

SERVING CITIZENS OF FULTON COUNTY 60 YEARS & OVER

SENIOR

OCTOBER 2024

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

October 1 – Road to Wellness

October 7 – Flu Clinic at Swanton Senior Center

October 8 – Flu Clinic at Delta Senior Center

October 9 – Day Trip, Toledo Zoo Senior Day

October 14 – Closed for Columbus Day

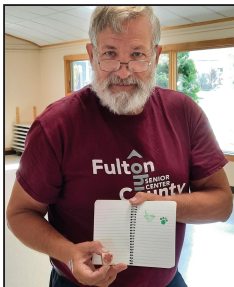
October 15 – Flu Clinic at Archbold Senior Center

October 21 – Flu Clinic at Wauseon Senior Center

October 24 – Day Trip, Spaghetti Warehouse,
Libbey Glass Factory Outlet & Boyd's Retro Candy

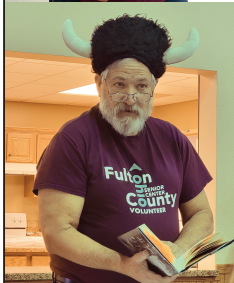
October 28 – Flu Clinic at Fayette Senior Center

SENIOR SPOTLIGHT



Bill Senecal has been a regular attender at the Fayette Senior Center for two years.

“The Senior Center is a nice complement to my week. I like the opportunity to have a good meal with friends. I like the variety of programs and the conversation. I don’t always participate in all of the programs, but I like the ones that I go to, and I think that there’s something there for everybody. I’m retired, and I’m also widowed, and the Senior Center gives me the chance to get out of the house, go do something, and have some productive time with other people,” Bill said.



“In 2022, I attended a program by a storyteller at the Archbold Senior Center. And I thought, ‘I’ve got some stories, too.’ So I put together a program for the seniors at the Fayette Senior Center. I think I got as much out of it as they did. I just enjoyed the avenue to be able to express myself. I think part of the variety of the programs that are offered is because the people are so varied. Everybody’s got something they can offer,” Bill added.

Bill has provided programs for our five Senior Center sites with themes including, Christmas, silly stories, letter boxing, vintage love letters near Valentine’s Day, and a new mystery/ escape room-type program this month.



In his spare time, Bill enjoys a variety of hobbies. “I do a little woodworking, a little small boat sailing, and some hiking. I like to play golf, but I’m not very good. There’s no one thing I’m ultra-passionate about, but I like doing a lot of different things. I try to get two or three of those in every week,” he said. If you have visited Sauder Village in the past few years, you might have seen Bill at the grist mill or other places in the Village.

“I appreciate so much that there are five Senior Center locations, so seniors anywhere around Fulton County can get to one, and I think they should. They have a lot to offer,” he said.

THANK YOU FOR YOUR GENEROSITY

Thank you to Alicia of Comfort & Passionate Health Services, Joanna and Genacross, Suzanne and Paramount, Megan and NOCAC, Julie and Browning Masonic Community, Trisha and Ayden Healthcare, Lora and Fairlawn, Julie and United Healthcare, Renee C. for the craft donations, Betty for the book donations, our local fire departments, Swanton Kroger, and our local libraries.

BEWARE OF SENDING MONEY

If you receive a letter in the mail from "Meals on Wheels," be sure to check the address. Likely, the letter is from a "Meals on Wheels" organization located out of state. If the letter asks for a money donation, don't be fooled into thinking your donation will benefit home-delivered meals of Fulton County Senior Center. Do not provide your personal information to charities. Be certain you understand to whom you are donating money.

The Fulton Center Senior Center will never send you a letter asking for money. Additionally, if you choose to submit a donation to cover the meals you receive from the Fulton County Senior Center, please make your check payable to Fulton County Senior Center and mail to 695 S. Shoop Ave., Wauseon, OH, 43567. Call us at 419-337-9299 if you receive a confusing donation request and have questions. We're happy to help!

