senior Center Shirt</b> Site:Wear Animal Print 9:00 Coffee & Conversation 9:00 Parking Lot Stroll 9:15 Chair Exercises <b>10:15 to 11:45 Animal Print BINGO</b> 12:00 Lunch 1:00 Dominoes	<b>18</b> <b>Wear Animal Print</b> 9:00 Q*Bitz <b>10:15 to 11:45 Animal Print BINGO</b> 12:00 Lunch 1:00 Time Line - Inventions"	<b>19</b> <b>(Site opens at 10 due to staff training)</b> 10:00 Parking Lot Stroll 10 to 11:45 Mahjong 10:15 Chair Exercises (Note Time) <b>11:00 Game Day</b> 12:00 Lunch 1:00 Games
<b>22</b> 9:00 Shut the Box Brain Game 9:15 Chair Exercises <b>11:00 Concert by Senior Center Choir</b> 12:00 Lunch 1:00 Kings in the Corner	<b>23</b> 9:00 Cards with Friends 9:00 Chair Yoga at Hope Church (\$5) <b>11:00 Free Bluegrass Concert by Circle of Friends</b> 12:00 Lunch 1:00 Puzzles with Pals	<b>24</b> 9:00 Skip-Bo 9:15 Chair Exercises <b>10:15 to 11:45 Star Wars BINGO</b> 12:00 Lunch 1:00 Things They Don't Teach You In School	<b>25</b> 9:00 Shut the Box <b>10:15 to 11:45 Star Wars BINGO; Caller: Carrie from Delta Library</b> 12:00 Lunch 1:00 Tenzi	<b>26</b> 9:00 Reminiscing Booklet 9 to 11 Mahjong 9:15 Chair Exercises <b>11:00 Bedford Cloggers</b> 12:00 Lunch 1:00 Songburst
<b>29</b> 9:00 Parking Lot Stroll 9:15 Chair Exercises <b>11:00 Swanton Police Chief Trejo</b> 12:00 Lunch 1:00 Spot It!"	<b>30</b> <b>Day Trip, Musical at Shipshewana</b> 9:00 Coffee & Conversation 9:00 Parking Lot Stroll 9:00 Chair Yoga at Hope Church (\$5) <b>11:00 Guitar Music, Will Hinton</b> 12:00 Lunch 1:00 Word Search			

**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.**

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>1</b>  <b>CLOSED FOR LABOR DAY</b>	9:00 Pepper <b>2</b> 10:00 Site Council <b>11:00 Beat the Heat, Amy Carles with Ohio Consumers' Counsel</b> 12:00 Lunch 1:00 Monopoly Deal Game	9:00 Left Center Right Dice Game <b>3</b> 10:00 Chair Yoga <b>11:00 Noggin Knowledge Trivia</b> 12:00 Lunch 1:00 "I Should Have Known That" Game	9:00 Monopoly Deal Game <b>4</b> 10:00 Site Council 10:15 to 11:45 Bad to the Bone BINGO 12:00 Lunch & Birthday Dessert 1:00 Time Line -- Americana, Game	9:00 Coffee & Conversation <b>5</b> 10:15 to 11:45 Bad to the Bone BINGO 12:00 Lunch & Birthday Dessert 1:00 Cards
9:00 Blokus <b>8</b> <b>9:45 WISE (Wellness Initiative for Senior Education) "Understanding Changes of Aging"</b> 12:00 Lunch 1:00 Kanoodle	9:00 Time Line -- Events Game <b>9</b> <b>11:00 "Keep a Healthy Mind/ Positive Mental Health as You Age" Maumee Valley Guidance</b> 12:00 Lunch 1:00 "I Should Have Known That" Game	9:00 Puzzles with Pals <b>10</b> 10:00 Chair Yoga <b>11:00 Free Bluegrass Concert, Circle of Friends</b> 12:00 Lunch 1:00 "Things They Don't Teach You in School" Game	<b>Site Closed for Day Trip to Sauder Village. Wear Senior Center Shirt. <b>11</b></b> Meet at 9:30 a.m. at Fayette Senior Center, and board the bus at 9:45 a.m. Back by approx. 3 p.m. Call 419-337-9299 to sign up for this trip.	9:00 Pepper <b>12</b> 10:15 to 11:45 BINGO 12:00 Lunch 1:00 Word Search
9:00 Time Line -- Americana Game <b>15</b> <b>9:45 WISE (Wellness Initiative for Senior Education) "Aging Sensitivity"</b> 12:00 Lunch 1:00 Qwirkle"	<b>Archbold Site Closed for Archbold/ Fayette Trip to Shipshewana <b>16</b></b>	<b>Day Trip, Toledo Zoo; Wear Senior Center Shirt <b>17</b></b> 9:00 Coffee & Conversation 10:00 Chair Yoga <b>11:00 Music by Sonny &amp; Friends</b> 12:00 Lunch 1:00 "Facts That Are False" Page	<b>Wear Animal Print <b>18</b></b> 9:00 Left Center Right Dice Game 10:15 to 11:45 Animal Print BINGO 12:00 Lunch 1:00 Word Search	<b>Note: (Site Opens at 10 Due to 19 Staff Training). Wear Animal Print <b>19</b></b> 10:15 to 11:45 Animal Print BINGO 12:00 Lunch 1:00 "No Thanks" Game
9:00 Reminiscing Game <b>22</b> <b>9:45 WISE (Wellness Initiative for Senior Education) "Valuing Cultural &amp; Generational Diversity"</b> <b>10:30 Free Blood Pressure Checks, Health Dept.</b> 12:00 Lunch 1:00 SkipBo	9:00 Shut the Box Game <b>23</b> <b>11:00 Dulcimer Music, Vickie Halsey</b> 12:00 Lunch 1:00 Pairzi Game	9:00 Kanoodle Game <b>24</b> 10:00 Chair Yoga <b>11:00 Medicare Q &amp; A with Val Edwards, Information &amp; Referral Specialist</b> 12:00 Lunch 1:00 Top It Card Game	9:00 Coffee & Conversation <b>25</b> 10:15 to 11:45 Star Wars BINGO 12:00 Lunch 1:00 Puzzles with Pals	9:00 Pepper <b>26</b> 10:15 to 11:45 Star Wars BINGO 12:00 Lunch 1:00 Games
9:00 Coffee & Conversation <b>29</b> <b>9:45 WISE (Wellness Initiative for Senior Education) "Medication &amp; the Older Adult"</b> 12:00 Lunch 1:00 Shut the Box Game	9:00 Time Line - Events, Game <b>30</b> <b>11:00 Guitar Music, Michael Buck</b> 12:00 Lunch 1:00 "Dealing with The Best Company" (Cards with Friends)			



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 SEPTEMBER 1, 2025**

**FULTON COUNTY SENIOR CENTER STAFF**

Director.....  
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..... Adriane Baldwin, Sherry Bittinger, Candace Gonzales, Hunter Hallet  
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