

SERVING CITIZENS OF FULTON COUNTY 60 YEARS & OVER

# SENIOR

**MARCH 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

### GOOD FRIDAY BREAKFAST

The Fulton County Senior Center in Wauseon is taking reservations for its Good Friday Breakfast on Friday, April 3. The breakfast serving line will be open between 8 and 9:30 a.m.; guests may come and go at their leisure. The menu will feature omelets, hash brown patties, sausage links, bananas, and hot cross buns.

The Fulton County Senior Center is located at 695 S. Shoop Avenue, Wauseon. For Fulton County residents age 60 and over, we suggest a \$3 donation. All others are \$5. Seniors are welcome to invite family members. Reservations are required for this dine-in only event. Call 419-337-9299 to reserve your meal. The last day to sign up is March 25. Archbold and Swanton sites are closed on Good Friday, April 3. The Wauseon senior center site will close at noon.

## SENIOR SPOTLIGHT

Cherie Rix of Fayette says her home community provides plenty of ways for seniors like her to be involved and stay active, including the Fayette Senior Center, Learning Friends, and the Fayette Kitchen Band.

“Lifelong learning is important to me,” Cherie explained. “Since retiring from Northwest State Community College, I’ve had the opportunity to continue learning through different programming at the Fayette Senior Center. I enjoy the educational and health presentations as well as the music programs. We all have different experiences in life and can learn from one another. The senior center has been a good place to reconnect, to get to know new people, and become better acquainted with seniors I already knew.”

Cherie also volunteers with Learning Friends, a summer and after-school program for students. “It has been a great way to connect with kids, ages kindergarten through sixth grade, in our community,” Cherie said. “I know that the kids learn from us, but I have found that I learn a lot from the kids as well.”

Having always had a passion for music, Cherie joined the Fayette Kitchen Band after retiring in 2023. The group performed when Fayette celebrated its 150th birthday in August of that year and continues to perform throughout the area. “I enjoy playing percussion with silly instruments and occasionally playing my flute,” she added. When she isn't volunteering, Cherie enjoys reading, walking at Harrison Lake, and spending time with her family.





**117,125** total meals were served to **1,109** seniors by the Fulton County Senior Center in **2025!**

### CHANGE CLOCKS & BATTERIES

Daylight Savings Time ends at 2:00 am on Sunday, March 8, and our clocks “spring ahead” 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.

### CHECKS PAYABLE

We appreciate all of you who make monetary donations to cover home-delivered meals and meals you eat inside any of our Senior Center sites. Please be sure to make checks payable to “Fulton County Senior Center.” Also, when paying cash for your meal at the Fulton County Senior Center in Wauseon, please have correct change whenever possible. Thanks!

### HELP US HELP YOU

Has your phone number changed? Have you moved? Has your email address changed? Is information for your contact person out of date? Please contact us with your up-to-date information. Provide updated information to your meal delivery driver or Site Manager, if that is convenient. Also, if you currently receive the B-zz newsletter by mail and have an email address, would you consider receiving the newsletter via email instead of regular mail to help us save money on postage?

### MUSEUM SENIOR DISCOVERY DAYS

Registration is now open for the third Museum Senior Discovery Day, which will take place Thursday, March 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 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 \$3.00 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:

**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

## SPOTLIGHT ON NUTRITION EDUCATION

Malnutrition refers to deficiencies, excesses or imbalances in a person's intake of energy and/or nutrients. Here are Five Facts about Malnutrition. Source: NCOA National Council on Aging Nutrition Tools

**FACT 1:** Malnourished individuals can come in all sizes. 715,000 U.S. adults aged 65+ are underweight. One in 3 U.S. adults aged 65+ are overweight. You can be underweight or overweight and still be malnourished.

**FACT 2:** Malnutrition affects all groups of people. Nine million older adults cannot afford nutritious food. One in four adults aged 65+ either reduces meal sizes or skips meals. Sixteen percent of independent older adults are at high risk for malnutrition. Up to 60% of older adults in health care settings are malnourished.

**FACT 3:** Malnutrition can come from a number of factors. These can include the following: chronic conditions, poor appetite, restricted diets, limited income, living alone, medication side effects, poor dental health, trouble swallowing or chewing, changing taste buds, lack of mobility, depression, dementia, and or gastrointestinal disorders.

