

SERVING CITIZENS OF FULTON COUNTY 60 YEARS & OVER

SENIOR



AUGUST 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

LOCAL COOLING CENTERS

Beat the summer heat by enjoying the air conditioning of a local cooling center. The Fulton Co Senior Center, 695 S. Shoop Ave. Wauseon, is open Monday through Fri from 8 AM to 4 PM, (no county holidays). To inquire about a cooling center in your Fulton County community, call 419-337-9299.

CLASSIC CAR CRUISE IN

On Friday, August 16, roll in to the Fulton County Senior Center parking lot in Wauseon in your classic car, truck, motorcycle or bicycle. Show us your ride and rev up some memories at the 'Cruise In'. Vehicles may start rolling in around 10:00 AM and roll out around 2:00 PM. Enjoy ice cream treats and a hot dog meal while you walk around viewing the vehicles. Please call for meal reservations and vehicle registrations by August 9. We welcome you to invite your friends. Rain date is Friday, August 23. Our address is 695 S. Shoop Avenue, Wauseon.

SENIOR SPOTLIGHT

Thank you to the hundreds of folks who stopped by for our Open House. Our stage was hopping with performances by Elvis, Circle of Friends, Nostalgia, the Senior Center Choir, Magician Kenneth Ladd, Vickie Halsey, Will Hinton, and Donna Stutzman. Our kitchen served more than 300 meals, and dozens of friends went home with a personal caricature from cartoonist Don Lee. It was an honor to show you our new building, and we look forward to county seniors joining us regularly for lunch, classes and activities.



NEW SALAD OPTION AT WAUSEON

Beginning Monday, August 5, Fulton County residents age 60 and over who dine in at the Fulton County Senior Center in Wauseon will have a salad option. Seniors may choose an entrée salad for \$3 or a side salad for an additional \$1.50. If you choose a salad as your meal, you will not receive the regular menu entrée or additional side dishes listed on the menu. If you choose the side salad, you will pay \$4.50 total, which covers the scheduled lunch of the day plus a side salad. At this time, the side salad is only available with the full meal, not available on its own.

Entrée salads will contain a meat protein that will vary throughout the week. Side salads will not contain a meat protein. You must pre-order your salad choice when you call in your lunch reservation, so our kitchen staff prepares the correct number of salads. If you do not want a salad, simply reserve your lunch as usual, and you will receive the meal as it is printed on the menu. During this trial phase, salads are only offered for dine-in seniors at the Wauseon site.

SUMMER COOLING HELP

The 2024 Summer Crisis Program (SCP) will provide eligible households with a one-time benefit to assist with electric utility bills up to \$500 for regulated & \$800 for non-regulated, central air conditioning repairs up to \$1500 for homeowners, and provide a window air conditioning unit and/or fan. This year the program will be open July 1 – September 30, 2024. Household income must be at or below 175% of the Federal Poverty Guidelines and households must have at least one additional eligibility criteria listed below:

- A household member who is age 60 or older.
- A household member has a documented medical condition verified by a licensed medical professional.
- Percentage of Income Payment Plan Plus (PIPP) customers are eligible for assistance towards their default PIPP payment, first PIPP payment, central air conditioning repairs, or may receive an air conditioning unit and/or fan.
- A household's electric utility has a disconnect notice, has been shut off, or new electric service is being established for the household. These households may also receive an air conditioning unit and/or fan or central air conditioning repairs, if the household can maintain electric service for 30 days.

Please call the appointment hotline number 419-219-4641 to schedule an appointment. For additional questions, call 419-337-8601.

FREE LEGAL DOCUMENT HELP

The Fulton County Senior Center, in partnership with Legal Aid of Western Ohio, is offering a series of free legal information classes beginning in August.

The first free legal information class, Health Advance Directives, is scheduled for Monday, August 19 at 1 pm in the Multipurpose room at Fulton County Senior Center, 695 S. Shoop Avenue, Wauseon. In this class, seniors will learn how they can let someone else make health care decisions when they cannot. This includes a clinic about living wills and health care power of attorneys. Call 419-337-9299 to register before August 1.