WATER AT THE READY

The Red Cross recommends a minimum of one gallon of bottled water per person per day on hand. If you have freezers that have some extra room, wash and fill plastic milk jugs with fresh water and freeze them. If nothing happens, it costs less to keep a full freezer cold than it does an empty or half-empty freezer. If you have only a power outage, DO NOT OPEN THE DOOR. The freezer will stay colder longer full and with an unopened door. If you have a crisis and you need fresh water, you have a good fresh supply on hand. Just thaw it out if you need it.

SITES CLOSED OCTOBER 1

Please note, on Tuesday, October 1, the Delta Senior Center and Archbold Senior Center will be closed. If you reserved your spot in September, join us for Road to Wellness at our Fulton County Senior Center, 695 S. Shoop Ave. Wauseon. Need to cancel your Road to Wellness reservation? Call 419-337-9299.

WHERE'S VAL?

It's October, which means it is Medicare Open Enrollment time! Val Edwards, Information & Referral Specialist, will be available for extended hours at the following locations to focus on Medicare Open Enrollment. Please make an appointment well in advance with Val for any of these dates by calling 419-337-9299.

Thursday, October 17, from 10 AM to 3 PM
at the Swanton Library

Tuesday, October 22, from 10 AM to 3 PM
at the Evergreen Library in Metamora

Thursday, October 24, from 9 AM to 3 PM
at Wyse Commons, Archbold

Wednesday, November 13, from 10 AM to 3 PM
at the Delta Library

Val has some appointments available to meet with seniors at the Fulton County Senior Center, 695 S. Shoop Ave., Wauseon. Val's services are offered at no cost to seniors in partnership with Wyse Commons and the local libraries.

OTHER PREPAREDNESS ITEMS TO CONSIDER

A first-aid kit and backup supply of medications, spare glasses, extra hearing aid batteries, and non-powered alternatives to assistive and medical equipment that may not work without electricity. Paper goods are advisable as well as a radio, flashlights, bulbs, and batteries. Warm blankets that are easy to access, and a back-up supply of pet food, matches, candles, and lamps and lamp oil are good too.

If you have a generator, be sure you know how to use it, you have fuel, and note whether or not you have enough extension cords. Consider storing flashlights in key areas of the house for easy access. If you use your mobile phone to store the names and phone numbers of people you can call for help if you need it, it's best to have them on paper, too, in case there's no way to charge your phone.

FLU IMMUNIZATIONS OFFERED

The Fulton County Health Department will offer flu immunizations the same day as free blood pressure checks at our Senior Center sites. Walk-in flu clinics will be offered from 9 AM to 11 AM. Free blood pressure checks will also be provided and a brief "Just So You Know" program will begin at 11:30 am, for interested seniors. Walk in to the following Senior Center sites on the following dates, to receive your flu immunization between 9 and 11 AM.

- Monday, October 7, Swanton Senior Center, inside the new Faith Lutheran Church, 620 Dodge Street (County Road H, north side of road, between Co Rd 2 & Co Rd 3).
- Tuesday, October 8, Delta Senior Center, inside Hope Church of Delta, 101 Northwood Drive.
- Tuesday, October 15, Flu Clinic at Archbold Senior Center, inside the Scout Cabin, 210 W. Williams Street.
- Monday, October 21, Wauseon; Fulton County Senior Center, 695 S. Shoop Ave., Wauseon.
- Monday, October 28, Fayette Senior Center, inside Family Life Center, 306 E. Main Street.

The flu immunization service is provided by the Fulton County Health Department. Medicare, Medicaid, and contracted insurance plans are accepted as payment. For those who do not have insurance or a plan we are contracted with, a sliding fee scale may apply. Please bring your insurance cards with you.

