

SERVING CITIZENS OF FULTON COUNTY 60 YEARS & OVER

# SENIOR



**JANUARY 2016**

Fulton County Senior Center  
240 Clinton St., Wauseon, Ohio 43567  
Phone: 419-337-9299 • Fax: 419-337-9289

## SENIOR NEWS

## SENIOR SPOTLIGHT



**Senior Center Choir** The newly-formed Senior Center Choir spread Christmas Cheer throughout the county with December visits to all five Senior Center sites as well as Heartland and Fulton Manor. Several members said they enjoy the fellowship the choir offers and getting to know other seniors better. Another member said simply, "I have a good time singing!" Yet another choir member summed up the value of the choir when she said, "Music always brings everyone together." If you enjoy singing and fellowship, you are welcome to join us for choir practice at the Wauseon site on Tuesdays at 1:00 pm.

### SANTA & MRS. CLAUS SPREAD CHEER

A special thank you to Wauseon seniors David Case and Alicia Glover who dressed as Santa and Mrs. Claus and donated their time to visit all five senior sites during December.

### GOOD NEWS FOR SPORTS FANS

Many high schools in Fulton County offer a senior citizen pass to athletic events. If you are a high school sports fan, contact your local high school to ask about discounted or free admission season passes for seniors.

### UPCOMING EVENTS & DAY TRIPS - ALL SITES

- January 1** – Closed; Happy New Year!
- January 11** – Gentle Movement Resumes
- January 13** – Visit Red Rambler Coffee/North River Brewing Co., Wauseon
- January 29** – Day Trip to Copper Moon Art Studio
- February 12** – Valentine Tea with Wauseon Chorale, Wauseon gym

### • FULTON COUNTY SENIOR CENTER SERVICES •

Home Delivered Meals • Congregate Meals • Education & Socialization • Monthly Newsletter (The Senior B-zz) • Information & Referral  
Transportation Service for Medical Appointments • Housekeeping • Legal Services • Lending Libraries • Exercise Classes  
Grocery Shopping & Bill Paying Transportation as Scheduled • Volunteer Opportunities  
Blood Pressure Checks Available Daily at Wauseon Site and Scheduled at Other Sites • Computer Lab at Wauseon Site  
Assistance With Completing Applications and Forms • Gym Available at Wauseon Site to Exercise During Regular Business Hours

## WHAT IS YOUR 2016 RESOLUTION?

According to Statistic Brain, a research institute, the top New Year's resolutions for seniors are as follows: Lose weight. Enjoy life to the fullest. Stay fit and healthy. Spend more time with family. Do these resolutions match yours? If so, the Fulton County Senior Center sites offer a variety of ways for you to reach your 2016 goals. Peruse the monthly activity calendars and choose from a variety of programs. Regular trips to your local senior center site are a great way to enjoy life to the fullest, especially during gray winter months. We offer puzzles, games, books and plenty of social interaction. If you can't be with family, perhaps you'd like to use the computer lab at the Wauseon site and email your family members. Our talented kitchen staff offers a well-balanced meal at noon each week day. Plus, we offer regular exercise opportunities such as Gentle Movement, line dancing and Tai Chi.

## MEDICARE & OBESITY

Medicare covers intensive behavioral therapy for people with obesity, defined as a body mass index of 30 or more. Who's covered? All people with Medicare may be screened for obesity. Counseling is covered for anyone found to have a body mass index of 30 or more. How often is it covered? This counseling may be covered if you get it in a primary care setting (like a doctor's office). Talk to your primary care doctor or primary care practitioner to find out more. People with a body mass index of 30 or more are eligible for the following: one face-to-face visit each week for the first month, one face-to-face visit every other week for months 2-6, one face-to-face visit every month for months 7-12, if you lose 6.6 pounds during months 1-6. You pay nothing for this service if your primary care doctor or other qualified primary care practitioner accepts assignment.

*Source: U.S. Department of Health & Human Services*

## NEW YEAR, NEW RECIPE

### Balsamic Quinoa and Kale

*Source: Area Office on Aging of Northwestern Ohio, Inc.*

1 c. red quinoa	1 Tbsp. olive oil
1 tsp. onion powder	½ tsp. garlic powder
1 can great northern beans	1 c. kale or spinach
½ c. balsamic vinaigrette	1 can diced tomatoes & onions
2 c. water	

1. Rinse quinoa. Add water and quinoa to saucepan. Bring to a boil, then simmer for 12-15 minutes.
2. Meanwhile, place oil in skillet over medium heat.
3. Add garlic and onion powder.
4. Rinse and chop the kale. Then add to skillet. Sauté until soft.
5. Add the diced tomatoes and onions with juice to skillet.
6. Drain liquid from beans and add to skillet. Cook for 5 minutes.
7. Once the quinoa is done cooking, add quinoa and balsamic vinaigrette to the skillet. Cook for 10 minutes.
8. Serve.

