

SERVING CITIZENS OF FULTON COUNTY 60 YEARS & OVER

SENIOR

FEBRUARY 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

Tuesdays & Fridays – Cardio Drumming, Wauseon site

Mon., Wed., & Fri. – Chair Exercise, Swanton site

Wednesdays – Chair Yoga, Fayette and Wauseon sites

February 2 – “Novel Tea,” a simple, book-themed tea party, Swanton SC, Sign Up

February 3 – “Novel Tea,” a simple, book-themed tea party, Delta SC, Sign Up

February 10 – Golden Giggles Comedy Club, Archbold site

February 16 – Closed for Presidents’ Day

February 19 – Museum Senior Discovery Day, see page 2

February 23 – Golden Giggles Comedy Club, Fayette site

February 24 – Bluegrass Concert, Circle of Friends, Wauseon site

March 3 – “Novel Tea,” a simple, book-themed tea party, Archbold SC, Sign Up

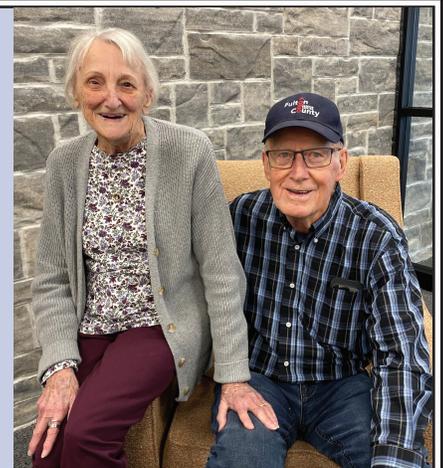
March 4 – “Novel Tea,” a simple, book-themed tea party, Fayette SC, Sign Up

SENIOR SPOTLIGHT

On Valentine’s Day, Fredlyn and John Sanderson will celebrate seventy years of marriage. Their children and grandchildren will join them for a Hocking Hills trip to celebrate. The couple met at Metamora High School. “She was a cheerleader, and I played baseball and basketball. I was class of 1956, and Fredlyn was class of 1957,” John said. “We were in a group of friends who liked to do May baskets. As our entertainment during the month of May, we’d leave a basket or box filled with all kinds of good stuff to eat at a friend’s door, then knock, run away, and hide. They would find us with the basket, and we would sit and eat together,” Fredlyn explained.

A son and two daughters would join John and Fredlyn, and they have four grandchildren and eight great-grandchildren. John retired from the City of Wauseon, and Fredlyn retired from Wauseon schools, where she worked as a cook.

The Sandersons were grateful for senior center home-delivered meals when Fredlyn had surgery two years ago. “The meals were a lifesaver for us,” Fredlyn said. “As the world’s worst cook, I can hardly boil water,” John said. “Now we enjoy coming to the senior center to have lunch with friends. We have several favorite meals that we look for on the senior center menu. The food is excellent and a great price, we enjoy other people’s company, and it gets us out of the house,” Fredlyn said. Away from the senior center, the couple enjoys bird-watching and summers at Hamilton Lake.



OPEN ENROLLMENT SUMMARY

Information, Referral and Insurance Specialist, Valerie Edwards, had a busy year assisting county seniors. Val's total contacts, from January to mid-December were 1141. And 278 of those contacts, (phone calls and appointments) took place from October through December 11th, 2025. During the Medicare Open Enrollment period, Val helped seniors save \$95,281. Make a note to call Val in July or August so you can get an appointment with her for Medicare Open Enrollment when it opens in the fall.

WHERE'S VAL IN 2026?

Val Edwards, Information & Referral Specialist, will take appointments at the following locations. Get help understanding Medicare and Social Security issues, insurance, bills, completing applications, and more. Please make an appointment well in advance with Val for any of these dates by calling 419-337-9299. Val's services are offered at no cost to seniors in partnership with Wyse Commons and the local libraries.

Wednesday, February 11, from 10:00 a.m. to noon at the Delta Library.

Thursday, February 19, from 10:00 a.m. to noon at the Swanton Library.

