

SERVING CITIZENS OF FULTON COUNTY 60 YEARS & OVER

SENIOR

NOVEMBER 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

November 2 – 2 a.m., Daylight Savings Time Ends

November 5 – Day Trip, West Unity Christmas Shops

November 7 – Veterans Breakfast at Wauseon Site
(Make Reservation)

November 7 – Archbold and Swanton Sites Closed

November 11 – Closed for Veterans Day

November 12 – Day Trip, Toledo Walleye Hockey game

November 19 – Day trip, Darlington Holiday Warehouse

November 27 & 28 – Closed for Thanksgiving

December 4 – Evening Trip, Nite Lites at
Michigan Int'l Speedway

December 11 – Day trip, Christmas at
Wildwood Manor House

SENIOR SPOTLIGHT

Doris Provost has lived in Wauseon for more than 77 years, and has seen a lot of changes throughout her lifetime. One thing that hasn't changed is her love of card games. "For over 50 years, my husband and I and five other couples belonged to a 'Pepper Club.' We all took turns hosting the group each month," Doris said.

"At the old senior center, a lot of us played Pepper each week. Now I play Pinochle at the senior center the fourth Tuesday of each month, and I am taking lessons to learn how to play Mahjong. I've wanted to learn how to play since my granddaughter brought me a set from her trip to China many years ago," she added.

"I love to come to the senior center and meet everybody and talk with different people. It's a great place to be. I think it's the best kept secret in Wauseon. The senior center does so many activities! It's just wonderful what all you can do there. I like to go for chair yoga and lunch. I think the food at the senior center is fantastic, and it's the best meal you can get in all of Fulton County for \$3!" Doris said, adding, "When I had knee surgery, I was so thankful for the home-delivered meals, too. It's such a valuable service."

Doris has a daughter, two sons, eight grandchildren, 14 great-grandchildren (soon to be 15). "My family means a lot to me, and we have a lot of fun together," Doris said. She authored a cookbook and a collection of memories as gifts to her family. In her spare time, Doris stays active in her church and enjoys knitting and sewing doll clothes. "I've had a good life. I've always been a positive person. I think the greatest thing we can do is show kindness to everyone."



FREE BREAKFAST FOR VETERANS

All Fulton County seniors ages 60 and over are invited to make a reservation for a breakfast celebrating Veterans Day on Friday, November 7. This is a FREE breakfast for veterans and spouses. Suggested donation \$3.00 for all others. The breakfast will be at 9 a.m. and will include remarks by a special speaker, and selections by the Senior Center Choir. Menu is cheese omelet, sausage link, hash browns, fresh fruit, and pastries. Junior National Honor Society members from Wauseon school will be on hand to serve participants. Location: Fulton County Senior Center, 695 S. Shoop Ave., Wauseon. Seating is limited. The last day to make reservations is Wednesday, October 29. The Archbold and Swanton Senior Center sites will be closed on Friday, November 7, for the Veterans Breakfast. Call 419-337-9299 to reserve your spot.

CHANGE CLOCKS & BATTERIES

Daylight Savings Time ends at 2:00 am on Sunday, November 2 and our clocks "fall back" one hour. It is a good idea to ask a family member, neighbor or property owner to replace the batteries in your smoke detectors when you change your clocks. Did you know that alarm sensors wear out? The fire department recommends replacing your smoke detectors every ten years. When you install a new detector, use a permanent marker to write the date on the inside of the new detector's cover.

TOUR A MANSION WITH US

Join us for a Fulton County Senior Center day trip on Thursday, December 11 to view the 51st year of Christmas Displays inside at Wildwood Manor House (Stranahan Mansion) & Swanton Model Railroad Club Train Display (separate building). Meet at Fulton County Senior Center, 695 S. Shoop Ave., Wauseon at 9 a.m. to leave by 9:15 a.m. or board the bus at 9:30 a.m. at Delta Sr Center. Suggested donation \$10.00, per person. Pay as you board the bus. Bring money for lunch at Amie's Pizza Factory and dessert at Crumbly Cookie in Toledo after touring the mansion. This trip involves walking plus stairs. Space is limited, and depending on occupancy, the bus space may not be available to accommodate assistive devices. If you need a caregiver, please bring one. Call to add your name to this trip, 419-337-9299.

WHERE'S VAL?