## WINTER WATCH FOR SENIORS 10 TIPS FOR HAVING A SAFE SEASON

Winter is a special time for caution if you or someone in your family is an older adult. It is the season for flus, for slips on icy streets, and for other dangers that are especially great for senior citizens.

Before the cold weather arrives, it is important to prepare.

Tips for a healthy and safe winter from Fulton County Health Department:

- Get vaccinated annually against the flu. The season for flu runs from mid-October to mid-March, and the illness can be fatal to older adults. The vaccine offers some, if not complete, protection.
- Ask your doctor about Pneumovax, the vaccine against pneumococcus, which protects against pneumonia.
- Check the lighting in your house. Make sure there are no great contrasts from one room to another, because older people have difficulty adjusting to changes in light and high contrasts increase the risk of slip and falls. Also, use night lights, and don't have loose extension cords lying around -- tape them to the floor.
- Check your rugs. Make sure they are not wrinkled or torn in a way that can trip you up as you walk. Use padding or special tape underneath them to prevent from sliding.
- In the bathroom, have mats inside and outside the tub to keep you from slipping on a wet surface. If you need them, install grab bars inside the tub, and always check the temperature of the water before getting into the tub.
- Continue your exercise regimen -- indoors if possible. However, avoid strenuous exercise like shoveling snow.
- Maintain your diet and a good level of hydration. Drink at least four or five glasses of water every day. This should not change just because it is winter.
- Make sure your smoke alarms are working. If you live in your own house rather than an apartment, you should also have carbon monoxide alarms.
- Have appropriate footwear. Comfortable shoes with anti-slip soles will help you navigate icy streets.
- Have a programmable phone with emergency numbers entered. Another good idea for older persons living alone is a personal emergency response system -- a device worn around the neck or on a bracelet, which can summon help if needed. Wear this device all the time, and use it.

## WAUSEON HIGHLIGHTS

**Line Dance:** Monday pm  
**Shopping:** every Tues. pm  
**Tai Chi:** every Tues. and Thurs.  
**Food & Fitness:** Tuesday at 10:00 am  
**Choir Practice:** Tues. pm  
**Pepper:** Wednesday pm  
**Bingo:** Thursday mornings  
**Birthday Party:** 1st Friday  
**Gentle Movement Resumes:** January 11  
**Toe Nail Clinic:** January 27, 2016. Call early for appointment; \$10.00 fee; soak feet for 30 minutes before you arrive.

*Check the calendar for these Wauseon events*

- Line Dancing, Tai Chi On Your Own and Gentle Movement continue
- Hat Day and Snowman Day
- Music by Michael Buck
- Wauseon Public Library

## DELTA HIGHLIGHTS

**Bingo:** every Thursday  
**Blood Pressure Check:** 2nd Tuesday  
**Birthday Lunch:** 3rd Tuesday  
**Toenail Clinic:** February 2. Call early for appointment; \$10.00 fee; soak feet for 30 minutes before you arrive.

*Check the calendar for these Delta events*

- Cowboy artist L.E. Stevens
- Sustain Your Brain, Alzheimer's Association
- Celebrate National Hat Day; wear a hat to Bingo
- Snowman Bingo (wear white or silver)

**WHAT'S NEXT?**  
 You are invited to a tea at the Wauseon site. Bring your sweetheart or just your sweet tooth and enjoy music by Wauseon Chorale, tea and tasty treats at our special afternoon Valentine's Tea on Friday, February 12 at 1:00 pm. Call Beth at 419-337-9299 to reserve your spot.

## ARCHBOLD HIGHLIGHTS

**Bingo:** every Friday  
**Pressure Check:** every 1st Wed.  
**Birthday Lunch:** 1st Friday  
**Bible Study:** Monday mornings  
**Toenail Clinic:** February 17. Call early for appointment; \$10.00 fee; soak feet for 30 minutes before you arrive.

*Check the calendar for these Archbold events*

- Fulton County Health Department
- Chair Exercises with Americare Health
- Celebrate National Hat Day; wear a hat to Bingo
- Snowman Bingo (wear white or silver)

## SWANTON HIGHLIGHTS

**Bingo:** every Wednesday  
**Birthday Lunch:** 1st Wednesday  
**Blood Pressure Check:** 2nd Monday  
**Toenail Clinic:** February 19. Call early for appointment; \$10.00 fee; soak feet for 30 minutes before you arrive.

*Check the calendar for these Swanton events*

- Mandolin music by Dave Ray
- Passion 4 Fashion advice on accessories
- Celebrate National Hat Day; wear a hat to Bingo
- Snowman Bingo (wear white or silver)

## FAYETTE HIGHLIGHTS

**Bingo:** every Thursday  
**Blood Pressure Check:** every 3rd Tuesday  
**Birthday Lunch:** 1st Thursday  
**Bible Study:** 12th and 26th  
**Toenail Clinic:** February 23. Call early for appointment; \$10.00 fee; soak feet for 30 minutes before you arrive.