Tuesday, February 24 from 10:00 a.m. to noon at the Evergreen Library in Metamora.

Thursday, February 26, from 10:00 a.m. to noon at Wyse Commons on the Fairlawn campus.

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

HEART RADIOTHON CHOLESTEROL SCREENING

On Thursday, February 12, 2026, for only \$5 you can get your total cholesterol, your HDL, your blood pressure, and your non-fasting glucose checked. Your \$5 donation will also support the 2026 Heart Radiothon. Screenings will be offered from 7 a.m. to 6 p.m. on a walk-in basis.

Please note the location of these screenings:
Fulton County Health Center Cafeteria,
725 S. Shoop Ave., Wauseon.

MUSEUM SENIOR DISCOVERY DAYS

Registration is now open for the second Museum Senior Discovery Day, which will take place Thursday, February 19, from 9:30 to 11:30 a.m. at the Museum of Fulton County.

Museum Senior Discovery Days are open to all seniors age 60 and over in the northwest Ohio area. Programs are scheduled for the third Thursday of every month from now through November. Register for each month separately. Enjoy a morning trip close to home where you can experience the joy of learning from local history specialists.

Seniors are asked to register and pay in advance. The \$5.00 fee includes museum admission, light refreshments, and a special monthly program, activity or guided tour (a \$25 value). Participants are welcome to drive themselves. If at least ten people request transportation from the Fulton County Senior Center (695 S. Shoop Ave., Wauseon), a bus will be provided for an additional \$3 suggested donation per person. Those riding the bus should reserve a spot, then meet at 8:45 a.m. for a 9:00 a.m. departure.

To sign up, call the Museum of Fulton County at 419-337-7922 or the Fulton County Senior Center at 419-337-9299.

Upcoming Topics:

February 19: Secret Lives Behind the Scenes Tour

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

April 16: Become a History Detective

May 21: Barney Oldfield: The Speed King

June 18: The Great Museum Rally (Scavenger Hunt)

July 16: America 250 Birthday Celebration

August 20: The Libby Prison Woman Spy of the Civil War

September 17: Indoor Gardening: Then and Now

October 15: Best of Fulton County Haunting History Stories

November 19: Historic Holiday Sing-Alongs

TAX HELP UPDATE

Unfortunately, Northwest Ohio Community Action Commission (NOCAC) is unable to assist seniors with tax preparation this year. We apologize for any inconvenience.

HEATING BILL HELP

Northwestern Ohio Community Action Commission continues to offer help with heating costs.

Winter Crisis Program provides a benefit once per heating season to an income-eligible customer's main and/or electric accounts. The benefit can be used by eligible households that are disconnected (or have a pending disconnection notice), need to establish new service, possible furnace repair up to \$1500 (homeowners only). Households must be at or below 175% of the Federal Poverty Guidelines. Certain documentation is required. The program runs until March 31, 2026. 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.

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.

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 events, 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. Level 2 or 3 will cancel meals and all programs and activities.

NUTRITION EDUCATION

PUTTING MYPLATE ON YOUR TABLE: DAIRY

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. Personalized guides and other resources can be found at choosemyplate.gov.

Here is an introduction to the dairy food group.

Choose Fat-Free or Low-Fat Dairy Sources.

Many cheeses, whole milk and some dairy-based desserts are high in saturated fat. To help maintain a healthy body weight and keep blood cholesterol levels healthy, these foods should be limited.

How Much Is Needed From the Dairy Group?

The USDA's daily recommendation for dairy intake for women and men over age 50 is 3 cups per day.

