

SERVING CITIZENS OF FULTON COUNTY 60 YEARS & OVER

SENIOR

JANUARY 2026

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

January 1 – Closed for New Year's Day

January 12 – Free Hearing Screening Appointments,
Fulton Co. Senior Center, Wauseon, (Sign Up)

January 12 – Free Blood Pressure Check at
Swanton Senior Center

January 13 – Free Blood Pressure Check at
Delta Senior Center

January 15 – Senior Museum Discovery Day, see pg 2.

January 19 – Closed for Martin Luther King Jr. Day

January 20 & 27 – Learn to Play Pinochle,
Delta Senior Center

January 20 – Free Blood Pressure Check at
Archbold Senior Center

January 21 – Learn about Advanced Care Planning
with Melissa, Hospice of Northwest Ohio,
Fayette Senior Center

January 22 – Day Trip, Pence's Carmel Corn Shop,
Lunch at Blueberry Hill, Bryan

January 26 – Free Blood Pressure Check at Fulton Co.
Senior Center, Wauseon

January 28 – Free Blood Pressure Check at
Fayette Senior Center

SENIOR CENTER SPOTLIGHT



As a kid in northwest Ohio, Brian wanted to be an astronaut. While his life didn't take him to space, he IS looking forward to helping our senior center reach new heights! Meet Brian Horst, the new senior center director as of November 3. Brian was born and raised in Fulton County. He graduated from Archbold High School, class of 1986, and from Goshen College in Indiana, class of 1990 with a degree focused on business, sociology, and religion.

Prior to his current role, he worked in Henry County as the executive director of the Consortium of Northwest Ohio Housing Authorities. "Although I enjoyed my work in other counties, I am excited about the opportunity to work with seniors in Fulton County. The Fulton County Senior Center has a talented group of employees who have been serving seniors well for a long time. I am honored to help continue this service while getting the word out to new seniors about the many programs we offer," Brian said, adding, "Seniors and staff have been kind and welcoming."

Brian and his wife Angie have two daughters. Lauren and her husband, Mason, are currently at Fort Bragg in North Carolina, and they had their first child in December. Anna is a senior education major at Otterbein University and will be married in May. Brian and Angie attend New Hope Church in Bryan. In his spare time, Brian enjoys hiking, reading, and walking his dog, Scooby.

MUSEUM SENIOR DISCOVERY DAYS

We are excited to partner with the Museum of Fulton County for Senior Discovery Days, which will take place the third Thursday of every month from 9:30 to 11:30 a.m.

Museum Senior Discovery Days are open to all seniors age 60 and over in the northwest Ohio area.

Imagine a morning trip close to home where you can experience the joy of learning from specialists in the field of local history. When returning to the Senior Center, you've had fun with your fellow classmates, continuing your conversations during lunch. We hope you'll eagerly make plans to return to the museum next month!

Seniors are asked to pay and register in advance. \$5.00 per person includes admission to the Museum, light refreshments, and a special program/activity/guided tour (actual value of experience is \$25 – an amazing deal!). Seniors are welcome to drive themselves. If at least ten seniors sign up for bus transportation from the Fulton County Senior Center, the bus will transport you for an additional \$3 per person, suggested donation, from 695 S. Shoop Ave., Wauseon. If you're riding the bus, meet at 8:45 a.m. to leave on the bus at 9 a.m. Sign up by calling the Museum of Fulton County, 419-337-7922, or call the Fulton County Senior Center at 419-337-9299. Here is a list of the upcoming topics.

January 15 – Eleanor Roosevelt & Marjorie Whiteman United Nations Tea Tasting and Craft

February 19 – Secret Lives Behind the Scenes Tour at the Museum

March 19 – New exhibit Tour: "13 Moons in 1776" and Ojibwa Dream Catcher Craft

April 16 – Become a History Detective Program

May 21 – Barney Oldfield the Speed King Program

June 18 – The Great Museum Rally (scavenger hunt experience)

July 16 – America 250 Birthday Celebration

August 20 – The Libby Prison Woman Spy of the Civil War Program

September 17 – Indoor Gardening Then and Now Program

October 15 – Best of Fulton County Haunting History Stories

November 19 – Historic Holiday Sing-alongs at the Museum

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.