MEDICARE OPEN ENROLLMENT

Here is what can be done during Open Enrollment, October 15th-December 7th:

- Switch from one Medicare Prescription Drug Plan to another Medicare Prescription Drug Plan
- Drop your Medicare prescription drug coverage completely
- Change from Original Medicare to a Medicare Advantage Plan
- Change from a Medicare Advantage Plan back to Original Medicare
- Switch from one Medicare Advantage Plan to another Medicare Advantage Plan
- Switch from a Medicare Advantage Plan that doesn't offer drug coverage to a Medicare Advantage Plan that offers drug coverage
- Switch from a Medicare Advantage Plan that does offer drug coverage to a Medicare Advantage Plan that doesn't offer drug coverage
- Join a Medicare Prescription Drug Plan

Any changes made will take effect on January 1, 2025. To schedule an appointment, contact Valerie Edwards at the Fulton County Senior Center 419-337-9299. **Don't delay! Appointment times fill up quickly.**

WINTER WEATHER IS JUST AROUND THE CORNER

It's not too early to start planning for Ohio's unpredictable fall and winter weather. Take action now to keep a few shelf-stable meals in your kitchen in the unlikely event that our Senior Center closes. Also, once the snow starts to fly, remember to keep your driveway and sidewalks clear. Your meal delivery driver thanks you in advance for providing a safe way to bring your meal to your door. If we cancel activities or 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.

Ready-to-eat Breakfast Items:

- Cereal
- Dry milk (use bottled water if threat of contamination exists)
- Fresh fruit (apples, oranges, grapefruits, and bananas stay fresh for days to weeks)
- Canned or dried fruits
- Granola bars
- Protein bars

PREPARE YOUR PANTRY FOR BAD WEATHER**Ready-to-eat Lunch /Dinner Items:**
(Don't forget a hand-held can opener)

- Canned meats (tuna, chicken, Vienna sausages, Spam)
- Canned soups, broths
- Canned vegetables, beans

Ready-to-eat Snack Items:

- Nuts
- Nut butters (peanut butter, almond butter, etc.)
- Snack crackers (saltines, goldfish)
- Pre-packaged cookies
- Trail mix
- Bottled or boxed juices
- Bottled water

LUNCH CALENDAR

OCTOBER, 2024

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

LS Alt = Lower Sodium Alternative (**Items must be ordered at least one week in advance**)

SUGGESTED DONATION: \$3.00. LUNCH SERVED AT NOON.

LF Alt = Low Fat Alternate (**Items must be ordered at least one week in advance**)

Checks Payable to: Fulton County Senior Center

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	Beef & Noodles 1 Mashed Potatoes Green Beans Apple Slices Cookies / SF Cookie	Chicken Breast Sandwich 2 Red Potatoes Asparagus Mandarin Oranges	Pasta & Meat Sauce 3 Steamed Broccoli Summer Squash Apricots	Bratwurst 4 Sauerkraut Brussels Sprouts German Potato Salad Fresh Fruit
Philly Beef Steak 7 Peppers & Onions Paco Blend Carrots Dark Sweet Cherries	Popcorn Chicken 8 Mashed Potato Corn Coleslaw Pears	Tomato Tortellini Soup 9 Ham Salad Sandwich (LS Alt = Chicken Salad) Tossed Salad 5 Cup Salad	Cheese Omelet 10 Sausage Links Home Fries Spiced Applesauce Orange Juice	Cream Chipped Beef 11 Mashed Potatoes Mixed Vegetables Fresh Fruit Yogurt
14 SITES CLOSED COLUMBUS DAY	Creamed Chicken 15 Buttered Beets Pineapple Casserole	Cheese Burgers 16 Seasoned Potato Wedges Normandy Blend Tangerine	Fish Sandwich 17 Macaroni & Cheese Stewed Tomatoes Juice	Hamburger Gravy 18 Mashed Potatoes Succotash Fresh Fruit
Hot Dog 21 (LS Alt = Hot Dog) Baked Beans Mixed Vegetables Fruit Salad	Cream of Broccoli Soup 22 Cold Cut Sandwich Grape Salad Sunshine Salad	BBQ Pork Sandwich 23 Roasted Potatoes Ranch Style Beans Creamy Fruit Salad	Salisbury Steak 24 Mashed Potatoes Peas & Carrots Mixed Fruit Brownie / SF Brownie	Ham loaf 25 (LS Alt = Meatloaf) Sweet Potatoes Winter Blend Banana
Goulash 28 Cooked Cabbage Fruit Crunch	Baked Chicken 29 Mashed Potatoes Garlic Chalet Blend Peaches	Turkey Salad Sandwich 30 w/Lettuce & Tomato Potato Salad Pumpkin Mousse Fresh Fruit	Sweet & Sour Meatballs 31 White Rice Green Beans Cauliflower Juice	