Note these equivalents for 1 cup of dairy:

- 1 cup milk
- 1/2 cup evaporated milk
- 1 cup yogurt
- 1½ ounces hard cheese (cheddar, mozzarella, Swiss, Parmesan)
- 1/3 cup shredded cheese
- 1/2 cup ricotta cheese
- 2 cups cottage cheese
- 1 cup frozen yogurt
- 1 cup calcium-fortified soy milk
- 1 cup pudding made with milk
- 1/4 cup dry milk powder

Tips for Getting Dairy Foods on Your Table

- Start your day with a yogurt fruit smoothie.
- Add fat-free or low-fat milk instead of water to oatmeal.
- Include milk as a beverage at meals.
- Have fat-free or low-fat yogurt as a snack.
- Use fat-free or low-fat milk when making cream soups.
- Top casseroles, soups, stews or vegetables with shredded, reduced-fat or low-fat cheese.
- Top a baked potato with fat-free or low-fat yogurt.
- Use dry milk in place of fluid milk in soups, stews or casseroles.
- Make pudding with fat-free or low-fat milk, and have it as a dessert or snack.

References: Linnette Goard, M.S., Cindy Oliveri, M.S. ... Susan Zies, M.Ed.

LUNCH CALENDAR

FEBRUARY, 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
Goulash Spinach Pineapple Casserole 3*	Cheese Burger Batter Bites Baked Beans Mandarin Oranges 4*	BOWL Popcorn Chicken Mashed Potatoes/Gravy Corn Tropical Fruit 5*	Ham Loaf LS Alt=Meatloaf Sweet Potatoes Tomato Garlic Butter Beans Pineapple 6*	BBQ Pork Tater Tots Beets Papaya & Mango 7*
Creamed Chipped Beef Mashed Potatoes Mixed Vegetables Grapes 10	Parisian Soup Tuna Salad Kidney Bean Salad Jell-o w / Fruit 11	Chili Mexican Rice Corn Mango Cornbread 12*	Breaded Chicken Breast O'Brien Potatoes Malibu Blend Fresh Fruit Pudding / SF Pudding 13*	Chicken Alfredo Broccoli Fruit crisp 14*
17* CLOSED PRESIDENTS DAY	Beef & Noodles Mashed Potatoes Green Beans Peaches 18*	Ash Wednesday Baked Fish Garden Rice Stewed Tomatoes Applesauce Juice Cake / SF Cake 19*	Baked Chicken Mashed Potatoes / Gravy Asparagus Fresh Fruit 20*	Sausage, Egg, Cheese Sandwich Hash Brown Casserole Corn Nuggets Orange Juice 21*
Hot Dogs LS Alt=Chicken Breast Macaroni & Cheese California Blend Mixed Fruit Juice 24*	Philly Beef Steak/Cheese Peppers & Onions Paco Blend Peas Dark Sweet Cherries 25*	Teriyaki Chicken Fried Rice Asian Blend Apricots 26*	Salisbury Steak Mashed Potatoes Fruit Crunch Yogurt 27*	French Onion Soup Cold Cut Sandwich Broccoli Salad Watergate Salad Cookie / SF Cookie 28*