The class is the first in a series of three classes offered by Legal Aid of Western Ohio, Inc. You do not need to attend all three classes. You can pick and choose.

Monday, September 16 at 1 pm in the Multipurpose room at Fulton County Senior Center, 695 S. Shoop Avenue in Wauseon, attend Financial POAs Power of Attorneys and More Class. Seniors will learn the ways someone they trust can help them manage their money. This includes a clinic on Financial Power of Attorney Preparation, as well as a class titled, Keeping Seniors Safe. Learn skills to protect your personal information, safety, and money. Call 419-337-9299 to register for this Financial POA class before August 29.

On Monday, October 21 at 1 pm in the Multipurpose room at Fulton County Senior Center, 695 S. Shoop Avenue, Wauseon, register to attend Wills and Estates Class. In this class, you will learn ways you can transfer your property when you die. This also covers Justice for Seniors, a class to help seniors learn the skills they need to handle legal issues before they become legal problems. Call 419-337-9299 to register for the Wills & Estates class before October 3. All services are free to eligible applicants and offered by Legal Aid of Western Ohio, Inc. and open to Fulton County seniors age 60 and over.

VAL ANSWERS MEDICARE QUESTIONS

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, August 14, from 10:00 am to noon at the Delta Library.

Thursday, August 15, from 10:00 am to noon at the Swanton Library.

Thursday, August 22, from 10:00 am to noon at Wyse Commons on the Fairlawn campus.

Tuesday, August 27, from 10:00 am to noon at the Evergreen Library in Metamora.

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

GRIEF SUPPORT GROUP OFFERED

Are you in need of hope? Could you use a safe place to navigate grief? Join us for our next monthly grief support group meeting on Thursday, August 8. Chaplain Bill Willenbrock MDiv of First Health Homecare/ Palliative/ Hospice will lead it. It will be held from 11 AM to noon at Fulton County Senior Center, 695 S. Shoop Ave. Wauseon. Please call for more information, 419-337-9299 and to reserve your noon lunch, if you are staying.

WHAT'S YOUR NEED?

Fulton County Job and Family Services, Adult Protective Services, has limited funds to potentially help with personal items, such as clothing, hygiene needs, shoes, coats, blankets, etc. These funds could also help with household needs and/ or repairs, such as lift chairs, mattresses, tables, carpeting, air conditioners, space heaters, tables, window repairs, etc. These funds are limited and on a first come first serve basis. If you need assistance, please contact 419-337-0010 ext. 1827.

ON THE NUTRITION SHELF: LOCAL FOODS

Late Summer/Early Fall is still a wonderful time for fresh produce availability in the Midwest. We encourage you to consider local foods as you plan extra vegetables and fruits for your meals and snacks. These may be foods you grew in your own garden or container, foods purchased at a local Farmers Market, or produce marked local grown or Ohio grown from a store, or even purchasing food from a fresh food delivery service.

Here are a few reasons why local foods may be a good choice for the consumer, the environment, and the economy:

- Local foods may have more nutritional value – as the time from harvest to table should be short. (After foods are picked, especially those not stored properly will decrease in quality and nutrient value).
- Local foods should be full of flavor – because they can be picked when ripe and not have long transportation time, they can be riper.
- Purchasing foods grown in your own community supports the local economy.
- Buying from a family farm helps preserve the future of the American Farmer. Supporting local farms ensures that there will be farms in your community in the future.
- Local grown foods have less chance for contamination. The more steps between the food being harvested and the consumer, the more chances for food safety issues to arise.

Whether you purchase a local food, grow your own, or pick up what is convenient at the market, we hope you make an effort to move your servings of vegetables and fruits to 5 or even more every day.

Source: Ohio State University Extension.

COUPONS FOR LOCAL FARMERS' MARKETS

If you are age 60 or over and a resident of Fulton County, you may be eligible to receive coupons from the Senior Farmers' Market Nutrition Program. Eligible seniors receive ten \$5 coupons and a list of participating farmers' markets and roadside stands. Coupons can be redeemed for fresh vegetables and fruits plus herbs and honey.