WINTER WEATHER ALERTS

Have you taken action and stocked up on a few shelf-stable meals in your kitchen in the unlikely event that bad weather closes our Senior Center kitchen? In addition, we thank you in advance for providing a safe way to bring your meal to your door. Your meal delivery driver appreciates it when you make their safety a priority and arrange to keep your driveway and sidewalks clear of snow and ice. If bad weather cancels Senior Center meals, you can expect to receive a phone call from our automated phone system. One Call Now will provide you with instructions in the event of a Level 2 or Level 3 snow emergency. A Level 2 or 3 snow emergency will cancel all meals and programs. Call to confirm that you are on our One Call phone list, 419-337-9299.

MAKE A CHANGE TO MEDICARE ADVANTAGE PLAN

Medicare Advantage Plan Open Enrollment is January 1, 2026, to March 31, 2026. This enrollment period is only for people who are already enrolled in a Medicare Advantage plan.

What you can do:

- Switch to a different Medicare Advantage plan.
- Disenroll from your Medicare Advantage plan and return to Original Medicare. If you return to Original Medicare you can also join a separate Part D prescription drug plan.

You can only make ONE change during this period. Your new coverage will take effect the first of the month after you make the change.

Contact Val Edwards to schedule an appointment to check your plan, 419-337-9299.

THANK YOU FOR YOUR GENEROUS SUPPORT

We are grateful for donations, sponsorship, and support from so many, including the following: Rebecca & Swanton Valley, Delta Public Library, Joanna & Genacross Napoleon, Genacross Wolf Creek Campus, Sara & Heritage Home Health, Julie & United Healthcare, Emily & Kingston, Wendy & Normal Memorial Library, Melissa & Hospice of NWO, Neena & Lakes of Monclova, Hillary & Ayden Health Care, Megan & NOCAC, Emily & Swanton Public Library, Jim Smith, and Brenda Brown.

HEATING BILL HELP

Winter weather and cold temps are here. Northwestern Ohio Community Action Commission continues to offer help with heating costs. Winter Crisis Program is also referred to as E-HEAP, Emergency HEAP or WCP. This program is available to help income eligible Ohio residents meet the high costs of home heating. Eligible consumers receive financial assistance toward the payment of their heating bill if they are threatened with disconnection, have already been disconnected, need service established, have less than a 25% supply of bulk fuel. Up to \$1500 of assistance is available to assist with furnace repairs or replacements. WCP is in operation now through March. Assistance is available once per heating season. Ohioans with a household income at or below 175 percent of the federal poverty guidelines are eligible for the program. A household applying for HEAP must report total gross household income for the past 30 days (12 months preferred) for all members, except wage or salary income earned by dependent minors under 18 years old. Please call the appointment hotline number 1-419-219-4641 to schedule an appointment. For additional questions, call 419-337-8601. You will need social security number and utility account information when scheduling an appointment.

NUTRITION EDUCATION

Putting MyPlate on Your Table: Grains

MyPlate, the U.S. Department of Agriculture (USDA) food guidance system, helps individuals use the 2010 Dietary Guidelines for Americans to make smart choices from every food group. MyPlate includes an interactive, online guide that provides individuals with recommended food amounts to eat, based on gender, age and physical activity level. Find personalized guides and other resources at choosemyplate.gov.

Here is an introduction to the grains food group.

Why Grains? Grains provide energy, fiber, iron and B vitamins.

Which Foods Are in the Grains Group?

Foods in the grains group are made from rice, wheat, oats, cornmeal, barley or other cereal grains. Examples of grain products are bread, pasta, crackers, tortillas, rice, breakfast cereal and oatmeal.

How Much Is Needed from the Grains Group?

The USDA's daily recommendation for grain intake is as follows: Women over age 51, 5 ounce equivalent and men over age 51, 6 ounce equivalent, with at least half of those being whole grains.

Note these 1-ounce equivalents: 1 slice of bread, ½ cup cooked rice, ½ cup cooked oatmeal, ½ cup cooked pasta, 1 cup ready-to-eat cereal, 3 cups air-popped popcorn, 1 mini bagel, 4 to 6 crackers, 1 small tortilla (6-inch).

Make at Least Half of Your Grains Whole.

Grains are divided into two subgroups: whole grains and refined grains.

Whole grains contain the entire grain kernel: the bran (fiber-rich), germ (nutrient-rich) and endosperm (carbohydrate-rich). Refined grains are milled, removing the bran and germ. Refining gives grains a finer texture and improves shelf life, but it also removes healthy vitamins and fiber.

When choosing whole grains, look for product labels that state "100% whole wheat" or "100% whole grain."