**FACT 4:** You can't always prevent or treat malnutrition by just eating more. Adjust your diet to get all the nutrients your body needs. Exercise to build muscle and improve strength. Consult a Registered Dietitian Nutritionist. Consider using an oral nutritional supplement.

**FACT 5:** Malnutrition has many warning signs. Muscle weakness, fatigue, increased illness or infection, feeling irritable or depressed, unplanned weight loss and or decreased appetite, could all be signs of malnutrition.

## LUNCH RESERVATIONS

If you are making a reservation for lunch at a site or for home delivery, please note we require at least one business day's notice. To ensure your request is received in time, please do not leave meal reservation on the answering machine over a weekend for a Monday meal, or during federal holidays and other days we are closed. Our kitchen begins preparation very early each morning and will not receive these messages in time to fulfill them. Additionally, when paying cash at the Fulton County Senior Center in Wauseon, please provide the exact change whenever possible. Thank you!

## 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 HAM LOAF RECIPE

1 ½ LB GROUND HAM	3 EGGS
1 LB GROUND BEEF	2 CUPS CRUSHED SALTINE CRACKERS
½ LB GROUND PORK	½ CUP MILK

In a large bowl combine all ingredients. Mix well and form into a loaf. Place loaf into a lightly greased 9x13 baking dish.

Bake at 350 degrees F for 90 minutes or until a thermometer inserted into the thickest part reads 165 degrees F.

While the loaf is baking, make a glaze of 1 cup catsup, ¼ cup plus 1 TBS brown sugar, and 1 TBS mustard.

Mix well and spread over the loaf for the last 15 minutes of baking.

Let the loaf rest for 10 minutes before cutting and serving.

# LUNCH CALENDAR

MARCH, 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
Hot Dog (LS Alt= Chicken Breast) 2* Baked Beans Riced Cauliflower Pineapple	Goulash 3* Broccoli Maple Glazed Carrots Mixed Fruit	Swanton B-day 4* Cheese Burgers Batter Bites Tuscan Asiago Blend Fresh Fruit	Fayette & Delta B-day 5* Chicken & Noodles Mashed Potatoes Green Beans Peaches	Archbold & Wauseon B-Day 6* Fish Sandwich Macaroni & Cheese Stewed Tomatoes Fresh Fruit Juice
Lasagna 9* Sweet & Sour Spinach Garlic Mushrooms Apricot	Swedish Meatballs 10 Noodles Asparagus Midori Vegetable Blend Pudding/SF Pudding	Chicken Tenders 11 Tater Tots Tomato Garlic Butter Beans Ambrosia	Beef & Cheese Burrito 12* Refried Beans Cilantro Lime Rice Mango	Broccoli Cheese Soup 13* Tossed Salad Cottage Cheese Egg Salad Banana
Chicken Breast 16* Rosemary Herb Potato Garlic Chalet Blend Mandarin Oranges Cake / SF Cake	Jiggs Dinner 17* Corned Beef (LS Alt = Pork Roast) Cooked Cabbage Boiled Potato Carrots Watergate Salad	Chili 18* Mexican Rice Corn Peaches Corn Bread	Salisbury Steak 19* Mashed Potatoes Harvard Beets Fruit Cocktail	Tuna Noodle Casserole 20* Peas Fruit Crisp Juice
Stuffed Peppers 23* Smashed Red Potatoes Riviera Blend Pears	Hamloaf 24* (LS Alt= Meatloaf) Sweet Potatoes Malibu Blend Dark Sweet Cherries	Cream Chipped Beef 25* Mashed Potatoes Succotash Apple Slices	White Chicken Chili 26* Lima Dill Salad Orange Pineapple Salad Carrot Sticks w/ Ranch Brownie /SF Brownie	Cheese Omelet 27* Sausage Links Potato Coins Hot Apple Sauce Orange Juice
Sloppy Joes 30* Potato Chips California Blend Cole Slaw Fruit Crunch	Bratwurst & Sauerkraut 31* (Ls Alt = Hot Dog) German Potato Salad Brussels Sprouts Grapes			