You will automatically receive an application in the mail for 2024 if you received coupons for local farmers' markets in 2023. Coupons will be sent monthly. If you are homebound, you may assign a proxy to shop for produce for you. If you are new to the program and would like to apply for farmers' market coupons for the 2024 season, pick up an application at any of our five Senior Center sites. Each household must complete an application every year. Submit your completed application to Laura Ankney at the Wauseon site or to Area Office on Aging, Toledo. The application is also online at www.areaofficeonaging.com and click on the "Apply Now" button. Income is based upon the "take-home" income of the total number of people living in the household. All applications are processed on a first-come, first-served basis. The Senior Farmers' Market Nutrition Program is made possible through funding from the United States Department of Agriculture and state and local funding.

2024 FREE DIABETES EDUCATION CLASSES OFFERED

On Fridays starting August 2, instructor Robert Sullivan from Area Office on Aging will present DEEP (Diabetes Empowerment Education Program) at the Fulton County Senior Center in Wauseon. This engaging workshop series will take place from 9 AM to 11 AM on Friday, August 2, 9, 16, 23, 30 and September 6.

Do you or someone you love have diabetes? DEEP is an evidence-based program that encourages small lifestyle changes while learning about your diabetes and the way it affects your health. These free classes will cover self-management of diabetes, weight control, eating well with diabetes, the role of medications & how they act on the body to lower blood glucose. Learn how you can manage the disease and live an active, normal life. The Fulton County Senior Center is located on the north end of the Fulton County Health Center campus near DaVita Dialysis, 695 S. Shoop Avenue.

To sign up for this class, please call 419-337-9299. Please make a reservation for your noon lunch at the Wauseon site when you sign up for this class. Suggested lunch donation is \$3 per senior, \$5 all others. This class is open to Fulton County residents age 60 and over.

LUNCH CALENDAR

AUGUST, 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 |
|--|--|---|--|---|
| | | | Shepherds Pie Cooked Cabbage Fruit Crunch 1 | Chicken & Noodles Mashed Potatoes Green Beans Peaches 2 |
| Stuffed Pepper Mashed Potatoes Peas & Onions Pears 5 | Sausage Patty Sandwich Tater Tots Mixed Vegetables Fresh Fruit 6 | Salisbury Steak Mashed Potatoes Carrots Peaches 7 | Chili Mexican Rice Corn Grapes 8 | Cheese Omelet Maple Pork Sausage Potato Coins Hot Spiced Applesauce Orange Juice 9 |
| Cheeseburger Batter Bites Tuscan Asiago Blend Tangerine 12 | Deli sandwich Three Bean Salad Jell-O 13 | Ham loaf (LS Alt = Meatloaf) Sweet Potato Casserole Asparagus Pineapple 14 | Sloppy Joe Tater Tots California Blend Apricots 15 | Hot Dog (LS Alt = Chicken Breast) Potato Chips Baked Beans Apple 16 |
| Goulash Sweet & Sour Spinach Fruit Crisp 19 | BBQ Beef Potato Wedges Cauliflower Pears 20 | Kalua Pork Green Beans Sweet Potatoes Hawaiian Fruit Salad 21 | Fish Sandwich Macaroni & Cheese Stewed Tomatoes Juice 22 | Chicken Alfredo Broccoli Carrots Peaches 23 |
| Bean & Bacon Soup Tossed Salad Ambrosia Pea Salad 26 | Beef & Cheese Burrito Refried Beans Cilantro Lime Rice Mango 27 | Cream Chipped Beef Mashed Potatoes Succotash Apple Slices 28 | Swedish Meatballs Noodles Midori Blend Beets Juice 29 | Hot Chicken Sandwich Roasted Potatoes Peas & Carrots Fresh Fruit 30 |