WAUSEON ACTIVITIES

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

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8:00 Walking 2 8:30 Zumba Gold 10:00 Tai Chi (Senior Led) 11:00 Keyboard Music 12:00 Lunch Line Dancing Resumes March 2 2:30 Walking	8:00 Walking 3 10:00 Golden Drummers 11:00 Winter Word Search 12:00 Lunch Choir Practice Resumes Feb. 17 (Veterans Social meets Feb 11) 1:00 Silver Sneakers® Classic 2:00 H & F/ Pepper/ Pinochle/ Euchre 2:30 Walking	8:00 Walking w/ Friends 4 10:00 Tai Chi (Senior Led) 11:00 Big Screen: Carol Burnett Show, S1 E1 12:00 Lunch 1:00 Site Council 1:00 Silver Sneakers Chair Yoga@ 1:00 Card Games 2:30 Walking	Wear Senior Center Shirt 5 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	8:00 Walking 6 10:00 Golden Drummers 12:00 Lunch & Birthday Dessert 1:00 Cards/ Games 2:30 Walking
Wear Senior Center Shirt 9 8:00 Walking 8:30 Zumba Gold 10:00 Tai Chi (Senior Led) 11:00 Keyboard Music 12:00 Lunch Line Dancing Resumes March 2 2:30 Walking	8:00 Walking 10 10:00 Golden Drummers 11:00 Resources from Area Office on Aging, Dr. Tina Williams 12:00 Lunch Choir Practice Resumes Feb. 17 1:00 Silver Sneakers® Classic 2:00 H & F/ Pepper/ Pinochle/ Euchre 2:30 Walking	8:00 Walking w/ Friends 11 10:00 Tai Chi (Senior Led) 11:00 Valentine Word Search 12:00 Lunch 1:00 Silver Sneakers Chair Yoga@ 1:00 Veterans Social (Note Date) 1:00 Card Games 2:30 Walking	8:00 Walking 12 10:15 to 11:45 BINGO 12:00 Lunch 1:00 Silver Sneakers® Classic 2:00 H & F/ Pepper/ Pinochle/ Euchre 2:30 Walking	Wear Red/ Pink 13 8:00 Walking 10:00 Golden Drummers 12:00 Lunch 1:00 Cards/ Games 2:30 Walking
16 <p style="text-align: center;">CLOSED FOR PRESIDENTS' DAY</p>	8:00 Walking 17 10:00 Golden Drummers 11:00 Tips, Tricks & Exercises for Arthritic Wrists, Hands, & Fingers; Bailey, FCHC Rehab 12:00 Lunch 1:00 Choir Practice 1:00 Silver Sneakers® Classic 2:00 H & F/ Pepper/ Pinochle/ Euchre 2:30 Walking	8:00 Walking w/ Friends 18 9:00 Tech Help w/ Megan (Sign Up) 10:00 Tai Chi (Senior Led) 11:00 Swanton Care Rx Pharmacy Staff 12:00 Lunch 1:00 Silver Sneakers Chair Yoga@ 1:00 MyChart Made Easy (NOCAC) 1:00 Card Games 2:30 Walking	Day Trip, Museum of Fulton 19 County Senior Discovery Day; Wear Senior Center Shirt 8:00 Walking 10:15 to 11:45 BINGO 12:00 Lunch 1:00 Silver Sneakers® Classic 1:00 Play Games with Wauseon NHS Students 2:30 Walking	8:00 Walking 20 10:00 Golden Drummers 12:00 Lunch 1:00 Cards/ Games 2:30 Walking
8:00 Walking 23 8:30 Zumba Gold 10:00 Tai Chi (Senior Led) 11:00 Free Blood Pressure Checks, Fulton Co. Health Dept. 12:00 Lunch Line Dancing Resumes March 2 2:30 Walking	8:00 Walking 24 10:00 Golden Drummers 11:00 Bluegrass Music, Circle of Friends 12:00 Lunch 1:00 Choir Practice 1:00 Silver Sneakers® Classic 2:00 Pinochle/ H & F/ Pepper/ Euchre 2:30 Walking	8:00 Walking w/ Friends 25 10:00 Tai Chi (Senior Led) 11:00 Big Screen: Comedian Nate Bargatz 12:00 Lunch 1:00 Silver Sneakers Chair Yoga@ 1:00 Midweek BINGO 1:00 Card Games 2:30 Walking	Day Trip, Ritter Planetarium; 26 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	Wear Senior Center Shirt 27 8:00 Walking 10:00 Golden Drummers 12:00 Lunch 1:00 Cards/ Games 2:30 Walking