You can also look for grain products that have "whole wheat" or "whole grain" listed first on the ingredient list. This is a good indicator that the product contains mostly whole grains.

Examples of whole grain foods include whole-wheat or whole-rye bread, whole-wheat pasta, whole-wheat or whole-grain crackers, oatmeal, brown rice, and popcorn.

References: Linnette Goard, M.S., Cindy Oliveri, M.S

LUNCH CALENDAR

JANUARY, 2026

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
			1* CLOSED NEW YEARS DAY	2* Pulled Pork Macaroni & Cheese Baked Beans Coleslaw Fresh Fruit
Beef & Cheese Burrito 5* Cilantro Lime Rice Refried Beans Mango Tortilla Chips	Cheese Burger 6* Batter Bites Spinach Pineapple	Cheese Omelet 7* Sausage Link Potato Coin Escaloped Apples Yogurt w/Fruit	Chicken & Noodles 8* Mashed Potatoes Green Beans Mixed Fruit	Sloppy Joe 9* Tater Tots Malibu Blend Fruit Salad
Country Fried Steak 12* Country Gravy Mashed Potatoes Peas & Carrots Apricots	Beef & Barley Soup 13* Tossed Salad Marinated Carrots Jell-o w/ Fruit	Baked Ham 14* (LS Alt = Pork Roast) Escaloped Potatoes Broccoli Fruit Cobbler	Cabbage Roll 15* Mashed Potatoes Choice Vegetable Apple Slices w/ Caramel	Chicken Strips 16* Twice Baked Potato Mixed Vegetable Mixed Fruit
19* CLOSED MARTIN LUTHER KING JR. DAY	Lasagna 20* Riced Cauliflower Green Beans Grapes	Hamloaf 21* (LS Alt = Meatloaf) Sweet Potatoes Brussels Sprouts Applesauce	Taco Meat 22* Adobo Rice Black Beans Roasted Corn Tropical Fruit Tortillas	Corn Chowder 23* Turkey Cold Cuts Kidney Bean Salad Ambrosia
Swedish Meatballs 26* Noodles Cooked Cabbage Fruit Crisp Juice	Hot Chicken Sandwich 27* Baby Bakers Garlic Chalet Blend Mandarin Oranges	Smoked Sausage 28* (LS Alt = Hot Dog) Peppers & Onions Smashed Red Potatoes Winter Squash Grape Juice	Chili 29* Mexican Rice Corn Fresh Fruit Corn Bread	Sausage Patty Sandwich 30* Hashbrown Casserole Succotash Pineapple