WAUSEON ACTIVITIES

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

AUGUST, 2024

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|--|--|--|--|---|
| | | | 8:00 Walking to the Oldies 1 10:15 to 11:45 BINGO 12:00 Lunch 12:30 Shake, Rattle & Stroll (Walking) 1:00 Silver Sneakers® Classic Exercise 1:00 H&F/Pepper/Pinochle/Euchre 2:00 Card Games | 8:00 Gym Walking 2 9:00 to 11:00 Diabetes Education Class 10:00 Golden Drummers 10:15 to 11:45 BINGO 12:00 Lunch & Birthday Dessert 12:30 Walking in the Gym 1:00 to 2:30 BINGO |
| 8:00 Walking (It's Good for Your Brain) 5 9:00 Gentle Stretching (Gym) 10:00 Tai Chi (Senior Led) 11:00 Monday Brain Booster 12:00 Lunch 12:30 Red Hot Chili Steppers (Walking) 1:00 to 2:30 Line Dancing 2:30 Map It Monday Travel Video | 8:00 Walking to the Oldies 6 10:00 Golden Drummers 11:00 Fire Safety with Wauseon FD 12:00 Lunch 12:30 Chips & Walkamoli (Walking) 1:00 Choir 1:00 Silver Sneakers® Classic Exercise 2:00 Card Games | 8:00 Strolling & Stretching 7 8:45 Zumba Gold (Video) 9:45 Walking in the Gym 10:00 Tai Chi (Senior Led) 11:00 Site Council 12:00 Lunch 1:00 Silver Sneakers Chair Yoga® 1:00 Card Games 2:00 Walking to Oldies Music | 8:00 Walking to the Classics 8 10:15 to 11:45 BINGO 11:00 Grief Support Group 12:00 Lunch 12:30 Shake, Rattle & Stroll (Walking) 1:00 Silver Sneakers® Classic Exercise 1:00 Card Games 2:00 Sequence & Other Games | 8:00 Gym Walking 9 9:00 to 11:00 Diabetes Education Class 10:00 Golden Drummers 12:00 Lunch 12:30 Walking in the Gym 1:00 to 2:30 BINGO 2:00 Box of Brain Games |
| 8:00 Walking for Fitness 12 9:00 Gentle Stretching (Gym) 10:00 Tai Chi (Senior Led) 10:30 Free Hearing Aid Cleaning w/ Hearing Life 11:00 Monday Brain Booster 12:00 Lunch 12:30 Red Hot Chili Steppers (Walking) 1:00 Timely Topic with Sandy S. 1:00 to 2:30 Line Dancing | 8:00 Walking with the Classics 13 10:00 Golden Drummers 11:00 Music by Sonny & Friends 12:00 Lunch 12:30 Chips & Walkamoli (Walking) 1:00 Choir 1:00 Silver Sneakers® Classic Exercise 2:00 Card Games | 8:00 Strolling & Stretching 14 8:45 Zumba Gold (Sponsor: Genacross) 9:45 Walking in the Gym 10:00 Tai Chi (Senior Led) 11:00 Keyboard Music, Donna 12:00 Lunch 1:00 Silver Sneakers Chair Yoga® 1:00 Card Games 2:00 Walking to Oldies Music | 8:00 Walking to Your Favorite Music 15 10:15 to 11:45 BINGO 12:00 Lunch 12:30 Shake, Rattle & Stroll (Walking) 1:00 Silver Sneakers® Classic Exercise 1:00 H&F/Pepper/Pinochle/Euchre 2:00 Sequence & Other Games | 8:00 Gym Walking for Heart Health 16 9:00 to 11:00 Diabetes Education Class 10:00 Golden Drummers 10:00 to 2:00 Classic Car Cruise In 12:00 Lunch 12:30 Walking in the Gym 1:00 to 2:30 BINGO 2:00 Box of Brain Games |
