

FULTON COUNTY SENIOR CENTER
240 CLINTON ST. / WAUSEON, OH 43567 | 419.337.9299

WAUSEON ACTIVITIES

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>6</p> <p>8 to 9:30 Gold Pickleball 9:30 to 11:00 Silver Pickleball 11:00 I Spy Paper Game/ Word Search 11:00 Tai Chi (Senior Led) 12:00 Lunch 1:00 to 2:30 Line Dancing 2:35 to 3:45 Bronze Pickleball</p>	<p>7</p> <p>8 to 10 Gold Pickleball 10 to Noon Silver Pickleball 11:00 Keyboard Music by Jimmy Stewart 12:00 Lunch 12:30 to 1:00 Walking in the Gym 1:00 Choir Sing-a-Long 1:00 Silver Sneakers® Classic Exercise 2:05 to 3:30 Bronze Pickleball</p>	<p>1</p> <p>Day Trip, Penta Culinary; Wear Senior Center Shirt 8 to 10:30 Silver Pickleball 10:30 to 11:00 Walking in the Gym 11:00 Tai Chi (Senior Led) 12:00 Lunch 1:00 Faith Topic with Sandy 1:00 Silver Sneakers Chair Yoga® 1:00 Pepper Card Game 2:05 to 3:30 Bronze Pickleball</p>	<p>2</p> <p>8 to 10 Gold Pickleball 10 to Noon Silver Pickleball 10:15 to 11:45 BINGO 12:00 Lunch 12:30 to 1:00 Walking in the Gym 1:00 Silver Sneakers® Classic Exercise 2:00 Card Games 2:05 to 3:30 Bronze Pickleball</p>	<p>3</p> <p>8 to 10:00 Gold Pickleball 10:30 Golden Drummers 11:15 Site Council 12:00 Lunch & Birthday Party 12:30 to 1:00 Walking in the Gym 1:00 to 2:30 Bonus BINGO 1:00 to 3:30 Bronze Pickleball</p>
<p>13</p> <p>8 to 9:30 Gold Pickleball 9:30 to 11:00 Silver Pickleball 10:00 Free Hearing Aid Cleaning 11:00 Hidden Pictures 11:00 Tai Chi (Senior Led) 12:00 Lunch 1:00 to 2:30 Line Dancing 2:35 to 3:45 Bronze Pickleball</p>	<p>14</p> <p>Wear Senior Center Shirt/ Hat 8 to 10 Gold Pickleball 10 to Noon Silver Pickleball 11:00 Music Concert by Nostalgia 12:00 Lunch 12:30 to 1:00 Walking in the Gym 1:00 Choir Sing-a-Long 1:00 Silver Sneakers® Classic Exercise 2:05 to 3:30 Bronze Pickleball</p>	<p>8</p> <p>8 to 10:30 Silver Pickleball 10:30 to 11:00 Walking in the Gym 11:00 Tai Chi (Senior Led) 11:00 Word Search 12:00 Lunch 1:00 Bible Study with Roger 1:00 Silver Sneakers Chair Yoga® 1:00 Pepper Card Game 2:05 to 3:30 Bronze Pickleball</p>	<p>9</p> <p>8 to 10 Gold Pickleball 10 to Noon Silver Pickleball 10:15 to 11:45 BINGO 12:00 Lunch 12:30 to 1:00 Walking in the Gym 1:00 Silver Sneakers® Classic Exercise 2:00 Card Games 2:05 to 3:30 Bronze Pickleball</p>	<p>10</p> <p>8 to 10:00 Silver Pickleball 10:30 Golden Drummers 12:00 Lunch 12:30 to 1:00 Walking in the Gym 1:00 to 2:30 Bonus BINGO 1:00 to 3:30 Bronze Pickleball</p>
<p>20</p> <p>8 to 9:30 Gold Pickleball 9:30 to 11:00 Silver Pickleball 11:00 Free Blood Pressure Checks 11:00 Tai Chi (Senior Led) 12:00 Lunch 1:00 to 2:30 Line Dancing 2:35 to 3:45 Bronze Pickleball</p>	<p>21</p> <p>Bring Crazy Socks for World Down Syndrome Awareness 8 to 10 Gold Pickleball 10 to Noon Silver Pickleball 11:00 Ohio Attorney General's Office: Protect Yourself from Identity Theft 12:00 Lunch 12:30 to 1:00 Walking in the Gym 1:00 Choir Sing-a-Long 1:00 Silver Sneakers® Classic