It's November, which means Medicare Open Enrollment is well under way! Val Edwards, Information & Referral Specialist, will be available for extended hours at three northwest Ohio locations. See list below. Val is also taking names on a wait list in case some appointments become available due to cancellations. Then, she can meet with seniors at the Fulton County Senior Center, 695 S. Shoop Avenue in Wauseon. Please make an appointment well in advance with Val by calling 419-337-9299. Consider making a note on your 2026 calendar to contact Val in July for an open enrollment appointment starting in the fall of 2026. Val's services are offered at no cost to seniors in partnership with Wyse Commons and the local libraries.

- Wednesday, November 12, from 10 a.m. to 3 p.m. at the Delta Library
- Thursday, November 20, from 10 a.m. to 3 p.m. at Wyse Commons, Archbold
- Tuesday, November 25, from 10 a.m. to 3 p.m. at the Evergreen Library in Metamora

DRIVE-THRU CHRISTMAS LIGHTS EVENING TRIP

Join us for an evening trip on Thursday, December 4, to Nite Lites Drive-Thru Christmas Light Show at Michigan International Speedway. The displays feature five miles of lights, six lighted tunnels, sixteen mega trees, and more. You will enjoy the lights from the comfort of a Senior Center bus, with no walking among displays. Suggested donation of \$15 per person covers transportation and admission. Seniors will meet at the Fulton County Senior Center, 695 S. Shoop Avenue, Wauseon, at 5:30 pm, to leave at 5:45 pm. Seniors may board the bus at the Fayette Senior Center at 5:50 p.m. The bus will return at approximately 9 p.m., depending on traffic. Please pay as you board the bus. Eat supper on your own before you arrive for this trip. We recommend dressing in layers so you are comfortable on the bus. Space is limited, and depending on occupancy, the bus space may not be available to accommodate assistive devices. If you need a caregiver, please bring one. Call to add your name to this trip, 419-337-9299.

NUTRITION EDUCATION

Don't Let a Fumble Bother Your Food Goals – Punt, Get Back In the Game!

You've been doing a great job with your goals whether they are healthier eating or increased physical activity. Then you have an "off" weekend. Maybe it was overindulging in food and drinks and then spending the rest of the weekend sitting and watching multiple games on television while munching on chips or cookies. Come Monday morning, you feel deflated when you realize what you did over the weekend.

Don't let it get you down. Few people can always be consistent with their diet and exercise goals. The important thing now is to get back to your plan. Don't spend time thinking about the past. Look to the future and take control again. Remember, you need to eat 3,500 calories to gain one pound of body fat so your weekend overindulgence may not be as bad as you think.

Here are some hints to "pick up the ball" and "get back in the game".

- Schedule time for physical activity – if it is on your calendar, you are more likely to follow through.
- Call your supporting friend – maybe schedule a walking date! Walking in Wal-Mart is often safer and warmer than outside. The gym at the Wauseon Senior Center is available for walking when no other gym activity is scheduled.
- Cut back on what you eat a little for a few days.
- Check out the ads of your local grocery store. Pick up one or two new fruits or vegetables to try this week.
- Look for a couple of new recipes to incorporate healthy fruits and vegetables into your diet. The fiber will help you feel full longer.
- Be more conscious of your portion sizes.
- Track what you eat each day. Being aware of what we are actually consuming can help us make any necessary adjustment.

Maybe most important, be patient. Don't forget the successes you have already had and focus on the future. Wellness is not an overnight process – continue to work on your personal wellness goals such as healthy eating, physical activity and positive outlook and know that you can do it!

Writer: Marilyn Rabe, Extension Educator, Family and Consumer Sciences, Ohio State University Extension, Franklin County. Reviewer: Candace Heer, Extension Educator, Family and Consumer Sciences, Ohio State University Extension, Morrow County.

JOIN OUR TEAM

Help Wanted! Are you, or someone you know, interested in working at the Fulton County Senior Center or at one of our satellite sites? We are looking for individuals who can serve as substitutes as kitchen aides and meal delivery drivers. Flexible weekday hours. Interested in applying? Stop by the front desk to get specifics, 695 S. Shoop Avenue, Wauseon, between 8 a.m. and 4 p.m.