WAUSEON ACTIVITIES

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

JANUARY, 2026

SENIOR
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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY					
			1 CLOSED HAPPY NEW YEAR	2 8:00 Walking 10:00 Golden Drummers 12:00 Lunch & Birthday Party; Cupcakes by Heritage Health Care 1:00 Cards/ Games 2:30 Walking					
8:00 Walking 8:30 Zumba Gold 9:00 Puzzles with Pals 9:00 Take Down Christmas Decor 10:00 Tai Chi (Senior Led) 11:00 Take Down Christmas Decor 12:00 Lunch 1:00 Line Dancing 1:00 Word Search 2:30 Walking	5	8:00 Indoor Walking 9:00 Games & Gabbing 10:00 Golden Drummers 11:00 Big Screen: Bob Hope 1988, NBC 50 Yrs 12:00 Lunch Choir Practice Resumes Feb. 17 1:00 Silver Sneakers® Classic 2:00 H & F/ Pepper/ Pinochle/ Euchre 2:30 Walking	6	8:00 Carpet Cruisers (Walking Inside) 10:00 Tai Chi (Senior Led) 11:00 Guitar Music by Michael Buck 12:00 Lunch 1:00 Site Council 1:00 Silver Sneakers® Chair Yoga 2:00 Cards with Friends 2:30 Walking	7	8:00 Walking 9:00 Coffee & Conversation 9:30–11:30 Mahjong Lessons (Sign Up) 10:15 to 11:45 BINGO 12:00 Lunch 1:00 Games w/ WHS Nat'l Honor Society Students 1:00 Silver Sneakers® Classic 2:00 H & F/ Pepper/ Pinochle/ Euchre 2:30 Walking	8	8:00 Walking 10:00 Golden Drummers 12:00 Lunch 1:00 Cards/ Games 2:30 Walking	9
8:00 Walking 8:30 Zumba Gold 9:00 Puzzles with Pals 10:00 Tai Chi (Senior Led) 11:00 Keyboard Music 11:00 Free Hearing Screenings (Sign Up) & Free Hearing Aid Cleanings 12:00 Lunch 1:00 Line Dancing 2:30 Walking	12	8:00 Indoor Walking 9:00 Tech Appts with Megan of NOCAC (Sign Up) 10:00 Golden Drummers 11:00 Were You A Holiday Energy Saver 12:00 Lunch Choir Practice Resumes Feb. 17 1:00 Silver Sneakers® Classic 2:00 H & F/ Pepper/ Pinochle/ Euchre 2:30 Walking	13	8:00 Carpet Cruisers (Walking Inside) 9:00 Coffee & Conversation 10:00 Tai Chi (Senior Led) 11:00 Importance of Daily Exercise, Chris, FCHC Rehab 12:00 Lunch 1:00 Silver Sneakers® Chair Yoga 2:00 Cards with Friends 2:30 Walking	14	Day Trip, Museum of Fulton County; Wear Senior Center Shirt At Site: Wear Neon Colors 8:00 Walking 9:30–11:30 Mahjong Lessons (Sign Up) 10:15 to 11:45 Neon Bingo; Beat the Winter Blahs 12:00 Lunch 1:00 Silver Sneakers® Classic 2:00 H & F/ Pepper/ Pinochle/ Euchre 2:30 Walking	15	8:00 Walking 10:00 Golden Drummers 12:00 Lunch 1:00 Cards/ Games 2:30 Walking	16
CLOSED FOR MARTIN LUTHER KING JR. DAY	19	8:00 Indoor Walking 9:00 Coffee & Conversation 10:00 Golden Drummers 11:00 Big Screen: Candid Camera Episode 12:00 Lunch Choir Practice Resumes Feb. 17 1:00 Silver Sneakers® Classic 2:00 Pinochle/ H & F/ Pepper/ Euchre 2:30 Walking	20	8:00 Carpet Cruisers (Walking Inside) 10:00 Make Greeting Cards w/ Deb B. 10:00 Tai Chi (Senior Led) 11:00 Dulcimer Music, Vickie Halsey 12:00 Lunch 1:00 Silver Sneakers® Chair Yoga 2:00 Cards with Friends 2:30 Walking	21	Day Trip, Pence's Carmel Corn & Blueberry Hill Restaurant; Wear Senior Center Shirt At Site: Wear a Cozy Sweatshirt 8:00 Walking 9:30–11:30 Mahjong Lessons (Sign Up) 10:15 to 11:45 Sweatshirt BINGO 12:00 Lunch 1:00 Silver Sneakers® Classic 2:00 H & F/ Pepper/ Pinochle/ Euchre 2:30 Walking	22	8:00 Walking 10:00 Golden Drummers 11:00 Keyboard Music 12:00 Lunch 1:00 Cards/ Games 2:30 Walking	23
8:00 Walking 8:30 Zumba Gold 9:00 Coffee & Conversation 10:00 Tai Chi (Senior Led) 11:00 Free BP Checks with Fulton Co. Health Dept. 11:00 Keyboard Music 12:00 Lunch 1:00 Line Dancing 2:30 Walking	26	8:00 Indoor Walking 10:00 Golden Drummers 11:00 Big Screen: Wipe Out Episode 12:00 Lunch Choir Practice Resumes Feb. 17 1:00 Silver Sneakers® Classic 2:00 H & F/ Pepper/ Pinochle/ Euchre 2:30 Walking	27	8:00 Carpet Cruisers (Walking Inside) 10:00 Tai Chi (Senior Led) 11:00 Word Game 12:00 Lunch 1:00 Silver Sneakers® Chair Yoga 2:00 Cards with Friends 2:30 Walking	28	Wear White/ Snowmen/ Snowflakes Today 8:00 Walking 9:30–11:30 Mahjong Lessons (Sign Up) 10:15 to 11:45 Snowmen/ snowflake BINGO 12:00 Lunch 1:00 Silver Sneakers® Classic 2:00 H & F/ Pepper/ Pinochle/ Euchre 2:30 Walking	29	8:00 Walking 10:00 Golden Drummers 12:00 Lunch 1:00 Cards/ Games 2:30 Walking	30