Exercise 2:05 to 3:30 Bronze Pickleball</p>	<p>15</p> <p>8 to 10:30 Silver Pickleball 10:30 Make Cards with Deb B 10:30 to 11:00 Walking in the Gym 11:00 Tai Chi (Senior Led) 12:00 Lunch 1:00 Faith Topic with Sandy 1:00 Silver Sneakers Chair Yoga® 1:00 Pepper Card Game 2:05 to 3:30 Bronze Pickleball</p>	<p>16</p> <p>8 to 10 Gold Pickleball 10 to Noon Silver Pickleball 10:15 to 11:45 BINGO 12:00 Lunch 12:30 to 1:00 Walking in the Gym 1:00 Silver Sneakers® Classic Exercise 2:00 Card Games 2:05 to 3:30 Bronze Pickleball</p>	<p>17</p> <p>Wear Green 8 to 10:00 Gold Pickleball 10:30 Golden Drummers 12:00 Lunch 12:30 to 1:00 Walking in the Gym 1:00 to 2:30 Bonus BINGO 1:00 to 3:30 Bronze Pickleball</p>
<p>27</p> <p>8 to 9:30 Gold Pickleball 9:30 to 11:00 Silver Pickleball 11:00 Name Ten Word Game 11:00 Tai Chi (Senior Led) 12:00 Lunch 1:00 to 2:30 Line Dancing 2:35 to 3:45 Bronze Pickleball</p>	<p>28</p> <p>8 to 10 Gold Pickleball 10 to Noon Silver Pickleball 11:00 "What's in Your Wellness Bag?" Crystal of Aethra 12:00 Lunch 12:30 to 1:00 Walking in the Gym 1:00 Choir Sing-a-Long 1:00 Silver Sneakers® Classic Exercise 2:05 to 3:30 Bronze Pickleball</p>	<p>22</p> <p>8 to 10:30 Silver Pickleball 9:30 Toe Nail Clinic (By Appt.) 10:30 to 11:00 Walking in the Gym 11:00 Tai Chi (Senior Led) 11:00 Music by Peter V & Friends 12:00 Lunch 1:00 Bible Study with Roger 1:00 Silver Sneakers Chair Yoga® 1:00 Pepper Card Game 2:05 to 3:30 Bronze Pickleball</p>	<p>23</p> <p>8 to 10 Gold Pickleball 10 to Noon Silver Pickleball 10:15 to 11:45 BINGO 12:00 Lunch 12:30 to 1:00 Walking in the Gym 1:00 Silver Sneakers® Classic Exercise 2:00 Card Games 2:05 to 3:30 Bronze Pickleball</p>	<p>24</p> <p>8 to 10:00 Silver Pickleball 10:30 Golden Drummers 12:00 Lunch 12:30 to 1:00 Walking in the Gym 1:00 to 2:30 Bonus BINGO 1:00 to 3:30 Bronze Pickleball</p>
<p>29</p> <p>8 to 10:30 Silver Pickleball 10:30 to 11:00 Walking in the Gym 11:00 Tai Chi (Senior Led) 11:00 Sequence Board Game 12:00 Lunch No Bible Study 1:00 Silver Sneakers Chair Yoga® 1:00 Pepper Card Game 2:05 to 3:30 Bronze Pickleball</p>	<p>30</p> <p>8 to 10 Gold Pickleball 10 to Noon Silver Pickleball 10:15 to 11:45 BINGO 12:00 Lunch 12:30 to 1:00 Walking in the Gym 1:00 Legal Aid, Financial POA Info 1:00 Silver Sneakers® Classic Exercise 2:00 Card Games 2:05 to 3:30 Bronze Pickleball</p>	<p>29</p> <p>8 to 10:30 Silver Pickleball 10:30 to 11:00 Walking in the Gym 11:00 Tai Chi (Senior Led) 11:00 Sequence Board Game 12:00 Lunch No Bible Study 1:00 Silver Sneakers Chair Yoga® 1:00 Pepper Card Game 2:05 to 3:30 Bronze Pickleball</p>	<p>31</p> <p>8 to 10:00 Gold Pickleball 10:30 Golden Drummers 12:00 Lunch 12:30 to 1:00 Walking in the Gym 1:00 to 2:30 Bonus BINGO 1:00 to 3:30 Bronze Pickleball</p>	<p>31</p> <p>8 to 10:00 Gold Pickleball 10:30 Golden Drummers 12:00 Lunch 12:30 to 1:00 Walking in the Gym 1:00 to 2:30 Bonus BINGO 1:00 to 3:30 Bronze Pickleball</p>