CHRISTMAS GIFT IDEA

Looking for a clutter-free gift idea for Christmas? Consider purchasing meal tickets through the Fulton County Senior Center. Each meal ticket is a suggested \$3.00 donation for Fulton County residents age 60 and over. You'll be confident your senior loved one is enjoying a nutritious lunch among friends at the Senior Center. Lunch is served weekdays at noon. Remind your senior to reserve their meal one business day in advance.

RESTRAIN DOGS

If you receive home-delivered meals and have a dog, please restrain the dog or put it in another room when your meal driver delivers your meal. The driver will not deliver if the dog is loose. Thank you for working with us to ensure safe delivery of your home-delivered meal.

SENIOR CENTER BROCCOLI SALAD

- | | |
|---------|------------------------------|
| 5 cups | Small Broccoli Florets (Raw) |
| 1/3 cup | Diced Onion |
| 1/2 cup | Dried Cranberries |
| 1/2 cup | Sunflower Seeds (Optional) |
| 1 cup | Mayonnaise |
| 1/4 cup | Sugar |
| 1/2 cup | Crumbled Cooked Bacon |
| 1/2 cup | Shredded Cheddar Cheese |

In a mixing bowl, combine mayonnaise, sugar, onion, and cranberries. Add broccoli and toss to coat well. Refrigerate for at least 1 hour. Just before serving, stir in the sunflower seeds, bacon, and cheese.

SAFE SIDEWALKS

Thanks for making sure your sidewalks and driveways are safe for our home-delivered meal drivers when we get snow and ice.

LUNCH CALENDAR

NOVEMBER, 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
Baked Ham 3* (LS Alt = Pork Roast) Scalloped Potatoes Normandy Blend Pumpkin Delight	Chicken & Noodles 4* Mashed Potatoes Green Beans Pears	Swanton B-day 5* Smoked Sausage (LS Alt = Hot Dog) Peppers & Onions Smashed Red Potatoes Peas Fresh Fruit	Fayette/Delta B-day 6* Cabbage Rolls Mashed Potatoes Cook's Choice Vegetable 5 Cup Salad	VETERAN'S BREAKFAST 7* Cheese Omelet Sausage Links Hash Brown Patties Fresh Fruit Cinnamon Roll Home-Delivery Menu=Freezer Meal
Beef & Cheese Burrito 10 Refried Beans Cilantro Lime Rice Mango Tortilla Chips	11 CLOSED FOR VETERANS DAY	Potato Soup 12* Deli meat sandwich Pea Salad Jell-O w/ Fruit	Hamloaf 13* (LS Alt = Meatloaf) Sweet Potatoes Sweet & Sour Spinach Apple Sauce	Wauseon B-day 14* Chili Mexican Rice Corn Fresh Fruit Juice
Fish Sandwich 17* Macaroni Cheese Stewed Tomatoes Cole Slaw Yogurt w/ Fruit	Cheese Burger 18* Batter Bites Garlic Chalet Blend Apricots	Cream Chipped Beef 19* Mashed Potato Asparagus Pineapple	Beef Stew 20* Harvard Beets Fruit Crunch	Hot Dog 21* (LS Alt = Chicken Breast) Baked Beans Riced Cauliflower Peaches
Sausage, Egg & Cheese 24* Corn Nuggets Hashbrown Casserole Banana	Beef Vegetable Soup 25* Egg Salad Sandwich Tossed Salad Ambrosia	Roast Turkey 26* Savory Bread Dressing Mashed Potatoes/Gravy Green Bean Casserole Orange Cranberry Relish Pumpkin Pie	27* CLOSED FOR THANKSGIVING	28* CLOSED FOR THANKSGIVING

