

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 8:00 Walking 10:00 Golden Drummers 12:00 Lunch & Birthday Dessert by Heritage Health Care 1:00 Cards/ Games 1:00 BINGO 2:30 Walking
4 8:00 Walking 8:30 Zumba Gold 10:00 Tai Chi (Senior Led) 11:00 Keyboard Music 12:00 Lunch 1:00 Line Dancing 2:30 Walking	5 8:00 Walking 10:00 Golden Drummers 11:00 Free Balance Testing/ Fall Prevention 12:00 Lunch 1:00 Veterans Social 1:00 Silver Sneakers@ Classic 2:00 H & F/ Pepper/ Pinochle/ Euchre 2:30 Walking	6 8:00 Walking w/ Friends 9 to 11 WISE (Last Session) 10:00 Tai Chi (Senior Led) 11:00 Music by Sonny & Friends 12:00 Lunch 1:00 Site Council 1:00 Silver Sneakers Chair Yoga@ 1:00 Card Games 2:30 Walking	7 8:00 Walking 10:15 to 11:45 BINGO 11:00 Keyboard Music, Karin McGilvery 12:00 Lunch 1:00 Silver Sneakers@ Classic 2:00 H & F/ Pepper/ Pinochle/ Euchre 2:30 Walking	8 8:00 Walking 10:00 Golden Drummers 12:00 Lunch 1:00 Cards/ Games 1:00 BINGO 2:30 Walking
11 8:00 Walking 8:30 Zumba Gold 10:00 Tai Chi (Senior Led) 11:00 Keyboard Music 12:00 Lunch 1:00 Line Dancing 2:30 Walking	12 8:00 Walking 10:00 Golden Drummers 11:00 Bedford Cloggers 12:00 Lunch 1:00 Choir 1:00 Silver Sneakers@ Classic 2:00 H & F/ Pepper/ Pinochle/ Euchre 2:30 Walking	13 8:00 Walking w/ Friends 10:00 Tai Chi (Senior Led) 11:00 Circle of Friends Bluegrass 12:00 Lunch 1:00 Silver Sneakers Chair Yoga@ 1:00 Card Games 2:30 Walking	14 Sauder Village Day Trip; Wear Senior Center Shirt 8:00 Walking 10:15 to 11:45 BINGO 12:00 Lunch 1:00 Silver Sneakers@ Classic 2:00 H & F/ Pepper/ Pinochle/ Euchre 2:30 Walking	15 8:00 Walking 10 to 2 Classic Car Cruise In (Register Vehicles by Aug. 8) 10:00 Golden Drummers 12:00 Lunch 1:00 Cards/ Games 1:00 BINGO 2:30 Walking
18 8:00 Walking 8:30 Zumba Gold 10:00 Tai Chi (Senior Led) 11:00 Free Blood Pressure Checks 11:00 Keyboard Music 12:00 Lunch 1:00 Line Dancing 2:30 Walking	19 8:00 Walking 10:00 Golden Drummers 11:00 Keyboard Music 12:00 Lunch 1:00 Choir 1:00 Silver Sneakers@ Classic 1:00 Pinochle/ H & F/ Pepper/ Euchre 2:30 Walking	20 8:00 Walking w/ Friends 10:00 Tai Chi (Senior Led) 10:00 Make Cards w/ Deb (Sign Up) 11:00 Music by Michael Buck 12:00 Lunch 1:00 Silver Sneakers Chair Yoga@ 1:00 Card Games 2:30 Walking	21 National Senior Citizen Day; Wear Senior Center Shirt 8:00 Walking 10:15 to 11:45 BINGO 12:00 Lunch 1:00 Silver Sneakers@ Classic 2:00 H & F/ Pepper/ Pinochle/ Euchre 2:30 Walking	22 8:00 Walking 10 to 2 RAIN DATE for Classic Car Cruise In 10:00 Golden Drummers 12:00 Lunch 1:00 Cards/ Games 1:00 BINGO 2:30 Walking
25 8:00 Walking 8:30 Zumba Gold 10:00 Tai Chi (Senior Led) 11:00 Keyboard Music 12:00 Lunch 1:00 Line Dancing 2:30 Walking	26 8:00 Walking 10:00 Golden Drummers 11:00 Program by Senior Center Choir 12:00 Lunch 1:00 Choir 1:00 Silver Sneakers@ Classic 2:00 H & F/ Pepper/ Pinochle/ Euchre 2:30 Walking	27 8:00 Walking w/ Friends 9:30 Toenail Clinic (Sign Up) 10:00 Tai Chi (Senior Led) 11:00 Pharmacist, Matt Gerig 12:00 Lunch 1:00 Silver Sneakers Chair Yoga@ 1:00 Card Games 2:30 Walking	28 8:00 Walking 10:15 to 11:45 BINGO 12:00 Lunch 1:00 Silver Sneakers@ Classic 2:00 H & F/ Pepper/ Pinochle/ Euchre 2:30 Walking	29 Day Trip, Harrison Lake State Park; Wear Senior Center Shirt 8:00 Walking 10:00 Golden Drummers 12:00 Lunch 1:00 Cards/ Games 1:00 BINGO 2:30 Walking