DELTA-101 NORTHWOOD DR. SWANTON
UNITED METHODIST CHURCH
TUES. & THURS. MON., WED., & FRI
ACTIVITIES

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>6</p> <p>9:00 Cards 10:00 Chair Exercises (Senior Led) 11:00 I Spy on Paper 12:00 Lunch 1:00 Word Search</p>	<p>7</p> <p>9:00 Games 11:00 "What's In Your Wellness Bag?" Crystal from Aetna 12:00 Lunch 1:00 Cards</p>	<p>1</p> <p>Day Trip, Penta Culinary Wear Senior Center Shirt 9:00 Games 10:00 Site Council 10:15 to 11:45 BINGO 12:00 Lunch & Birthday Dessert 1:00 Cards</p>	<p>2</p> <p>9:00 Word Search 10:00 Site Council 10:15 to 11:45 BINGO 12:00 Lunch & Birthday Dessert 1:00 Puzzles</p>	<p>3</p> <p>9:00 Coffee & Conversation 10:00 Chair Exercises (Senior Led) 11:00 "What's In Your Wellness Bag?" Crystal from Aetna 12:00 Lunch 1:00 Box of Brain Games</p>
<p>13</p> <p>9:00 Games 10:00 Chair Exercises (Senior Led) 11:00 "Just So You Know" & Free Blood Pressure Checks, Fulton Co. Health Dept. 12:00 Lunch 1:00 Cards</p>	<p>14</p> <p>9:00 Word Search 11:00 "Just So You Know" & Free Blood Pressure Checks, Fulton Co. Health Dept. 12:00 Lunch 1:00 Puzzles</p>	<p>8</p> <p>Wear Senior Center Shirt/ Hat 9:00 Word Search 10:15 to 11:45 BINGO 12:00 Lunch 1:00 Puzzles</p>	<p>9</p> <p>Wear Senior Center Shirt/ Hat 9:00 Coffee & Conversation 10:15 to 11:45 BINGO with Delta students 12:00 Lunch 1:00 Box of Brain Games</p>	<p>10</p> <p>9:00 Cards 10:00 Chair Exercises (Senior Led) 11:00 Vintage Friendship Calling Cards with John Myles 12:00 Lunch 1:00 Word Search</p>
<p>20</p> <p>Bring or Wear Crazy Socks for World Down Syndrome Awareness 9:00 Word Search 10:00 Chair Exercises (Senior Led) 11:00 Game Day! 12:00 Lunch 1:00 Puzzles</p>	<p>21</p> <p>Bring or Wear Crazy Socks for World Down Syndrome Awareness 9:00 Coffee & Conversation 11:00 Free Concert by Nostalgia 12:00 Lunch 1:00 Box of Brain Games</p>	<p>15</p> <p>Bring A Lucky Charm 9:00 Coffee & Conversation 10:15 to 11:45 Lucky Charm BINGO 12:00 Lunch 1:00 Box of Brain Games</p>	<p>16</p> <p>Bring A Lucky Charm 9:00 Cards 10:15 to 11:45 Lucky Charm BINGO 12:00 Lunch 1:00 Word Search</p>	<p>17</p> <p>Wear Green Today 9:00 Puzzles 10:00 Chair Exercises (Senior Led) 11:00 Keyboard music with Terry Shear (Irish Songs & Humor) 12:00 Lunch 1:00 Chit Chat</p>
<p>27</p> <p>9:00 Coffee & Conversation 10:00 Chair Exercises (Senior Led) 11:00 Name Ten Word Game 12:00 Lunch 1:00 Box of Brain Games</p>	<p>28</p> <p>9:00 Cards 11:00 "Range of Motion" with Rehab Hospital of Northwest Ohio 12:00 Lunch 1:00 Word Search</p>	<p>22</p> <p>Wear Your Favorite Basketball Team Colors 9:00 Cards 10:15 to 11:45 March Madness BINGO 12:00 Lunch 1:00 Word Search</p>	<p>23</p> <p>Wear Your Favorite Basketball Team Colors 9:00 Puzzles 10:15 to 11:45 March Madness BINGO 12:00 Lunch 1:00 Chit Chat</p>	<p>24</p> <p>9:00 Games 10:00 Chair Exercises (Senior Led) 11:00 Nature's Nursery Live Animal Program 12:00 Lunch 1:00 Box of Brain Games</p>
<p>29</p> <p>9:00 Puzzles 10:15 to 11:45 BINGO 12:00 Lunch 1:00 Chit Chat</p>	<p>30</p> <p>9:00 Games 10:15 to 11:45 BINGO 12:00 Lunch 1:00 Chit Chat</p>	<p>31</p> <p>9:00 Chit Chat 10:00 Chair Exercises (Senior Led) 11:00 Free Concert by Nostalgia 12:00 Lunch 1:00 Cards</p>		