WAUSEON ACTIVITIES

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8:00 Walking 8:30 Zumba Gold 10:00 Tai Chi (Senior Led) 11:00 Music by Sonny & Friends 12:00 Lunch 1:00 Line Dancing 2:30 Walking <p style="text-align: right;">3</p>	Election Day 8:00 Walking 10:00 Golden Drummers 11:00 Keyboard Music 12:00 Lunch 1:00 Choir 1:00 Veterans Social 1:00 Silver Sneakers® Classic 1:00 H & F/ Pepper/ Pinochle/ Euchre 2:30 Walking <p style="text-align: right;">4</p>	Day Trip, West Unity; Wear Senior Center Shirt 8:00 Walking w/ Friends 10:00 Tai Chi (Senior Led) 11:00 Rehab Program: Vertigo 12:00 Lunch 1:00 Site Council 1:00 Silver Sneakers Chair Yoga® 1:00 Card Games 2:30 Walking <p style="text-align: right;">5</p>	8:00 Walking 9:30 Mahjong (Sign Up) 10:15 to 11:45 BINGO 12:00 Lunch & Birthday Dessert by Heritage Health Care NO Silver Sneakers® Classic 1:00 Friday's BINGO Gym Closed for Veterans Breakfast Set-Up <p style="text-align: right;">6</p>	Veterans' Breakfast at Fulton Co. Senior Center, 695 S. Shoop Ave., Wauseon. Event begins at 9 and ends by 10:30 a.m. Reserve your spot by calling 419-337-9299. <p style="text-align: right;">7</p>
8:00 Walking 8:30 Zumba Gold 10:00 Tai Chi (Senior Led) 11:00 Timely Topic with Sandy 12:00 Lunch 1:00 Line Dancing 2:30 Walking <p style="text-align: right;">10</p>	<p style="text-align: center;">CLOSED FOR VETERANS DAY</p> <p style="text-align: right;">11</p>	Day Trip, Toledo Walleye; Wear Senior Center Shirt 8:00 Walking w/ Friends 10:00 Tai Chi (Senior Led) 10:00 Make Cards w/ Deb B. 11:00 Music by Will Hinton 12:00 Lunch 1:00 Silver Sneakers Chair Yoga® 1:00 Card Games 2:30 Walking <p style="text-align: right;">12</p>	8:00 Walking 9:30 Mahjong (Sign Up) 10:15 to 11:45 BINGO 12:00 Lunch 1:00 Silver Sneakers® Classic 1:00 H & F/ Pepper/ Pinochle/ Euchre 2:30 Walking <p style="text-align: right;">13</p>	8:00 Walking 10:00 Golden Drummers 12:00 Lunch 1:00 Cards/ Games 1:00 BINGO 2:30 Walking <p style="text-align: right;">14</p>
8:00 Walking 8:30 Zumba Gold 10:00 Free Hearing Screenings (Sign Up) 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 <p style="text-align: right;">17</p>	8:00 Walking 10:00 Golden Drummers 11:00 Keyboard Music 12:00 Lunch 1:00 Choir 1:00 Silver Sneakers® Classic 1:00 H & F/ Pepper/ Pinochle/ Euchre 2:30 Walking <p style="text-align: right;">18</p>	Day Trip, Ft. Wayne, Darlington & Olive Garden; Wear Senior Center Shirt 8:00 Walking w/ Friends 10:00 Tai Chi (Senior Led) 11:00 Balance/ Fall Prevention 12:00 Lunch 1:00 Silver Sneakers Chair Yoga® 1:00 Card Games 2:30 Walking <p style="text-align: right;">19</p>	8:00 Walking 9:30 Mahjong (Sign Up) 10:15 to 11:45 BINGO 12:00 Lunch 1:00 Silver Sneakers® Classic 1:00 H & F/ Pepper/ Pinochle/ Euchre 2:30 Walking <p style="text-align: right;">20</p>	8:00 Walking 10:00 Golden Drummers 12:00 Lunch 1:00 Cards/ Games 1:00 BINGO 2:30 Walking <p style="text-align: right;">21</p>
8:00 Walking 8:30 Zumba Gold 10:00 Tai Chi (Senior Led) 10:15 to 11:45 Thursday's BINGO 11:00 Keyboard Music 12:00 Lunch 1:00 Line Dancing 2:30 Walking <p style="text-align: right;">24</p>	8:00 Walking 10:00 Golden Drummers 11:00 Keyboard Music 12:00 Lunch 1:00 Choir 1:00 Silver Sneakers® Classic 1:00 H & F/ Pepper/ Pinochle/ Euchre 2:30 Walking <p style="text-align: right;">25</p>	8:00 Walking w/ Friends 10:00 Tai Chi (Senior Led) 11:00 Bullhorn Three (High School Trio) 12:00 Lunch 1:00 Silver Sneakers Chair Yoga® 1:00 Card Games 2:30 Walking <p style="text-align: right;">26</p>	<p style="text-align: center;">CLOSED HAPPY THANKSGIVING</p> <p style="text-align: right;">27</p>	<p style="text-align: center;">CLOSED THANKSGIVING HOLIDAY</p> <p style="text-align: right;">28</p>