# WAUSEON ACTIVITIES

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

MARCH, 2026

SENIOR B-22

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8:00 Walking 8:30 Zumba Gold 10:00 Tai Chi (Senior Led) <b>11:00 Keyboard Music</b> 12:00 Lunch 1:00 Line Dancing 2:00 Cards & Games 2:30 Walking	8:00 Walking 10:00 Golden Drummers <b>11:00 Pelvic Floor Rehab: What Is It, How Could Therapy Help? FCHC Rehab</b> 12:00 Lunch 1:00 Choir <b>1:00 Veterans Social</b> 1:00 Silver Sneakers® Classic 2:00 H & F/ Pepper/ Etc. 2:30 Walking	8:00 Walking w/ Friends 10:00 Tai Chi (Senior Led) <b>11:00 Word Game</b> 12:00 Lunch <b>1:00 Site Council</b> 1:00 Silver Sneakers Chair Yoga® 1:00 Card Games 2:30 Walking	<b>Day Trip, Pence Carmel Corn; Wear Senior Center Shirt</b> 8:00 Walking <b>9:30 to 11:30 MahJong (Sign Up)</b> 10:15 to 11:45 BINGO 12:00 Lunch 1:00 Silver Sneakers® Classic 2:00 H & F/ Pepper/ Etc. 2:30 Walking	8:00 Walking 10:00 Golden Drummers 12:00 Lunch & Birthday Cupcakes from Heritage Health Care 1:00 Cards/ Games 2:30 Walking
8:00 Walking 8:30 Zumba Gold 10:00 Tai Chi (Senior Led) <b>10:30 Free Hearing Screenings (Sign Up) &amp; Aid Cleanings</b> <b>11:00 Keyboard Music</b> 12:00 Lunch 1:00 Line Dancing 2:00 Cards & Games 2:30 Walking	8:00 Walking 10:00 Golden Drummers <b>11:00 Music by Will Hinton</b> 12:00 Lunch 1:00 Choir 1:00 Silver Sneakers® Classic 2:00 H & F/ Pepper/ Etc. 2:30 Walking	8:00 Walking w/ Friends 10:00 Tai Chi (Senior Led) <b>11:00 Advanced Care Planning</b> 12:00 Lunch 1:00 Silver Sneakers Chair Yoga® 1:00 Card Games 2:30 Walking	8:00 Walking <b>9:30 to 11:30 MahJong (Sign Up)</b> 10:15 to 11:45 BINGO 12:00 Lunch Gym: Drug Court Grad 1:00 Silver Sneakers® Classic (Meet in Dining Rm) 2:00 H & F/ Pepper/ Etc. 2:30 Walking	8:00 Walking 10:00 Golden Drummers 12:00 Lunch 1:00 Cards/ Games 2:30 Walking
8:00 Walking 8:30 Zumba Gold 10:00 Tai Chi (Senior Led) <b>11:00 Fulton County Health Dept. Nurse with Free Blood Pressure Checks</b> 12:00 Lunch 1:00 Line Dancing 2:00 Cards & Games 2:30 Walking	8:00 Walking 10:00 Golden Drummers <b>11:00 Comedy Act, Bill Senecal</b> 12:00 Lunch 1:00 Choir 1:00 Silver Sneakers® Classic 2:00 H & F/ Pepper/ Etc. 2:30 Walking	8:00 Walking w/ Friends 10:00 Tai Chi (Senior Led) <b>10:00 Make Cards with Deb B.</b> <b>11:00 Digital Couponing 101: Save More, Spend Less by NOCAC</b> 12:00 Lunch 1:00 Silver Sneakers Chair Yoga® 1:00 Card Games 2:30 Walking	<b>Day Trip, Museum Discovery Days; Wear Senior Center Shirt</b> 8:00 Walking <b>9:30 to 11:30 MahJong (Sign Up)</b> 10:15 to 11:45 BINGO 12:00 Lunch 1:00 Silver Sneakers® Classic 2:00 H & F/ Pepper/ Etc. 2:30 Walking	8:00 Walking 10:00 Golden Drummers <b>11:00 Keyboard Music</b> 12:00 Lunch 1:00 Cards/ Games 2:30 Walking
8:00 Walking 8:30 Zumba Gold 10:00 Tai Chi (Senior Led) <b>11:00 Keyboard Music</b> 12:00 Lunch 1:00 Line Dancing 2:30 Walking	8:00 Walking 10:00 Golden Drummers 11:00 Word Game 12:00 Lunch 1:00 Choir 1:00 Silver Sneakers® Classic 2:00 Pinochle/ H & F/ Pepper/ Etc. 2:30 Walking	<b>Day Trip, Ronald McDonald House &amp; Olive Garden; Wear Senior Center Shirt</b> 8:00 Walking w/ Friends 10:00 Tai Chi (Senior Led) <b>11:00 Keyboard Music</b> 12:00 Lunch 1:00 Silver Sneakers Chair Yoga® 1:00 Card Games 2:30 Walking	8:00 Walking <b>9:30 to 11:30 MahJong (Sign Up)</b> 10:15 to 11:45 BINGO 12:00 Lunch <b>1:00 Play Card/ Board Games with Wauseon Honor Society Students</b> <b>1:00 Silver Sneakers® Classic</b> 2:00 H & F/ Pepper/ Etc. 2:30 Walking	8:00 Walking 10:00 Golden Drummers 12:00 Lunch 1:00 Cards/ Games 2:30 Walking
8:00 Walking 8:30 Zumba Gold 10:00 Tai Chi (Senior Led) <b>11:00 Keyboard Music</b> 12:00 Lunch 1:00 Line Dancing 2:00 Cards & Games 2:30 Walking	8:00 Walking 10:00 Golden Drummers <b>11:00 Fayette Kitchen Band</b> 12:00 Lunch 1:00 Choir 1:00 Silver Sneakers® Classic 2:00 H & F/ Pepper/ Etc. 2:30 Walking"			