| 8:00 Walking to the Golden Oldies 19 9:00 Gentle Stretching (Gym) 10:00 Tai Chi (Senior Led) 11:00 Free Blood Pressure Checks w/ Fulton Co. Health Dept. 10:00 Tai Chi (Senior Led) 12:00 Lunch 12:30 Red Hot Chili Steppers (Walking) 1:00 to 2:30 Line Dancing 1 to 3 Legal Aid Document Workshop | 8:00 Walking with Friends 20 9:00 Free Hearing Screenings (Sign Up) 10:00 Golden Drummers 11:00 Info About Hearing Health 12:00 Lunch 12:30 Chips & Walkamoli (Walking) 1:00 Choir 1:00 Silver Sneakers® Classic Exercise 2:00 Card Games | Wear Hawaiian 21 8:00 Strolling & Stretching 8:45 Zumba Gold (Sponsor: Genacross) 9:45 Walking in the Gym 10:00 Tai Chi (Senior Led) 12:00 Lunch 1:00 Silver Sneakers Chair Yoga® 1:00 Card Games 2:00 Walking to Oldies Music | Day Trip, Sandpiper Cruise 22 8:00 Walking to '80s Hits 10:15 to 11:45 BINGO 12:00 Lunch 12:30 Shake, Rattle & Stroll (Walking) 1:00 Silver Sneakers® Classic Exercise 1:00 Sequence & Other Games 2:00 Card Games | 8:00 Gym Walking 23 9:00 to 11:00 Diabetes Education Class (Rain Date for Cruise In) 10:00 Golden Drummers 12:00 Lunch 12:30 Walking in the Gym 1:00 to 2:30 BINGO 2:00 Box of Brain Games |
| 9:00 Walking for Your Health 26 10:00 Tai Chi (Senior Led) 11:00 Music by Trinity Trio 12:00 Lunch 12:30 Red Hot Chili Steppers (Walking) 1:00 Timely Topic with Sandy S. 1:00 to 2:30 Line Dancing 2:30 Map It Monday Travel Video | 8:00 Walking to '80s Hits 27 10:00 Golden Drummers 11:00 Music by Will Hinton 12:00 Lunch 12:30 Chips & Walkamoli (Walking) 1:00 Choir 1:00 Pinochle 1:00 Silver Sneakers® Classic Exercise 2:00 Card Games | 8:00 Strolling & Stretching 28 8:45 Zumba Gold (Sponsor: Genacross) 9:30 Toenail Clinic (Sign Up) 9:45 Walking in the Gym 10:00 Tai Chi (Senior Led) 11:00 Sequence & Other Board Games 12:00 Lunch 1:00 Silver Sneakers Chair Yoga® 1:00 Card Games 2:00 Walking to Oldies Music | 8:00 Walking with Friends 29 10:15 to 11:45 BINGO 12:00 Lunch 12:30 Shake, Rattle & Stroll (Walking) 1:00 Silver Sneakers® Classic Exercise 1:00 H&F/Pepper/Pinochle/Euchre 2:00 Card Games | 8:00 Gym Walking 30 9:00 to 11:00 Diabetes Education Class 10:00 Golden Drummers 12:00 Lunch 12:30 Walking in the Gym 1:00 to 2:30 Bonus BINGO 2:00 Box of Brain Games |