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

<p>9:00 Puzzles with Pals 3 9:15 Chair Exercises 11:00 Author Paul Plassman, Book "Northwest Ohio's Castles, Churches, and Courthouses..." 12:00 Lunch 1:00 Blokus Game</p>	<p>Election Day 4 9:00 Uno Flip 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 Connect Four</p>	<p>Day Trip, West Unity; Wear Senior Center Shirt 5 9:00 "Traveling Little Library" 9:15 Chair Exercises 10:00 Site Council 10:15 to 11:45 BINGO, with Emily, Swanton Library 12:00 Lunch & Birthday Dessert by Kingston 1:00 Cards & Games</p>	<p>9:00 Chti Chat 6 10:00 Site Council 10:15 to 11:45 BINGO 12:00 Lunch & Birthday Dessert 1:00 Wits & Wagers</p>	<p>Swanton Site is Closed for Veterans' Breakfast at Fulton Co. Senior Center in Wauseon. Doors open at 8:30. Event begins at 9 and ends by 10:30 a.m. Reserve your spot by calling 419-337-9299. 7</p>
<p>9:00 Monopoly Deal Card Game 10 9:15 Chair Exercises 11:00 "I Spy" and Other Games 12:00 Lunch 1:00 Word Search</p>	<p>CLOSED FOR VETERANS DAY 11</p>	<p>Day Trip, Toledo Walleye; Wear Senior Center Shirt 12 9:00 Trivia 9:15 Chair Exercises 9:45 Free Hearing Aid Cleanings & Hearing Screenings 10:15 to 11:45 Checkered BINGO 10:30 Free BP Checks w/ Health Dept. (Note Date/ Time) 12:00 Lunch 1:00 Box of Brain Games</p>	<p>9:00 Coffee & Conversation 13 10:15 to 11:45 Checkered BINGO with Delta Students (Wear checkered clothing) 12:00 Lunch 1:00 Puzzles with Pals</p>	<p>9:00 Qwirkle 14 9 to 11 Mahjong 9:15 Chair Exercises 11:00 Circle of Friends Bluegrass Concert 12:00 Lunch 1:00 Word Search</p>
<p>9:00 Time Line: Americana 17 9:15 Chair Exercises 11:00 Fairy Houses with Myrna M. 12:00 Lunch 1:00 Kanoodle Game</p>	<p>9:00 Five Crowns Game 18 9:00 Chair Yoga at Hope Church (\$5) 11:00 Gratitude Show & Tell; Bring in Something For Which You're Grateful 12:00 Lunch 1:00 Kings in the Corner Game</p>	<p>Day Trip, Ft. Wayne, Darlington & Olive Garden; Wear Senior Center Shirt 19 9:00 Uno Flip Game 9:15 Chair Exercises 10:15 to 11:45 Princess BINGO; Dress like a Princess 12:00 Lunch 1:00 Shut the Box Game</p>	<p>9:00 Set Game 20 9:50 Sunny Day & Seniors Activity 10:15 to 11:45 Princess BINGO; Dress like a Princess 12:00 Lunch 1:00 Phase 10 Card Game</p>	<p>9:00 Word Games 21 9 to 11 Mahjong 9:15 Chair Exercises 11:00 Show & Tell: Family Treasures & Holiday Traditions 12:00 Lunch 1:00 Cards</p>
<p>Wear Team Colors 24 9:00 Hand & Foot Card Game 10:15 to 11:45 Buckeye v. Wolverine BINGO; Predict the Score 12:00 Lunch 1:00 Scrabble</p>	<p>Wear Team Colors 25 9:00 Spot It! Game 10:15 to 11:45 Buckeye v. Wolverine BINGO; Predict the Score 12:00 Lunch 1:00 Tenzi Dice Game</p>	<p>9:00 Dominoes 26 9:15 Chair Exercises 11:00 Coffee & Gratitude/ Conversation & Games 12:00 Lunch 1:00 Qwirkle Game</p>	<p>27 CLOSED FOR THANKSGIVING HOLIDAY</p>	<p>28 CLOSED FOR THANKSGIVING HOLIDAY</p>