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>9:00 Connect &amp; Conquer (Games with Friends) <b>2</b> 9:15 Chair Exercises <b>11:00 First Monday Game Day, by Request</b> 12:00 Lunch 1:00 Word Games</p>	<p>9:00 Reminiscing <b>3</b> 9:00 Chair Yoga at Hope Church (\$5) <b>11:00 Golden Giggles Comedy Act with Bill Senecal</b> 12:00 Lunch 1:00 Connect Four</p>	<p>9:00 "Traveling Little Library" <b>4</b> 9:15 Chair Exercises <b>10:00 Site Council</b> <b>10:15 to 11:45 BINGO with Emily of Swanton Library</b> 12:00 Lunch &amp; Birthday Dessert 1:00 Puzzles with Pals</p>	<p><b>Day Trip, Pence Carmel Corn; Wear Senior Center Shirt</b> <b>5</b> 9:00 Coffee &amp; Conversation <b>9:50 Sunny Day &amp; Seniors</b> <b>10:00 Site Council</b> <b>10:15 to 11:45 BINGO</b> 12:00 Lunch &amp; Birthday Dessert 1:00 "I Should Have Known That"</p>	<p>9:00 Coffee &amp; Conversation <b>6</b> 9 to 11 Mahjong 9:15 Chair Exercises <b>11:00 Guitar Music by Michael Buck</b> 12:00 Lunch 1:00 Uno Flex</p>
<p>9:00 Dad Jokes <b>9</b> 9:15 Chair Exercises <b>11:00 Free Blood Pressure Checks &amp; "Just So You Know" with Fulton Co. Health Dept.</b> 12:00 Lunch 1:00 Word Search</p>	<p>9:00 Kings in the Corner <b>10</b> 9:00 Chair Yoga at Hope Church (\$5) <b>11:00 Free Blood Pressure Checks &amp; "Just So You Know" with Fulton Co. Health Dept.</b> 12:00 Lunch 1:00 Skip-Bo</p>	<p><b>Wear Jersey or Team Color/ Shirt</b> <b>11</b> 9:00 Top It 9:15 Chair Exercises <b>10:15 to 11:45 March Madness BINGO</b> 12:00 Lunch 1:00 Remember When...</p>	<p><b>Wear Jersey or Team Color/ Shirt</b> <b>12</b> 9:00 Coffee &amp; Conversation <b>10:15 to 11:45 March Madness BINGO with Delta Students</b> 12:00 Lunch 1:00 Puzzles with Pals</p>	<p>9:00 Kings in the Corner <b>13</b> 9 to 11 Mahjong 9:15 Chair Exercises <b>11:00 Golden Giggles Comedy Act with Bill Senecal</b> 12:00 Lunch 1:00 Spot It</p>