**DELTA-101 NORTHWOOD DR.
HOPE CHURCH
TUES. & THURS.**

**DELTA – SWANTON
ACTIVITIES**

**SWANTON
620 DODGE ST.
MON., WED., & FRI**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>9:00 Parking Lot Stroll</p> <p>9:15 Chair Exercises</p> <p>11:00 Hands Only CPR with the American Red Cross</p> <p>12:00 Lunch</p> <p>1:00 Puzzles with Pals</p>	<p>9:00 Parking Lot Stroll</p> <p>9:00 Chair Yoga at Hope Church (\$5)</p> <p>11:00 "Ask the Pharmacist," Najib Mawad of Care RX Pharmacy in Swanton</p> <p>12:00 Lunch</p> <p>1:00 Time Line - Events</p>	<p>9:00 "Traveling Little Library"</p> <p>9:15 Chair Exercises</p> <p>10:00 Site Council</p> <p>10:15 to 11:45 Bikini BINGO (Bring Your Posterboard Bikini); Caller: Emily, Swanton Library</p> <p>12:00 Lunch & Birthday Dessert by Kingston</p> <p>1:00 Azul</p>	<p>9:00 Puzzles with Pals</p> <p>9:00 Parking Lot Stroll</p> <p>10:00 Site Council</p> <p>10:15 to 11:45 Bikini BINGO (Bring Your Posterboard Bikini)</p> <p>12:00 Lunch & Birthday Dessert</p> <p>1:00 Word Search</p>	<p>9:00 Coffee & Conversation</p> <p>9 to 11 Mahjong</p> <p>9:15 Chair Exercises</p> <p>11:00 Sponsored: Nature's Nursery, Animals & Info.</p> <p>12:00 Lunch</p> <p>1:00 Dominoes</p>
<p>9:00 Uno Flip</p> <p>9:00 Free Vascular Screenings with UTMC (Sign Up)</p> <p>10:30 Free BP Checks, Fulton Co. Health Dept.</p> <p>11:00 Vascular Education, UTMC</p> <p>12:00 Lunch</p> <p>1:00 Word Search</p>	<p>9:00 Uno Flip</p> <p>9:00 Parking Lot Stroll</p> <p>9:00 Chair Yoga at Hope Church (\$5)</p> <p>11:00 Free BP Checks, "Just So You Know," Fulton Co. Health Dept.</p> <p>12:00 Lunch</p> <p>1:00 Connect Four</p>	<p>9:00 Chit Chat</p> <p>9:15 Chair Exercises</p> <p>9:45 Free Hearing Aid Cleanings & Hearing Screenings</p> <p>10:15 to 11:45 Dog Days of Summer BINGO</p> <p>12:00 Lunch</p> <p>1:00 Shut the Box</p>	<p>Sauder Village Day Trip; Wear Senior Center Shirt</p> <p>9:00 Reminiscing Booklet</p> <p>9:00 Parking Lot Stroll</p> <p>10:15 to 11:45 Dog Days of Summer BINGO</p> <p>12:00 Lunch</p> <p>1:00 Cards</p>	<p>9:00 Coffee & Conversation</p> <p>9 to 11 Mahjong</p> <p>9:15 Chair Exercises</p> <p>11:00 "Rightsizing/ Having a Space That Works for You," with Melissa Rupp, OSU Extension</p> <p>12:00 Lunch</p> <p>1:00 Phase 10</p>
<p>9:00 Golf Card Game</p> <p>9:15 Chair Exercises</p> <p>11:00 Roger Myers, Beekeeper</p> <p>12:00 Lunch</p> <p>1:00 Games</p>	<p>9:00 Parking Lot Stroll</p> <p>9:00 Chair Yoga at Hope Church (\$5)</p> <p>11:00 Game Day</p> <p>12:00 Lunch</p> <p>1:00 Monopoly Deal</p>	<p>9:00 Coffee & Conversation</p> <p>9:15 Chair Exercises</p> <p>10:15 to 11:45 BINGO</p> <p>12:00 Lunch</p> <p>1:00 Tenzi</p>	<p>National Senior Citizen Day; Wear Senior Center Shirt</p> <p>9:00 "No Thanks" Game</p> <p>9:00 Parking Lot Stroll</p> <p>10:15 to 11:45 BINGO</p> <p>12:00 Lunch</p> <p>1:00 Goat Lords Game"</p>	<p>9:00 Chit Chat</p> <p>9 to 11 Mahjong</p> <p>9:15 Chair Exercises</p> <p>11:00 Concert by Sunshine Bell Choir</p> <p>12:00 Lunch</p> <p>1:00 Set (Brain Game)</p>
<p>9:00 Coffee & Conversation</p> <p>9:15 Chair Exercises</p> <p>11:00 Top 10 Financial Tips for Seniors, Melissa Rupp, OSU Extension</p> <p>12:00 Lunch</p> <p>1:00 Tell Me More (Brain Game)</p>	<p>9:00 Parking Lot Stroll</p> <p>9:00 Chair Yoga at Hope Church (\$5)</p> <p>11:00 Concert by Sunshine Bell Choir</p> <p>12:00 Lunch</p> <p>1:00 "I Should Have Known That"</p>	<p>Wear Your School Colors/ Bring 27 a School Photo and or Yearbook</p> <p>9:00 Q*Bitz</p> <p>9:15 Chair Exercises</p> <p>10:15 to 11:45 Back to School BINGO</p> <p>12:00 Lunch</p> <p>1:00 Games</p>	<p>Wear Your School Colors/ Bring 28 a School Photo and or Yearbook</p> <p>9:00 Patrizi</p> <p>9:00 Parking Lot Stroll</p> <p>10:15 to 11:45 Back to School BINGO with Carrie, Delta Library</p> <p>12:00 Lunch</p> <p>1:00 "Things They Don't Teach You In School"</p>	<p>Day Trip, Harrison Lake State Park; Wear Senior Center Shirt</p> <p>9:00 Time Line - Inventons</p> <p>9 to 11 Mahjong</p> <p>9:15 Chair Exercises</p> <p>11:00 Game Day</p> <p>12:00 Lunch</p> <p>1:00 Cards</p>