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 CLOSED HAPPY NEW YEAR	2 9:00 Coffee & Conversation 9 to 11 Mahjong 9:15 Chair Exercises 11:00 New Year's Game Day 12:00 Lunch 1:00 Dad Jokes
9:00 Games with Friends 5 9:15 Chair Exercises 10:15 (Note Time. Bring Pennies) Learn to Play "Chasing the Ace" Card Game with Lillian M. 12:00 Lunch 1:00 Box of Brain Games	9:00 Reminiscing 6 9:00 Chair Yoga at Hope Church (\$5) 11:00 Area Office on Aging Update & Resources, Dr. Tina Williams 12:00 Lunch 1:00 Connect Four	9:00 "Traveling Little Library" 7 9:15 Chair Exercises 10:00 Site Council 10:15 to 11:45 BINGO with Emily of Swanton Library 12:00 Lunch & Birthday Dessert by Kingston 1:00 Puzzles with Pals	9:00 Coffee & Conversation 8 10:00 Site Council 10:15 to 11:45 BINGO with Delta Students 12:00 Lunch & Birthday Dessert 1:00 Monopoly Deal Game	9:00 Five Crowns 9 9 to 11 Mahjong 9:15 Chair Exercises 11:00 What's in the Bag? 12:00 Lunch 1:00 Uno Flex
9:00 Set Game 12 9:15 Chair Exercises 11:00 Free Blood Pressure Checks & "Just So You Know" with Fulton Co. Health Dept. 12:00 Lunch 1:00 Quadrillion Game	9:00 Games with Friends 13 9:00 Chair Yoga at Hope Church (\$5) 11:00 Free Blood Pressure Checks & "Just So You Know" with Fulton Co. Health Dept. 12:00 Lunch 1:00 Five Crowns	Wear Neon Colors 14 9:00 Coffee & Conversation 9:15 Chair Exercises 10:15 to 11:45 Neon Bingo; Beat the Winter Blahs 12:00 Lunch 1:00 Time Line: Inventions Game	Day Trip, Museum of Fulton County; Wear Senior Center Shirt At Site: Wear Neon Colors 15 9:00 Reminiscing 9:50 Sunny Day & Seniors 10:15 to 11:45 Neon Bingo; Beat the Winter Blahs 12:00 Lunch 1:00 "No Thanks" Game	9:00 Top It Card Game 16 9 to 11 Mahjong 9:15 Chair Exercises 11:00 Sequence & Golf Games, etc. 12:00 Lunch 1:00 Spoons
19 CLOSED FOR MARTIN LUTHER KING JR. DAY	9:00 Coffee & Conversation 20 9:00 Chair Yoga at Hope Church (\$5) 10:00 (Note Time) Learn to Play Pinochle with Babs & Connie 12:00 Lunch 1:00 Box of Brain Games	Wear a Cozy Sweatshirt 21 9:00 Scrabble 9:15 Chair Exercises 10:15 to 11:45 Sweatshirt BINGO 12:00 Lunch 1:00 Sequence	Day Trip, Pence's Carmel Corn & Blueberry Hill Restaurant; Wear Senior Center Shirt At Site: Wear a Cozy Sweatshirt 22 9:00 Word Search 10:15 to 11:45 Sweatshirt BINGO; Caller: Carrie from Delta Library 12:00 Lunch 1:00 Shut the Box Game	9:00 Azul Game 23 9 to 11 Mahjong 9:15 Chair Exercises 11:00 "Were You a Holiday Energy Saver?" Amy with Ohio Consumers' Counsel, Utility Info. 12:00 Lunch 1:00 "Things They Don't Teach You In School" Game
9:00 Coffee & Conversation 26 9:15 Chair Exercises 11:00 How to Draw Cartoon Animals with Diane K. 12:00 Lunch 1:00 Tenzi Dice Game	9:00 Time Line: Events game 27 9:00 Chair Yoga at Hope Church (\$5) 10:00 (Note Time) Learn to Play Pinochle with Babs & Connie 12:00 Lunch 1:00 "Things They Don't Teach You In School" Game	Wear White/ Snowmen/ Snowflakes 28 9:00 Phase 10 9:15 Chair Exercises 10:15 to 11:45 Snowmen/ snowflake BINGO 12:00 Lunch 1:00 Golf Card Game	Wear White/ Snowmen/ Snowflakes 29 9:00 Goat Lords Game 10:15 to 11:45 Snowmen/ snowflake BINGO 12:00 Lunch 1:00 Pairzi Game	9:00 Uno Flex 30 9 to 11 Mahjong 9:15 Chair Exercises 11:00 Friday Funday Games: Pepper, Hand & Foot, Left Center Right, etc. 12:00 Lunch 1:00 Trivia

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.