SENIOR B-22

ARCHBOLD – FAYETTE

ACTIVITIES

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>9:00 Quadrillion Game 3 11:00 Learn about Special Grounds, New Horizons Academy & Sara's Garden with Tara, Community Outreach Director 12:00 Lunch 1:00 Set Game</p>	<p>Election Day 4 9:00 Coffee & Conversation 10:00 Site Council 10:15 to 11:45 Friday's BINGO (Note Date) 12:00 Lunch & Birthday Dessert 1:00 Word Game</p>	<p>Day Trip, Christmas Shops in West Unity; Wear Senior Center Shirt 5 9:00 Tenzi Dice Game 10:00 Chair Yoga 11:00 Author Paul Plassman, Book "Northwest Ohio's Castles, Churches, and Courthouses..." 12:00 Lunch 1:00 LCR Game</p>	<p>9:00 Uno Flex Game 6 10:00 Site Council 10:15 to 11:45 BINGO 12:00 Lunch & Birthday Dessert 1:00 Word Search</p>	<p>Archbold Site is Closed for Veterans' Breakfast at Fulton Co. Senior Center in Wauseon. Doors open at 8:30. Event begins at 9 and ends by 10:30 a.m. Reserve your spot by calling 419-337-9299. 7</p>
<p>9:00 Phase 10 Game 10 11:00 Guitar Music, Steve Snider 12:00 Lunch 1:00 Time Line Game</p>	<p>11 CLOSED FOR VETERANS DAY</p>	<p>Day Trip, Toledo Walleye; Wear Senior Center Shirt 12 9:00 Coffee & Conversation 10:00 Chair Yoga 10:15 Meet at Normal Memorial Library for Program with Wendy 12:00 Lunch 1:00 True/ False Game</p>	<p>9:00 Cards 13 10:15 to 11:45 Checkered BINGO 12:00 Lunch 1:00 Reminiscing Booklet</p>	<p>9:00 Pepper 14 10:15 to 11:45 Checkered BINGO 12:00 Lunch 1:00 Quiddler Game</p>
<p>9:00 Tenzi Dice Game 17 11:00 Music by Sonny & Friends 12:00 Lunch 1:00 Q*Bitz Game</p>	<p>9:00 Spot It! Game 18 11:00 "Just So You Know" & Free Blood Pressure Checks 12:00 Lunch 1:00 Skip-Bo Game</p>	<p>Day Trip, Ft. Wayne, Darlington & Olive Garden; Wear Senior Center Shirt 9 9:00 Puzzles with Pals 10:00 Chair Yoga 11:00 "Just So You Know" & Free Blood Pressure Checks (Note Date) 12:00 Lunch 1:00 Trivia</p>	<p>9:00 Coffee & Conversation 20 10:15 to 11:45 Princess BINGO; Dress like a Princess 12:00 Lunch 1:00 Uno Flip Game</p>	<p>9:00 Pepper 21 10:15 to 11:45 Princess BINGO; Dress like a Princess 12:00 Lunch 1:00 Cards</p>
<p>Wear Team Colors 24 9:00 Cards 10:15 to 11:45 Buckeye v. Wolverine BINGO; Predict the Score 12:00 Lunch 1:00 Games with Friends</p>	<p>Wear Team Colors 25 9:00 "Things They Don't Teach You In School" Game 10:15 to 11:45 Buckeye v. Wolverine BINGO; Predict the Score 12:00 Lunch 1:00 "I Should Have Known That" Game</p>	<p>9:00 Cards 26 10:00 Chair Yoga 11:00 Coffee & Gratitude/ Conversation & Games 12:00 Lunch 1:00 Puzzles with Pals</p>	<p>27 CLOSED FOR THANKSGIVING HOLIDAY</p>	<p>28 CLOSED FOR THANKSGIVING HOLIDAY</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 NOVEMBER 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..... Tiffany Emery, Meredith Grime, Brenda Hauck, Angela Johnston, Kelli Kuntz, Arin Lauber, Jim Lugbill, James Mapes, Jack Myers, Aimee Roth, Sam Sanderson, Shawn Vance-Dixon
- Substitutes..... James Baldwin, Mackenzie Cwiertnia, Anita Ehrsam, Tim Gorsuch, Steve Jackson, Vicki Lynn Kline, Cheryl Kohls, Michael Mangas, Sharon McCabe, Becky Peabody, Dennis Peabody, Christian Powers, Mary Schultz, Michelle Shafer, Judy Thourot, 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