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

<p>Wear Black, White, Red 2 9:00 Games with Friends 9:15 Chair Exercises 11:00 "Novel Tea" a Simple Tea Party; Speaker: Employees of Lucas County Toledo Public Library; Bring your own cup/ saucer, if you'd like. (Sign Up) 12:00 Lunch 1:00 Kings in the Corner</p>	<p>Wear Black, White, Red 3 9:00 Reminiscing 9:00 Chair Yoga at Hope Church (\$5) 11:00 "Novel Tea" a Simple Tea Party; Speaker: local author Paulette Brewster. Bring your own cup/ saucer, if you'd like. (Sign Up) 12:00 Lunch 1:00 Connect Four</p>	<p>Wear a Jersey or Team Colors 4 9:00 "Traveling Little Library" 9:15 Chair Exercises 10:00 Site Council 10:15 to 11:45 Super Bowl BINGO with Emily of Swanton Library 12:00 Lunch & Birthday Dessert 1:00 Puzzles with Pals</p>	<p>Wear a Jersey or Team Colors 5 9:00 Coffee & Conversation 10:00 Site Council 10:15 to 11:45 Super Bowl BINGO 12:00 Lunch & Birthday Dessert 1:00 Time Line: Inventions Game</p>	<p>6 9:00 Five Crowns 9 to 11 Mahjong 9:15 Chair Exercises 11:00 Game Day by Request; Chasing the Ace, (Bring Pennies), Card Games, & Board Games 12:00 Lunch 1:00 Uno Flex</p>
<p>9:00 Puzzles with Pals 9 9:15 Chair Exercises 11:00 "Just So You Know" by Fulton County Health Dept. Nurse with Free Blood Pressure Checks 12:00 Lunch 1:00 Skip-bo Card Game</p>	<p>9:00 Quadrillion 10 9:00 Chair Yoga at Hope Church (\$5) 11:00 "Just So You Know" by Fulton County Health Dept. Nurse with Free Blood Pressure Checks 12:00 Lunch 1:00 Set Card Game</p>	<p>Wear Red/ Pink 11 9:00 Coffee & Conversation 9:15 Chair Exercises 10:15 to 11:45 "B Mine" Valentine BINGO 12:00 Lunch 1:00 Dad Jokes</p>	<p>Wear Red/ Pink 12 9:00 Chit Chat 10:15 to 11:45 "B Mine" Valentine BINGO with Delta Students 12:00 Lunch 1:00 Word Search</p>	<p>13 9:00 Trivia 9 to 11 Mahjong 9:15 Chair Exercises 11:00 Music by Just Us 2 12:00 Lunch 1:00 "I Should Have Known That" Game</p>
<p>16 CLOSED FOR PRESIDENTS' DAY</p>	<p>9:00 Coffee & Conversation 17 9:00 Chair Yoga at Hope Church (\$5) 11:00 Game Day by Request; Chasing the Ace. Bring Pennies 12:00 Lunch 1:00 Phase 10 Card Game</p>	<p>Wear Senior Center Shirt 18 9:00 Tenzi Dice Game 9:15 Chair Exercises 10:15 to 11:45 BINGO 12:00 Lunch 1:00 Golf Card Game</p>	<p>Day Trip, Museum of Fulton 19 County Senior Discovery Day; Wear Senior Center Shirt 9:00 Puzzles with Pals 9:50 Sunny Day & Seniors 10:15 to 11:45 BINGO 12:00 Lunch 1:00 Dad Jokes</p>	<p>20 9:00 Quiddler Card Game 9 to 11 Mahjong 9:15 Chair Exercises 11:00 Advanced Care Planning with Melissa of Hospice of Northwest Ohio 12:00 Lunch 1:00 Set Card Game</p>
<p>9:00 Coffee & Conversation 23 9:15 Chair Exercises 11:00 Update & Resources from Area Office on Aging with Dr. Tina Williams 12:00 Lunch 1:00 Spot It! Game</p>	<p>9:00 Trivia 24 9:00 Chair Yoga at Hope Church (\$5) 11:00 Review How to Play Pinochle with Babs & Connie 12:00 Lunch 1:00 Q*Bitz Game</p>	<p>Wear White/ Glitter/ Silver 25 9:00 Shut the Box Game 9:15 Chair Exercises 10:00 Hot Cocoa Bar 10:15 to 11:45 Winter Wonderland BINGO 12:00 Lunch 1:00 "Things They Don't Teach You In School"</p>	<p>Wear White/ Glitter/ Silver 26 9:00 Coffee & Conversation 10:00 Hot Cocoa Bar 10:15 to 11:45 Winter Wonderland BINGO, Caller: Carrie from Delta Library 12:00 Lunch 1:00 Azul Game</p>	<p>27 9:00 Five Crowns 9 to 11 Mahjong 9:15 Chair Exercises 11:00 Learn About Chronic Kidney Disease with Paul, Kidney Foundation of Northwest Ohio 12:00 Lunch 1:00 Uno Flex</p>