<p>9:00 Board Game Bonanza <b>16</b> (Playing Games Together) 9:15 Chair Exercises <b>11:00 How to Draw Cartoon Animals with Diane K.</b> 12:00 Lunch 1:00 Phase 10</p>	<p><b>Bring a Lucky Charm; Wear Green</b> <b>17</b> 9:00 Spot It 9:00 Chair Yoga at Hope Church (\$5) <b>10:15 to 11:45 Bonus "Magically Delicious Lucky Charm BINGO" (Wear Green &amp; Bring a Lucky Charm)</b> 12:00 Lunch 1:00 Tenzi</p>	<p><b>Bring a Lucky Charm; Wear Green</b> <b>18</b> 9:00 Coffee &amp; Conversation 9:15 Chair Exercises <b>9:45 Free Hearing Aid Cleaning &amp; Free Hearing Screenings (Sign Up)</b> <b>10:15 to 11:45 "Magically Delicious Lucky Charm BINGO" (Wear Green &amp; Bring a Lucky Charm)</b> 12:00 Lunch 1:00 Word Search</p>	<p><b>Day Trip, Museum Discovery Day; Sign Up; Wear Senior Center Shirt</b> <b>19</b> 9:00 Coffee &amp; Conversation <b>10:15 to 11:45 Regular BINGO</b> 12:00 Lunch 1:00 Dad Jokes</p>	<p>9:00 Five Crowns <b>20</b> 9 to 11 Mahjong 9:15 Chair Exercises <b>11:00 Swanton Care Rx Pharmacy Staff</b> 12:00 Lunch 1:00 Wits &amp; Wagers</p>
<p>9:00 Games with Friends <b>23</b> 9:15 Chair Exercises <b>11:00 Digital Couponing 101: Save More, Spend Less, NOCAC</b> 12:00 Lunch 1:00 Scrabble</p>	<p>9:00 Walk the Parking Lot <b>24</b> 9:00 Coffee &amp; Conversation 9:00 Chair Yoga at Hope Church (\$5) <b>11:00 Swanton Care Rx Pharmacy Staff</b> 12:00 Lunch 1:00 Shut the Box</p>	<p><b>Bring Gently Used Items for the Prize Table</b> <b>25</b> 9:00 Hand &amp; Foot 9:15 Chair Exercises <b>10:15 to 11:45 Spring Clean BINGO</b> 12:00 Lunch 1:00 Chasing the Ace</p>	<p><b>Bring Gently Used Items for the Prize Table</b> <b>26</b> 9:00 Coffee &amp; Conversation <b>10:15 to 11:45 Spring Clean BINGO</b> 12:00 Lunch 1:00 Set Card Game</p>	<p>9:00 Tenzi <b>27</b> 9 to 11 Mahjong 9:15 Chair Exercises <b>11:00 Brain Health Basics with Ms. Shawn W. of Area Office on Aging</b> 12:00 Lunch 1:00 Golf Card Game</p>
<p>9:00 Dominoes <b>30</b> 9:15 Chair Exercises <b>11:00 Utility Scams, Amy Carles, Ohio Consumers' Counsel</b> 12:00 Lunch 1:00 Box of Brain Games</p>	<p>9:00 Walk the Parking Lot <b>31</b> 9:00 Chair Yoga at Hope Church (\$5) <b>11:00 Play Pinochle with Babs &amp; Connie</b> 12:00 Lunch 1:00 Quiddler</p>			