WAUSEON ACTIVITIES

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

OCTOBER, 2024

SENIOR B-33

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 If you reserved your spot, join us for Road to Wellness at Fulton County Senior Center, 695 S. Shoop Ave., Wauseon. Wear your Senior Center Shirt. Check-in starts at 9:30 AM.	2 8:00 "Been There, Run That" (Walking) 8:30 Zumba Gold (Note Time) 10:00 Tai Chi (Senior Led) 11:00 Keyboard Music, Donna S. 12:00 Lunch 1:00 Site Council 1:00 Silver Sneakers Chair Yoga®	3 8:00 "The Defeeters" (Walking) 10:15 to 11:45 BINGO 12:00 Lunch 1:00 Silver Sneakers® Classic Exercise (By Video) 2:00 H & F/ Pepper/ Pinochle/ Euchre	4 8:00 "Tater Trots" (Walking) 10:00 Golden Drummers 12:00 Oktoberfest Lunch & Birthday Party 1:00 to 2:30 BINGO 2:00 Box of Brain Games
7 8:00 "Power Hour" (Walking) 9:00 Appointments for Tech Help, Megan w/ NOCAC (Sign Up) 10:00 Tai Chi (Senior Led) 11:00 Keyboard Music, Ruthann V. 12:00 Lunch 1:00 to 2:30 Line Dancing	8 8:00 "Sole Survivors" (Walking) 10:00 Golden Drummers 11:00 Protect Yourself from Identity Theft, OH Atty Gen Office 12:00 Lunch 1:00 Silver Sneakers® Classic Exercise 1:00 Choir 2:00 Card Games	9 Day trip, Toledo Zoo; Wear Sr Ctr Shirt 8:00 "Been There, Run That" (Walking) 8:30 Zumba Gold (Note Time) 10:00 Tai Chi (Senior Led) 11:00 Keyboard Music, Donna S. 12:00 Lunch 1:00 Silver Sneakers Chair Yoga®	10 8:00 "The Defeeters" (Walking) 10:15 to 11:45 BINGO 12:00 Lunch 1:00 Silver Sneakers® Classic Exercise 2:00 H & F/ Pepper/ Pinochle/ Euchre	11 8:00 "Tater Trots" (Walking) 10:00 Golden Drummers 12:00 Lunch 1:00 to 2:30 BINGO 2:00 Box of Brain Games
14 CLOSED FOR COLUMBUS DAY	15 8:00 "Sole Survivors" (Walking) 9:00 Appointments for Tech Help, Megan w/ NOCAC (Sign Up) 10:00 Golden Drummers 11:00 All About Owls, Amanda Podach 12:00 Lunch 1:00 Silver Sneakers® Classic Exercise (Multi. Rm) 1:00 Choir 2:00 Card Games	16 Note: Gym is closed (FCHC meeting) 8:30 Zumba Gold (Note Time; MP Room) 10:00 Tai Chi (Multipurpose Rm) 10:00 Card Making with Deb B. (Conf. Rm) 11:00 Word Search 12:00 Lunch 1:00 Silver Sneakers Chair Yoga® (MP Rm) 1:00 Card (Dining)	17 Note: Gym is closed (FCHC meeting) 10:15 to 11:45 BINGO 11:00 Grief Support Group w/ Bill H. 12:00 Lunch 1:00 Silver Sneakers® Classic Exercise (MP Rm) 2:00 H & F/ Pepper/ Pinochle/ Euchre	18 8:00 "Tater Trots" (Walking) 10:00 Golden Drummers 12:00 Lunch 1:00 to 2:30 BINGO 2:00 Box of Brain Games
21 8:00 "Power Hour" (Walking) 9 to 11 Flu Vaccine Clinic, Health Dept. 10:00 Tai Chi (Senior Led) 10:30 Free Hearing Aid Cleaning with Hearing Life 11:00 Brain Booster 12:00 Lunch 1:00 to 2:30 Line Dancing 1 to 3 Wills & Estates Clinic (Sign Up)	22 8:00 "Sole Survivors" (Walking) NO Golden Drummers 11:00 Guitar Music, Will Hinton 12:00 Lunch 1:00 Silver Sneakers® Classic Exercise 1:00 Choir 2:00 Card Games	23 8:00 "Been There, Run That" (Walking) 8:30 Zumba Gold (Note Time) 9:00 Appointments for Tech Help, Megan w/ NOCAC (Sign Up) 9:30 Toenail Clinic (Sign Up) 10:00 Tai Chi (Senior Led) 11:00 "Seniors & Opioids; What You need to know" DART Officer Jeff 12:00 Lunch 1:00 Silver Sneakers Chair Yoga®	24 Day Trip, Spaghetti Warehouse/ Libbey Glass Outlet/ Boyd's Retro Candy; Wear Senior Center Shirt 8:00 "The Defeeters" (Walking) 10:15 to 11:45 BINGO 12:00 Lunch 1:00 Silver Sneakers® Classic Exercise 2:00 H & F/ Pepper/ Pinochle/ Euchre	25 8:00 "Tater Trots" (Walking) 10:00 Golden Drummers 12:00 Lunch 1:00 to 2:30 Halloween BINGO (Wear Black/ Orange or a Costume) 2:00 Box of Brain Games
28 8:00 "Power Hour" (Walking) 10:00 Tai Chi (Senior Led) 11:00 Keyboard Music, Ruthann V. 12:00 Lunch 1:00 to 2:30 Line Dancing	29 8:00 "Sole Survivors" (Walking) 10:00 Golden Drummers 11:00 Dulcimer Music, Vickie Halsey 12:00 Lunch 1:00 Silver Sneakers® Classic Exercise 1:00 Choir 2:00 Card Games	30 7:30 to Noon AARP Driver Safety Class 8:00 "Been There, Run That" (Walking) 8:30 Zumba Gold (Note Time) 10:00 Tai Chi (Senior Led) 11:00 Bluegrass Concert, Circle of Friends 12:00 Lunch 1:00 Silver Sneakers Chair Yoga®	31 Wear a Halloween Costume 8:00 "The Defeeters" (Walking) 10:15 to 11:45 BINGO 12:00 Lunch 1:00 Silver Sneakers® Classic Exercise 2:00 H & F/ Pepper/ Pinochle/ Euchre	