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>9:00 Kings in the Corner Game 11:00 Learn About Bee Keeping with Brad Hibbard 12:00 Lunch 1:00 Puzzles with Pals</p>	<p>9:00 Coffee & Conversation 10:00 Site Council 11:00 Guitar Music by Will Hinton 12:00 Lunch 1:00 Reminiscing</p>	<p>9:00 Left Center Right Game 10:00 Chair Yoga 11:00 Senior Scam Guard, Pam with Better Business Bureau 12:00 Lunch 1:00 Word Search</p>	<p>9:00 Wits & Wagers Brain Game 10:00 Site Council 10:15 to 11:45 BINGO 12:00 Lunch & Birthday Dessert 1:00 Brain Games</p>	<p>9:00 Left Center Right Game 10:15 to 11:45 Twin Day BINGO (Match with a Friend) 12:00 Lunch & Birthday Dessert 1:00 Uno Flip Game Watch for Dorothy & Donna in the Bull Thistle Parade Tomorrow!</p>
<p>9:00 Five Crowns Game 11:00 Learn About the Fayette Garden & Beautification Club 12:00 Lunch 1:00 Spot It! Game</p>	<p>9:00 Blokus Game 10:15 to 11:45 Friday's Dog Days of Summer BINGO (Note Date), (Bring a Photo of Your Dog) 12:00 Lunch 1:00 Monopoly Deal Game</p>	<p>9:00 Coffee & Conversation 10:00 Chair Yoga 11:00 Free Concert by Sunshine Bell Choir 12:00 Lunch 1:00 Games</p>	<p>Sauder Village Day Trip; Wear Senior Center Shirt 9:00 Games 10:15 to 11:45 Dog Days of Summer BINGO (Bring a Photo of Your Dog) 12:00 Lunch 1:00 Coffee & Conversation</p>	<p>9:00 Pepper 11:00 Free Concert by Sunshine Bell Choir (Note: BINGO will be 12th) 12:00 Lunch 1:00 Reminiscing & Remembering</p>
<p>9:00 "Things They Don't Teach You In School" Game 11:00 Guitar Music by Will Hinton 12:00 Lunch 1:00 Tenzhi Game</p>	<p>9:00 Coffee & Conversation 11:00 "Just So You Know" & Free Blood Pressure Checks 12:00 Lunch 1:00 Time Line - Americana (Game)</p>	<p>9:00 Set (Brain Game) 10:00 Chair Yoga 11:00 Game Day. Bring Your Favorite Board/ Card Game 12:00 Lunch 1:00 Word Search</p>	<p>National Senior Citizen Day; Wear Senior Center Shirt 9:00 Chit Chat 10:15 to 11:45 BINGO 12:00 Lunch 1:00 Left Center Right Game</p>	<p>9:00 Cards 10:15 to 11:45 BINGO 12:00 Lunch 1:00 Games</p>
<p>9:00 Coffee & Conversation 11:00 "Just So You Know" & Free Blood Pressure Checks 12:00 Lunch 1:00 Phase 10 Game</p>	<p>9:00 Tenzhi Game 11:00 Music by Sonny Wyse & Friends 12:00 Lunch 1:00 Shut the Box Game</p>	<p>9:00 "I Should Have Known That" Game 9:15 to 10 Chair Yoga (Note Time) 10:15 Meet at Normal Memorial Library; Program by Wendy 12:00 Lunch 1:00 Reminiscing</p>	<p>Wear Your School Colors/ Bring a School Photo and or Yearbook 9:00 "Things They Don't Teach You In School" Brain Game 10:15 to 11:45 Back to School BINGO 12:00 Lunch 1:00 Word Puzzles</p>	<p>Day Trip, Harrison Lake State Park; Wear Senior Center Shirt 9:00 Pepper 10:15 to 11:45 Back to School BINGO; Wear Your School Colors/ Bring a School Photo and or Yearbook 12:00 Lunch 1:00 Word Search</p>