FAYETTE - FAMILY LIFE CENTER
306 E. MAIN STREET
MON., WED., & THURS.

ARCHBOLD / FAYETTE
ACTIVITIES

ARCHBOLD - SCOUT CABIN
INSIDE RUIHLEY PARK, W. WILLIAMS ST.
TUES. & FRI.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>9:00 Word Search No Chair Yoga 11:00 Hidden Pictures (Hoops/ Bird) 12:00 Lunch 1:00 Puzzles</p>	<p>9:00 Pepper 10:30 Site Council 11:00 "Laugh With Me" with Wendy G. (Smile, laugh, reduce stress) 12:00 Lunch 1:00 Puzzles</p>	<p>Day Trip, Penta Culinary 9:45 Chair Yoga (Note Time) 10:30 Site Council 11:00 Alzheimer's Association, "Health Mind, Healthy Body" 12:00 Lunch 1:00 Puzzles</p>	<p>9:00 Skip Bo 10:15 to 11:45 BINGO 12:00 Lunch & Birthday Dessert 1:00 Box of Brain Games</p>	<p>9:00 Coffee & Conversation 10:15 to 11:45 BINGO 12:00 Lunch & Birthday Dessert 1:00 Box of Brain Games</p>
<p>9:00 Games No Chair Yoga 11:00 Word Search 12:00 Lunch 1:00 Puzzles</p>	<p>9:00 Pepper 10:30 Site Council 11:00 "Range of Motion" with Rehab Hospital of Northwest Ohio 12:00 Lunch 1:00 Puzzles</p>	<p>9:00 Cards 10:00 Chair Yoga 11:00 Music by Steve Snider 12:00 Lunch 1:00 Puzzles</p>	<p>Wear a Sweatshirt Today 9:00 Cards 10:15 to 11:45 Sweatshirt BINGO 12:00 Lunch 1:00 Box of Brain Games</p>	<p>Wear a Sweatshirt Today 9:00 Pepper 10:15 to 11:45 Sweatshirt BINGO 12:00 Lunch 1:00 Cards</p>
<p>9:00 Games No Chair Yoga 11:00 Word Search 12:00 Lunch 1:00 Puzzles</p>	<p>9:00 Pepper 11:00 "Range of Motion" with Rehab Hospital of Northwest Ohio 12:00 Lunch 1:00 Puzzles</p>	<p>9:00 Coffee & Conversation 10:00 Chair Yoga 11:00 Program about Diabetes with Brianna from FCHC 12:00 Lunch 1:00 Box of Brain Games</p>	<p>Wear Green & Bring A Lucky Charm 9:00 Skip Bo 10:15 to 11:45 Lucky Charm BINGO 12:00 Lunch 1:00 Cards</p>	<p>Wear Green & Bring A Lucky Charm 9:00 Pepper 10:15 to 11:45 Lucky Charm BINGO 12:00 Lunch 1:00 Games</p>
<p>Bring or Wear Crazy Socks for World Down Syndrome Awareness 9:00 Cards No Chair Yoga 11:00 I Spy Paper Game/ Word Search 12:00 Lunch 1:00 Puzzles</p>	<p>Bring or Wear Crazy Socks for World Down Syndrome Awareness 9:00 Pepper 11:00 "Just So You Know" & Free BP Check, Fulton Co. Health Dept. 12:00 Lunch 1:00 Box of Brain Games</p>	<p>9:00 Puzzles 10:00 Chair Yoga 11:00 Music by Just Us 2, Marc & Ellen Pember 12:00 Lunch 1:00 Cards</p>	<p>Wear Senior Center Shirt/ Hat 9:00 Cards 10:15 to 11:45 BINGO 12:00 Lunch 1:00 Games</p>	<p>Wear Senior Center Shirt/ Hat 9:00 Pepper 10:15 to 11:45 BINGO 12:00 Lunch 1:00 Word Search</p>
<p>9:00 Coffee & Conversation No Chair Yoga 11:00 "Just So You Know" & Free BP Check, Fulton Co. Health Dept. 12:00 Lunch 1:00 Box of Brain Games</p>	<p>9:00 Pepper 11:00 Free Music Concert by Nostalgia 12:00 Lunch 1:00 Cards</p>	<p>9:00 Word Search 10:00 Chair Yoga 11:00 "Laugh With Me" with Wendy G. (Smile, laugh, reduce stress) 12:00 Lunch 1:00 Games</p>	<p>Wear a Hat Today 9:00 Skip Bo 10:15 to 11:45 Hat BINGO 12:00 Lunch 1:00 Word Search</p>	<p>Wear a Hat Today 9:00 Pepper 10:15 to 11:45 Hat BINGO 12:00 Lunch 1:00 Cards</p>