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<p>1</p> <p>The Delta site is closed today. If you reserved your spot, join us for Road to Wellness at our Fulton County Senior Center site, 695 S. Shoop Ave., Wauseon. Wear your Senior Center Shirt. Check-in starts at 9:30 AM.</p>	<p>2</p> <p>9:30 Chair Exercises with Lynn 9:30 "Traveling Little Library" 10:00 Site Council 10:15 to 11:45 BINGO/ Swan Lib 12:00 Lunch & Birthday Dessert by Kingston 12:45 Ballroom Dancing w/ Louise 1:00 Pairzi</p>	<p>3</p> <p>9:00 Uno Flip (Brain Game) 10:00 Site Council 10:15 to 11:45 BINGO 12:00 Lunch & Birthday Dessert 1:00 Reminiscing (Brain Game)</p>	<p>4</p> <p>9:00 Uno Flip (Brain Game) 9:30 "Walktober" (Walk w/ Jeanne) 9:30 Chair Exercises with Lynn 11:00 Clothing Exchange; Shopping by Swapping 12:00 Lunch 1:00 Milles Bornes (Brain Game)</p>
<p>7</p> <p>9 to 11 Flu Vaccine Clinic, Health Dept. 9:30 "Walktober" (Walk w/ Jeanne) 9:30 Chair Exercises with Lynn 10:00 Mahjong 11:00 Free Blood Pressure Checks & "Just So You Know" with Fulton County Health Department 12:00 Lunch 12:45 Ballroom Dancing w/ Louise 1:00 Word Search</p>	<p>8</p> <p>9 to 11 Flu Vaccine Clinic, Health Dept. 9 to 10 Chair Yoga with Hope Church (\$5) 9:30 "Walktober" (Walk w/ Jeanne) 11:00 Free Blood Pressure Checks & "Just So You Know" with Fulton County Health Department 12:00 Lunch 1:00 Monopoly Deal (Brain Game)</p>	<p>9</p> <p>Day trip, Toledo Zoo; Wear Senior Center Shirt 9 to 11 Free Hearing Screenings & Hearing Aid Cleaning 9:30 Chair Exercises with Lynn 10:15 to 11:45 BINGO w/ students 12:00 Lunch 12:45 Ballroom Dancing w/ Louise 1:00 Puzzles with Pals</p>	<p>10</p> <p>9:00 Tenzi (Brain Game) 9:30 Exercises with Carole 10:15 to 11:45 BINGO with Delta Students 12:00 Lunch 1:00 Pairzi (Brain Game)</p>	<p>11</p> <p>9:00 Azul (Brain Game) 9:30 "Walktober" (Walk w/ Jeanne) 9:30 Chair Exercises with Lynn 10:00 (Note Time) PoKeNo; Bring Pennies 12:00 Lunch 1:00 Shut the Box (Brain Game)</p>
<p>14</p> <p>CLOSED FOR COLUMBUS DAY</p>	<p>15</p> <p>9:00 Time Line: Events (Brain Game) 9 to 10 Chair Yoga with Hope Church (\$5) 9:30 "Walktober" (Walk w/ Jeanne) 11:00 "Erasing Stigma; a Conversation about Mental Health," Wendy with NAMI 12:00 Lunch 1:00 Tenzi (Brain Game)</p>	<p>16</p> <p>Wear Autumn Colors 9:00 Q*bitz (Brain Game) 9:30 Chair Exercises with Lynn 10:15 to 11:45 Happy Fall Y'all BINGO 12:00 Lunch 12:45 Ballroom Dancing w/ Louise 1:00 Cards</p>	<p>17</p> <p>Wear Autumn Colors 9:00 Coffee & Conversation 9:30 Exercises with Carole 10:15 to 11:45 Happy Fall Y'all BINGO 12:00 Lunch 1:00 Word Search</p>	<p>18</p> <p>9:00 Puzzles 9:30 "Walktober" (Walk w/ Jeanne) 9:30 Chair Exercises with Lynn 10:00 (Note Time) "Tell Me More" with Swanton Students 12:00 Lunch 1:00 Games</p>