ARCHBOLD – FAYETTE

ACTIVITIES

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Wear Black/ White for Groundhog Day 2 9:00 Puzzles with Pals 10:00 Movie Monday with Snack 12:00 Lunch 1:00 Word Search</p>	<p>9:00 Games & Gabbing 3 10:45 Site Council 11:00 "What's In The Bag" Game with Vicki 12:00 Lunch 1:00 Trivia</p>	<p>9:00 Spoons 4 10:00 Free Chair Yoga 11:00 Music by Will Hinton 12:00 Lunch 1:00 Box of Brain Games</p>	<p>Wear a Jersey or Team Colors 5 9:00 Uno Flip Card Game 10:00 Site Council 10:15 to 11:45 Super Bowl BINGO 12:00 Lunch & Birthday Dessert 1:00 Left Center Right</p>	<p>Wear a Jersey or Team Colors 6 9:00 Pepper & Other Card Games 10:15 to 11:45 Super Bowl BINGO 12:00 Lunch & Birthday Dessert 1:00 Monopoly Deal Card Game</p>
<p>9:00 Blokus 9 11:00 Music by Sonny & Friends 12:00 Lunch 1:00 Qwirkle</p>	<p>9:00 Games & Gabbing 10 11:00 Golden Giggles Comedy Club with Bill Senecal 12:00 Lunch 1:00 Dad Jokes</p>	<p>9:00 Games & Cards 11 9:15 to 10:00 Free Chair Yoga 10:15 Meet at Normal Memorial Library for a Program with Wendy 12:00 Lunch 1:00 Box of Brain Games</p>	<p>Wear Red/ Pink 12 9:00 Coffee & Conversation 10:15 to 11:45 "B Mine" BINGO for Valentine's Day 12:00 Lunch 1:00 Tenzi Dice Game</p>	<p>Wear Red/ Pink 13 9:00 Cards 10:15 to 11:45 "B Mine" BINGO for Valentine's Day 12:00 Lunch 1:00 Time Line -- Events, Game</p>
<p>16</p> <p>CLOSED FOR PRESIDENTS' DAY</p>	<p>9:00 Games & Gabbing 17 11:00 "Just So You Know" by Fulton County Health Dept. Nurse with Free Blood Pressure Checks 12:00 Lunch 1:00 Tic Tac Toe</p>	<p>9:00 Coffee & Conversation 18 10:00 Free Chair Yoga 11:00 Overview of Resources Offered by Area Office on Aging with Dr. Tina Williams 12:00 Lunch 1:00 Box of Brain Games</p>	<p>Day Trip, Museum of Fulton County; Wear Senior Center Shirt. At Site: Wear White/ Silver/ Glitter 19 9:00 No Thanks Card Game 10:15 to 11:45 Winter Wonderland BINGO & Hot Cocoa Bar 12:00 Lunch 1:00 Pairzi Dice Game</p>	<p>Wear White/ Silver/ Glitter 20 9:00 Pepper 10:15 to 11:45 Winter Wonderland BINGO & Hot Cocoa Bar 12:00 Lunch 1:00 "Things They Don't Teach You In School" Game</p>
<p>9:00 Monopoly Deal 23 11:00 Golden Giggles Comedy Club with Bill Senecal 12:00 Lunch 1:00 Kanoodle</p>	<p>9:00 Coffee & Conversation 24 11:00 Brain Health Basics with Ms. Shawn W., Area Office on Aging 12:00 Lunch 1:00 Top It Card Game</p>	<p>9:00 Games & Gabbing 25 10:00 Free Chair Yoga 11:00 "Just So You Know" by Fulton County Health Dept. Nurse with Free Blood Pressure Checks (Note Date) 12:00 Lunch 1:00 Box of Brain Games</p>	<p>9:00 Chit Chat 26 10:15 to 11:45 BINGO 12:00 Lunch 1:00 Trivia</p>	<p>9:00 Pepper 27 10:15 to 11:45 BINGO 12:00 Lunch 1:00 Reminiscing</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 FEBRUARY 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 Cuellar
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, 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