JANUARY, 2026

SENIOR
B-99

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 CLOSED HAPPY NEW YEAR	2 9:00 Coffee & Conversation 10:15 to 11:45 BINGO 12:00 Lunch & Birthday Dessert 1:00 Tic Tac Toe
9:00 Puzzles with Pals 5 10:00 (Note Time) Movie Monday with Snack 12:00 Lunch 1:00 Word Search	9:00 Games & Gabbing 6 10:45 Site Council 11:00 Music by Will Hinton 12:00 Lunch 1:00 Left Center Right	9:00 Kings in the Corner Game 7 10:00 Free Chair Yoga 11:00 Learn about STEAM (Science, Technology, Engineering & Mathematics) with Carsyn H. 12:00 Lunch 1:00 Box of Brain Games	9:00 Coffee & Conversation 8 10:00 Site Council 10:15 to 11:45 BINGO 12:00 Lunch & Birthday Dessert 1:00 Puzzles with Pals	9:00 Blokus Game 9 10:15 to 11:45 BINGO 12:00 Lunch 1:00 Cards & Games
9:00 Five Crowns Card Game 12 11:00 Game Day, Bring Your Favorite Game to Play 12:00 Lunch 1:00 Chit Chat	9:00 Brain Box Games 13 11:00 Area Office on Aging Update from Dr. Tina Williams 12:00 Lunch 1:00 Kanoodle Game	9:00 Coffee & Conversation 14 9:15 to 10 Free Chair Yoga 10:15 Meet at Normal Memorial Library for Program with Wendy 11:00 12:00 Lunch 1:00 Shut the Box Game	Day Trip, Museum of Fulton County; Wear Senior Center Shirt At Site: Wear Neon Colors 15 9:00 Spot It Game 10:15 to 11:45 Neon Bingo; Beat the Winter Blahs 12:00 Lunch 1:00 Word Search	Wear Neon Colors 16 9:00 Pepper 10:15 to 11:45 Neon Bingo; Beat the Winter Blahs 12:00 Lunch 1:00 Games with Friends
19 CLOSED FOR MARTIN LUTHER KING JR. DAY	9:00 Coffee & Conversation 20 11:00 Free BP Checks & "Just So You Know" with Fulton Co. Health Dept. 12:00 Lunch 1:00 Dad Jokes	9:00 Set Card Game 21 10:00 Free Chair Yoga 11:00 Advanced Care Planning, Hospice Northwest Ohio, Melissa W. 12:00 Lunch 1:00 Uno Flex Card Game	Day Trip, Pence's Carmel Corn & Blueberry Hill Restaurant; Wear Senior Center Shirt At Site: Wear a Cozy Sweatshirt 22 9:00 Tenzi Dice Game 10:15 to 11:45 Sweatshirt BINGO 12:00 Lunch 1:00 "Things They Don't Teach You In School" Game	Wear a Cozy Sweatshirt 23 9:00 Cards 10:15 to 11:45 Sweatshirt BINGO 12:00 Lunch 1:00 Brain Box Games
9:00 Coffee & Conversation 26 11:00 "Were You a Holiday Energy Saver?" with Amy of Ohio Consumers' Counsel 12:00 Lunch 1:00 Word Search	9:00 Trivia 27 11:00 ZINGO 12:00 Lunch 1:00 Time Line: Americana Game	9:00 Phase 10 Card Game 28 10:00 Free Chair Yoga 11:00 Free BP Checks & "Just So You Know" with Fulton Co. Health Dept. 12:00 Lunch 1:00 Reminiscing	Wear White/ Snowmen/ Snowflakes 29 9:00 Dad Jokes 10:15 to 11:45 Snowmen/ snowflake BINGO 12:00 Lunch 1:00 Trivia	Wear White/ Snowmen/ Snowflakes 30 9:00 Pepper 10:15 to 11:45 Snowmen/ snowflake BINGO 12:00 Lunch 1:00 Chit Chat



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 JANUARY 1, 2026

FULTON COUNTY SENIOR CENTER STAFF

Director.....	Brian Horst
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.....	Meredith Grime, Brenda Hauck, Angela Johnston, Kelli Kuntz, Arin Lauber, Javier Lerma, Jim Lugbill, Carl Martin, 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, Lukas Rotroff, 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