<p>21</p> <p>9:00 Set (Brain Game) 9:30 "Walktober" (Walk w/ Jeanne) 9:30 Chair Exercises with Lynn 10:00 Mahjong 11:00 Timely Topic: "How to get along with almost anyone." Sandy S. 12:00 Lunch 12:45 Ballroom Dancing w/ Louise 1:00 Puzzles with Pals</p>	<p>22</p> <p>9:00 "Things They Don't Teach In School" 9 to 10 Chair Yoga with Hope Church (\$5) 9:30 "Walktober" (Walk w/ Jeanne) 11:00 American Red Cross, "Winter Storm Preparedness & How To Pack a Go Bag" 12:00 Lunch 1:00 "Reminiscing" (Brain Game)</p>	<p>23</p> <p>Wear Red for Apple Day 9:00 Tenzi (Brain Game) 9 to 1 Individual Appointments w/ Megan, NOCAC How To Use Digital Technology 9:30 Chair Exercises with Lynn 10:15 to 11:45 Apple Day BINGO 12:00 Lunch 12:45 Ballroom Dancing w/ Louise 1:00 Uno Flip</p>	<p>24</p> <p>Day Trip, Spaghetti Warehouse/ Libbey Glass Outlet/ Boyd's Retro Candy; Wear Senior Center Shirt 9:00 Puzzles with Pals 9:30 Exercises with Carole 10:15 to 11:45 Wear Red for Apple Day BINGO with Alicia, Comfort & Compassionate Health Services 12:00 Lunch 1:00 Goat Lords (Brain Game)</p>	<p>25</p> <p>9:00 Word Search 9:30 "Walktober" (Walk w/ Jeanne) 9:30 Chair Exercises with Lynn 11:00 "A Brief Theological History of War," Pastor Dalton 12:00 Lunch 1:00 Got It! (Brain Game)</p>
<p>28</p> <p>9:00 Phase 10 (Brain Game) 9:30 "Walktober" (Walk w/ Jeanne) 9:30 Chair Exercises with Lynn 10:00 Mahjong 11:00 Avoid Caregiver Burnout; Wendy & Jen, Comm Health Professionals 12:00 Lunch 12:45 Ballroom Dancing w/ Louise 1:00 True/ False (Brain Game)</p>	<p>29</p> <p>9:00 Cards 9 to 10 Chair Yoga with Hope Church (\$5) 9:30 "Walktober" (Walk w/ Jeanne) 11:00 Spooky Stories with Bev Ernst 12:00 Lunch 1:00 Games with the Group</p>	<p>30</p> <p>Wear a Costume; Celebrate Halloween Eve! 9:00 Time Line: Inventions (Brain Game) 9:30 Chair Exercises with Lynn 10:15 to 11:45 Halloween BINGO 12:00 Lunch 12:45 Ballroom Dancing w/ Louise 1:00 Cards</p>	<p>31</p> <p>Happy Halloween! Wear a Costume 9:00 Puzzles with Pals 9:30 Exercises with Carole 10:15 to 11:45 Halloween BINGO 12:00 Lunch 1:00 Got It! (Brain Game)</p>	