Forwarding and return postage guaranteed
Address service requested
Postmaster: Send address changes to:
Fulton County Senior Center
240 Clinton Street
Wauseon, OH 43567-1109

Icon of an envelope in a green circle. Text: If you or a family member would like to receive this newsletter by e-mail, please contact us at ks Schroeder@fultoncountyoh.com.

DATED MATERIAL - DELIVER BEFORE MARCH 1, 2023

FULTON COUNTY SENIOR CENTER STAFF

Table listing staff roles and names: Director (Sheri Rychener), Receptionist (Karen Schroeder), Information & Referral Specialist (Valerie Edwards), Administrative Assistant (Chris Sager), Vehicle Maintenance Supervisor (Wes Green), Assessment/Data Entry Manager (Laura Ankney), Head Cook/Kitchen Manager (Kyle Wilcoxon), Assistant Cook (Deb Villalovos), Food Program Manager (Kim Machinski), Kitchen Aides (Sherry Bittinger, Maryann Griffin, Candace Gonzales), Activity Coordinator (Vicki Hoylman), Activity Support Staff (Beth Ricker-Flory), Volunteer Coordinator (Brooke Bosco), Site Manager, Archbold/Fayette (Dorothy Bock), Site Aide, Archbold/Fayette (Donna Loar), Site Manager, Delta/Swanton (Jeanne Ortiz), Site Aide, Delta/Swanton (Claudia Overmyer), Custodian (Danni Smith, Jeffrey Waidelich), Meal Delivery (Meredith Grime, Juan Avina, Jeffrey Waidelich, Aimee Roth, Tiffany Emery, Jack Myers, Michael Pollick, Jim Lugbill, Brenda Hauck, James Mapes, Angela Johnston, Andrea Coburn), Substitutes (Judy Thourot, James Baldwin, Robert Shaw, Vicki Kline, Butch Kline, Dennis Peabody, Tim Gorsuch, Sharon McCabe, Karen James, Anita Ehrsam, Becky Peabody, Michael Mangas, JB Stevens, Steve Jackson, Aria Frey, Michael Grauman, Sam Sanderson, Jeanette Gorsuch, Kim Lerma).

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.

Table with 3 columns: Site Name, Days, and Hours. Rows include 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).