SENIOR B-33

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|--|--|--|--|
| | | | 9:00 Coffee & Conversation 9:30 Chair Exercises with Carole 10:15 to 11:45 BINGO 12:00 Lunch & Birthday Dessert 1:00 Tenzi (Brain Game) 1 | Wear a Solid Color for National Coloring Book Day 9:00 Qwirkle (Brain Game) 9:30 Chair Exercises With Lynn 11:00 Rediscover Coloring to Relax 12:00 Lunch 1:00 Word Search 2 |
| 9:00 Brain Booster: Summer Olympics 1 9:30 Chair Exercises With Lynn 11:00 Card Day (By Request) 12:00 Lunch 1:00 Uno Flip (Brain Game) 5 | 9:00 Wii Games 11:00 Keyboard Music & Fun with Terry S. 12:00 Lunch 1:00 Time Line (Brain Game) 6 | Wear Senior Center Shirt 9:00 Puzzles with Pals 9:30 Chair Exercises With Lynn 9:30 "Traveling Little Library" 10:00 Site Council 10:15 to 11:45 BINGO with Swanton Library 12:00 Lunch & Birthday Dessert by Kingston 1:00 Uno Flip (Brain Game) 7 | Wear Senior Center Shirt Bring Your Grandchild to BINGO 9:00 Kings in the Corner (Brain Game) 9:30 Chair Exercises with Carole 10:00 Site Council 10:15 to 11:45 Grandchild BINGO 12:00 Lunch 1:00 Spot It! (Brain Game) 8 | 9:00 Brain Booster: Summer Olympics 2 9:30 Chair Exercises With Lynn 11:00 Free Concert by Nostalgia 12:00 Lunch 1:00 Cards 9 |
| 9:00 Blokus (Brain Game) 9:30 Chair Exercises With Lynn 11:00 Free Bluegrass Concert with Circle of Friends Blood Pressure Checks will Resume in Oct. 12:00 Lunch 1:00 Monopoly Deal (Brain Game) 12 | 9:00 Set (Brain Game) 10:00 (Note Time) Bunco with Buddies Blood Pressure Checks will Resume in Oct. 12:00 Lunch 1:00 Shut the Box (Brain Game) 13 | 9:00 Coffee & Conversation 9:30 Chair Exercises With Lynn 10:15 to 11:45 BINGO 12:00 Lunch 1:00 True or False (Brain Game) 14 | 9:00 Cards 9:30 Chair Exercises with Carole 10:15 to 11:45 BINGO 12:00 Lunch 1:00 Five Crowns (Brain Game) 15 | 9:00 Brain Booster: Buzzword 9:30 Chair Exercises With Lynn 11:00 Music by Sunshine Bell Choir 12:00 Lunch 1:00 Uno Flip (Brain Game) 16 |
| 9:00 Monday Brain Booster: "How to Hug" & Summer 624 9:30 Chair Exercises With Lynn 10:00 Mahjong Mania & Other Games 12:00 Lunch 1:00 Time Line: Americana (Brain Game) 19 | 9:00 Coffee & Conversation 11:00 Music by Michael Buck 12:00 Lunch 1:00 Phase 10 (Brain Game) 20 | Wear Hawaiian 9:00 Reminiscing (Brain Game) 9:30 Chair Exercises With Lynn 10:15 to 11:45 BINGO 12:00 Lunch 1:00 Shut the Box (Brain Game) 21 | Day Trip, Sandpiper Cruise Wear Hawaiian 9:00 Shut the Box (Brain Game) 9:30 Chair Exercises with Carole 10:15 to 11:45 BINGO with Delta Library 12:00 Lunch 1:00 Uno Flip! (Brain Game) 22 | 9:00 Coffee & Conversation 9:30 Chair Exercises With Lynn 11:00 Music by Michael Buck 12:00 Lunch 1:00 Word Puzzles 23 |
| 9:00 Tenzi (Brain Game) 9:30 Chair Exercises With Lynn 10:30 (Note Time) Mexican Train Domino Party 12:00 Lunch 1:00 "Things They Don't Teach You In School" (Brain Game) 26 | 9:00 Wits & Wagers (Brain Game) 11:00 Sunshine Bell Choir 12:00 Lunch 1:00 Kings in the Corner (Brain Game) 27 | Wear Senior Center Shirt 9:00 Uno Flip (Brain Game) 9:30 Chair Exercises With Lynn 10:15 to 11:45 BINGO 12:00 Lunch 1:00 "I Should Have Known That" (Brain Game) 28 | Wear Senior Center Shirt 9:00 Coffee & Conversation 9:30 Chair Exercises with Carole 10:15 to 11:45 BINGO 12:00 Lunch 1:00 Reminiscing (Brain Game) 29 | 9:00 Word Search 9:30 Chair Exercises With Lynn 11:00 A Look at the Life of Elvis, The King of Rock n Roll, with Susanne 12:00 Lunch 1:00 Brain Bender 30 |