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.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 The Archbold site is closed today. If you reserved your spot, join us for Road to Wellness at our Fulton County Senior Center site, 695 S. Shoop Ave., Wauseon. Wear your Senior Center Shirt. Check-in starts at 9:30 AM.	2 9:00 Set (Brain Game) 10:00 Chair Yoga 10:45 to 11:45 (Note Time) Music Concert by Heidi Paxton (Sign Up) 12:00 Lunch 1:00 Reminiscing (Brain Game)	3 9:00 Games with the Group 10:00 Site Council 10:15 to 11:45 BINGO 11:45 Megan w/ NOCAC, Digital Tech Help 12:00 Lunch & Birthday Dessert 1:00 "Things They Don't Teach You In School" (Brain Game)	4 9:00 Pepper 10:15 to 11:45 BINGO 12:00 Lunch & Birthday Dessert 1:00 Shut the Box (Brain Game)
9:00 Wits & Wagers (Brain Game) 7 10:00 (Note Time) Mystery/ Escape Room with Bill Senecal 12:00 Lunch 1:00 Word Search	8 9:00 "Things They Don't Teach You In School" (Brain Game) 10:45 Site Council 11:00 Emergency Preparedness with the Red Cross 12:00 Lunch 1:00 Uno Flip (Brain Game)	9 Day trip, Toledo Zoo; Wear Senior Center Shirt 9:00 Puzzles with Pals 10:00 Chair Yoga 11:00 ZINGO 12:00 Lunch 1:00 "I Should Have Known That" (Brain Game)	10 9:00 Cards & Games 10:15 to 11:45 BINGO 12:00 Lunch 1:00 Set (Brain Game)	11 9:00 Coffee & Conversation 10:15 to 11:45 BINGO 12:00 Lunch 1:00 True or False (Brain Game)
14 CLOSED FOR COLUMBUS DAY	15 9 to 11 Flu Vaccine Clinic, Health Dept. 11:00 Free Blood Pressure Checks and "Just So You Know" with Fulton County Health Dept. 12:00 Lunch 1:00 Tenzi (Brain Game)	16 9:00 Tenzi (Brain Game) 10:00 Chair Yoga 11:00 How Can the Sight Center Help Me See Better? 12:00 Lunch 1:00 Left-Center-Right	17 Wear Autumn Colors 9:00 Puzzles with Pals 10:15 to 11:45 Happy Fall, Y'all BINGO 12:00 Lunch 1:00 Phase 10 (Brain Game)	18 Wear Autumn Colors 9:00 Pepper 10:15 to 11:45 Happy Fall, Y'all BINGO 12:00 Lunch 1:00 Word Search
9:00 Kings in the Corner (Brain Game) 21 10:00 Simple Painting Class with Alice Wynja (Sign Up; Note Time) 12:00 Lunch 1:00 Puzzles with Pals	22 Wear Black/ Orange for Halloween BINGO 9:00 Cards 10:15 to 11:45 Halloween BINGO (Note date) 11:45 Megan, NOCAC Digital Tech Help 12:00 Lunch	23 1:00 Reminiscing (Brain Game) 9:00 Got It! (Brain Game) 10:00 Chair Yoga 11:00 Music with Sonny & Friends 12:00 Lunch 1:00 Puzzles with Pals	24 Day Trip, Spaghetti Warehouse/ Libbey Glass Outlet/ Boyd's Retro Candy; Wear Senior Center Shirt 9:00 Spot It! (Brain Game) 10:15 to 11:45 BINGO 12:00 Lunch 1:00 Tenzi (Brain Game)	25 9:00 Shut the Box (Brain Game) 11:00 Current Scams & Other Archbold News with Asst. Police Chief, Tera Rogers 12:00 Lunch 1:00 "I Should Have Known That"
28 9 to 11 Flu Vaccine Clinic, Health Dept. 11:00 Free Blood Pressure Checks and "Just So You Know" with Fulton County Health Dept. 12:00 Lunch 1:00 Reminiscing (Brain Game)	29 9:00 Puzzles with Pals 11:00 Our Life as Missionaries in Indonesia, Roger & Suzanne Doriot 12:00 Lunch 1:00 Word Search	30 9:00 Spot It! (Brain Game) 10:00 Chair Yoga 11:00 Stories with Colleen Rufenacht 12:00 Lunch 1:00 Kings in the Corner (Brain Game)	31 Happy Halloween! Wear a Costume 9:00 Phase 10 (Brain Game) 10:15 to 11:45 Halloween BINGO 12:00 Lunch 1:00 Shut the Box (Brain Game)	