# ARCHBOLD – FAYETTE

## ACTIVITIES

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9:00 Puzzles with Pals <b>2</b> <b>11:00 ZINGO (Bring pennies)</b> 12:00 Lunch 1:00 Word Search	9:00 Games & Gabbing <b>3</b> 10:30 Site Council <b>11:00 "Novel Tea" Tea Party; Bring a Tea Cup/ Saucer, if You'd Like. Speaker, local author Beth Baus</b> 12:00 Lunch 1:00 Dad Jokes	9:00 Top It <b>4</b> 10:00 Free Chair Yoga <b>11:00 "Novel Tea" Tea Party; Bring a Tea Cup/ Saucer, if You'd Like. Speaker, local author Kimberly Wyse</b> 12:00 Lunch 1:00 Box of Brain Games	<b>Day Trip, Pence Carmel Corn; Wear Senior Center Shirt</b> <b>5</b> 9:00 Crazy 8s 10:00 Site Council <b>10:15 to 11:45 BINGO, Caller: Devin from Heart at Home</b> 12:00 Lunch & Birthday Dessert 1:00 Word Game	9:00 Left Center Right <b>6</b> <b>10:15 to 11:45 BINGO w/ Caller Wendy Gericke of Archbold Chamber of Commerce</b> 12:00 Lunch & Birthday Dessert 1:00 "Remember When..."
9:00 Monopoly Deal <b>9</b> <b>11:00 Preplanning Tips to Help Our Loved Ones, Nick and Jason of Marry Funeral Home</b> 12:00 Lunch 1:00 Time Line: Events Game	9:00 "Tell Me More" <b>10</b> <b>11:00 Music by Sonny &amp; Friends</b> 12:00 Lunch 1:00 Uno Flex	9:15 to 10:00 Free Chair Yoga <b>11</b> <b>10:15 Meet at Normal Memorial Library for a Program with Wendy</b> 12:00 Lunch 1:00 Crazy Eights	<b>Wear Jersey or Team Color/ Shirt</b> <b>12</b> 9:00 Card Games <b>10:15 to 11:45 March Madness BINGO, Caller: Devin from Heart at Home</b> 12:00 Lunch 1:00 Concentration/ Memory	<b>Wear Jersey or Team Color/ Shirt</b> <b>13</b> 9:00 Coffee & Conversation <b>10:15 to 11:45 March Madness BINGO</b> 12:00 Lunch 1:00 Word Search
9:00 "Things They Don't Teach You In School" <b>16</b> <b>11:00 Guitar Music by Michael Buck</b> 12:00 Lunch 1:00 Tenzi Dice Game	9:00 Remember When... <b>17</b> <b>11:00 "Just So You Know" by Fulton County Health Dept. Nurse with Free Blood Pressure Checks</b> 12:00 Lunch 1:00 Left Center Right	9:00 Shut the Box <b>18</b> 10:00 Free Chair Yoga <b>11:00 Meet at Bean Creek Valley History Center for Program with Colleen R.</b> 12:00 Lunch 1:00 Box of Brain Games	<b>Day Trip, Museum Discovery 19 Days; Wear Senior Center Shirt</b> <b>19</b> 9:00 Coffee & Conversation <b>10:15 to 11:45 Magically Delicious Lucky Charm BINGO (Wear Green &amp; Bring a Lucky Charm)</b> 12:00 Lunch 1:00 "Tell Me More"	9:00 Dad Jokes <b>20</b> <b>10:15 to 11:45 Magically Delicious Lucky Charm BINGO (Wear Green &amp; Bring a Lucky Charm)</b> 12:00 Lunch 1:00 Azul Board Game
9:00 Left Center Right <b>23</b> <b>11:00 "Just So You Know" by Fulton County Health Dept. Nurse with Free Blood Pressure Checks</b> 12:00 Lunch 1:00 Pairzi	9:00 Timeline: Inventions <b>24</b> <b>11:00 Music by Circle of Friends (Bluegrass)</b> 12:00 Lunch 1:00 Phase 10	9:00 Coffee & Conversation <b>25</b> 10:00 Free Chair Yoga <b>11:00 Music by Just Us 2 (Marc &amp; Ellen Pember)</b> 12:00 Lunch 1:00 Reminiscing	<b>Bring Gently Used Items for the Prize Table</b> <b>26</b> 9:00 Go Fish <b>10:15 to 11:45 Spring Clean BINGO</b> 12:00 Lunch 1:00 7-Up Card Game	<b>Bring Gently Used Items for the Prize Table</b> <b>27</b> 9:00 Puzzles with Pals <b>10:15 to 11:45 Spring Clean BINGO</b> 12:00 Lunch 1:00 Word Search
9:00 No Thanks Game <b>30</b> <b>11:00 "What is Your Hidden Super Power?" (Bring an Example of Your Hobby &amp; Show/ Tell Us About It)</b> 12:00 Lunch 1:00 Goat Lords Game	9:00 Coffee & Conversation <b>31</b> <b>10:15 to 11:45 Friday's BINGO (Note Date)</b> 12:00 Lunch 1:00 Q*Bitz"			



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 MARCH 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, Richard Hunter, Angela Johnston, Kevin Knierim, Kelli Kuntz, Arin Lauber, Javier Lerma, Jim Lugbill, Carl Martin, Aimee Roth, Sam Sanderson, Shawn Vance-Dixon
Substitutes.....	James Baldwin, Mackenzie Cwiertnia, Anita Ehram, Sherryann Franks, Tim Gorsuch, Steve Jackson, Vicki Lynn Kline, Cheryl Kohls, Michael Mangas, Sharon McCabe, Becky Peabody, Dennis Peabody, Lukas Rotroff, Mary Schultz, 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