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 |
|---|--|--|--|---|
| | | | 9:00 Puzzles with Pals 1 10:15 to 11:45 BINGO 12:00 Lunch & Birthday Dessert 1:00 Cards & Games | 9:00 Coffee & Conversation 2 10:15 to 11:45 BINGO 12:00 Lunch & Birthday Dessert 1:00 "I Should Have Known That" |
| 9:00 Puzzles with Pals 5 11:00 ZINGO 12:00 Lunch 1:00 Quadrillion (Brain Game Box) | 9:00 Cards & Games 6 10:45 Site Council 11:00 Beat the Heat with Amy Carles, Ohio Consumers' Counsel 12:00 Lunch 1:00 Tenzi (Brain Game Box) | 9:00 Set (Brain Game Box) 7 10:00 Chair Yoga 10:45 Site Council 11:00 Timely Topic with Sandy: "How to Get Along with Almost Anyone" 12:00 Lunch 1:00 Word Search | Wear Senior Center Shirt 8 9:00 Coffee & Conversation 10:15 to 11:45 BINGO 12:00 Lunch 1:00 Q*Bitz (Brain Game Box) | 9:00 Pepper 9 10:15 to 11:45 BINGO 12:00 Lunch 1:00 Shut the Box brain game |
| 9:00 Time Line: Inventions (Brain Game Box) 12 11:00 Music by Steve Snider 12:00 Lunch 1:00 Set (Brain Game Box) | 9:00 Pepper 13 11:00 Music by Michael Buck 12:00 Lunch 1:00 Spot It (Brain Game Box) | 9:00 Coffee & Conversation 14 10:00 Chair Yoga 11:00 Beat the Heat with Amy Carles, Ohio Consumers' Counsel 12:00 Lunch 1:00 Uno Flip (Brain Game Box) | 9:00 Puzzles with Pals 15 10:15 to 11:45 BINGO 12:00 Lunch 1:00 Phase 10 (Brain Game Box) | Wear Senior Center Shirt 16 9:00 Pepper 10:15 to 11:45 BINGO 12:00 Lunch 1:00 Quiddler Brain Game |
| 9:00 Puzzles with Pals 19 11:00 Music by Will Hinton 12:00 Lunch 1:00 Phase 10 (Brain Game Box) | 9:00 Coffee & Conversation 20 11:00 ZINGO (Health Dept. blood pressure checks will return in October). 12:00 Lunch 1:00 Skip Bo (Brain Game Box) | 9:00 Jigsaw Puzzles 21 10:00 Chair Yoga 11:00 Free Concert by Sunshine Bell Choir 12:00 Lunch 1:00 Quadrillion (Brain Game Box) | Day Trip, Sandpiper Cruise 22 Wear Something Hawaiian 9:00 Cards & Games 10:15 to 11:45 Hawaiian BINGO 12:00 Lunch 1:00 Time Line: Inventions (Brain Game Box) | Wear Something Hawaiian 23 9:00 Pepper 10:15 to 11:45 Hawaiian BINGO 12:00 Lunch 1:00 Set Brain Game (Brain Game Box) |
| 9:00 Coffee & Conversation 26 11:00 Caregiver Burnout with Community Health Professionals (Health Dept. blood pressure checks will return in October). 12:00 Lunch 1:00 Azul (Brain Game Box) | 9:00 Pepper 27 11:00 Activity Update for our County by Julie Brink, Visitors Bureau Director 12:00 Lunch 1:00 Kings in the Corner Card Game | 9:00 Phase 10 (Brain Game Box) 28 10:00 Chair Yoga 11:00 Free Bluegrass Concert by Circle of Friends 12:00 Lunch 1:00 Left Center Right | 9:00 Puzzles with Pals 29 10:15 to 11:45 BINGO with Wendy of Normal Memorial Library 12:00 Lunch 1:00 Shut the Box (Brain Game Box) | 9:00 Pepper 30 10:15 to 11:45 BINGO 12:00 Lunch 1:00 Cards & Games |



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 AUGUST 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 |
| Food Program Manager..... | Kim Machinski |
| Volunteer Coordinator..... | Angela Johnston |
| Kitchen Aides..... | Sherry Bittinger, Aria Frey, 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, Jeffrey Waidelich |
| 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 Ehrsam, Tim Gorsuch, Steve Jackson, Karen James, Vicki Kline, Cheryl Kohls, Kelli Kuntz, Michael Mangas, Sharon McCabe, Judy Mino, 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 |