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 OCTOBER 1, 2024

FULTON COUNTY SENIOR CENTER STAFF

Director.....	Sheri Rychener
Receptionist.....	Karen Schroeder
Information & Referral Specialist.....	Valerie Edwards
Administrative Assistant.....	Chris Sager
Vehicle Maintenance Supervisor.....	Isaac Schaffner
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.....	Sherry Bittinger, Maryann Griffin, Candace Gonzales, Henna Law
Activity Coordinator.....	Vicki Hoylman
Activity Support Staff.....	Beth Ricker-Flory
Site Manager, Archbold/Fayette.....	Dorothy Bock
Site Aide, Archbold/Fayette.....	Donna Loar
Site Manager, Delta/Swanton.....	Jeanne Ortiz
Site Aide, Delta/Swanton.....	Andrea Coburn
Custodian.....	Danni Smith
Meal Delivery.....	Juan Avina, Tiffany Emery, Meredith Grime, Brenda Hauck, Angela Johnston, Jim Lugbill, James Mapes, Jack Myers, Aimee Roth, Sam Sanderson, Judy Thourot, Jeffrey Waidelich
Substitutes.....	James Baldwin, Shawn Vance-Dixon, Anita Ehram, Tim Gorsuch, Steve Jackson, Karen James, Vicki Lynn Kline, Cheryl Kohls, Kelli Kuntz, Michael Mangas, Sharon McCabe, Claire Nisely, Becky Peabody, Dennis Peabody, Mary Schultz, Robert Shaw, Tom Wagner, LouAnn Wheeler, Shawn Wingate

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