*Check the calendar for these Fayette events*

- Driving Tips from a retired professional driver
- Fulton County Health Department
- Celebrate National Hat Day; wear a hat to Bingo
- Snowman Bingo (wear white or silver)

# JANUARY, 2016

# LUNCH CALENDAR

Whole grain bread or an alternate and 2% milk are offered with each meal. Luncheon reservations are required. 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 MEAL DONATION: \$2.00**

LS Alt = Low 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)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><i>Please notify us of your entrée choice for Jan. 4 by Dec. 28.</i></p>				<p><b>CLOSED</b> <b>HAPPY NEW YEAR</b></p>
<p><b>4</b> Liver &amp; Onions (Alt=Salisbury Steak) Mashed Potatoes Mixed Vegetables Peaches</p>	<p><b>5</b> Parmesan Chicken Breast Steamed Broccoli Pasta Salad Baked Apples Grape Juice</p>	<p><b>6</b> Stuffed Pepper Soup Cold Cut Sandwich Three Bean Salad Orange Segments</p>	<p><b>7</b> Roast Turkey Mashed Potatoes Brussels Sprouts Cranberry Sauce Iced Cake</p>	<p><b>8</b> Chili w/Beans Mexican Style Rice Seasoned Corn Mixed Fruit Pineapple Juice</p>
<p><b>11</b> Corn Chowder Chicken Salad Kidney Bean Salad Sunshine Salad</p>	<p><b>12</b> Lasagna Steamed Cauliflower Italian Green Beans Mixed Berries</p>	<p><b>13</b> Sloppy Joe Sandwich Potato Wedges Seasoned Spinach Pears</p>	<p><b>14</b> Ham Loaf (LS Alt=Meatloaf) Sweet Potatoes Creamed Peas Oranges Cookies</p>	<p><b>15</b> Baked Pork Chops Red Potatoes California Blend Vegetable Apple Sauce</p>
<p><b>18</b> <b>CLOSED</b> <b>MARTIN LUTHER</b> <b>KING JR DAY</b></p>	<p><b>19</b> Steamed Franks (LS Alt=Chicken Breast) Macaroni &amp; Cheese Cook's Choice Vegetable Peaches &amp; Pears Orange Juice</p>	<p><b>20</b> Broccoli Cheese Soup (LS Alt=Vegetable Soup) Chef Salad Pea Salad Ambrosia</p>	<p><b>21</b> Chicken &amp; Noodles Mashed Potatoes Green Beans Apricots</p>	<p><b>22</b> Beef Pot Roast Boiled Potatoes Sliced Carrots Diced Fruit Pie</p>
<p><b>25</b> Baked Chicken Mashed Potatoes Green Peas Pineapple Chunks</p>	<p><b>26</b> Pork Cutlet Rice Pilaf Stewed Tomatoes Dark Sweet Cherries Apple Juice</p>	<p><b>27</b> Swedish Meatballs Over Noodles Sliced Squash Cream Style Corn Mandarin Oranges</p>	<p><b>28</b> Beef &amp; Barley Soup (LS Alt=Tomato Soup) Turkey Sandwich Broccoli Salad Jell-O</p>	<p><b>29</b> Cheese Burgers Oven Fries Buttered Beets Tropical Fruit Yogurt</p>

**WAUSEON ACTIVITIES**  
MONDAY THRU FRIDAY

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>4</b></p> <p>10:00 Un-decorate Christmas Lunch 1:00 Line Dancing (Gym)</p>	<p><b>5</b></p> <p>11:00 Brain Teasers 11:00 Tai Chi On Your Own (Gym) 12:00 Lunch 1:00 Tai Chi On Your Own (Gym) 1:00 Choir Practice (Dining Room)</p>	<p><b>6</b></p> <p>11:00 Wauseon Public Library, Audio Books 12:00 Lunch 1:00 Pepper (Bingo Room)</p>	<p><b>7</b></p> <p>10:15 Bingo 11:00 Tai Chi On Your Own (Gym) 12:00 Lunch 1:00 Tai Chi On Your Own (Gym)</p>	<p><b>1</b></p> <p><b>CLOSED</b> <b>HAPPY NEW YEAR</b></p>
<p><b>11</b></p> <p>9:30 Gentle Movement (Gym) 11:00 What is a Compounding Pharmacy? 12:00 Lunch 1:00 Line Dancing (Gym)</p>	<p><b>12</b></p> <p>11:00 Make a Sock Snowman 11:00 Tai Chi On Your Own (Gym) 12:00 Lunch 1:00 Tai Chi On Your Own (Gym) 1:00 Women's Club 1:00 Choir Practice (Dining Room)</p>	<p><b>13</b></p> <p>9:30 Gentle Movement (Gym) 10:00 Visit Red Rambler Coffee/ North River Brewing Co. (New Location) 12:00 Lunch 1:00 Pepper (Bingo Room)</p>	<p><b>14</b></p> <p><b>Celebrate National Hat Day; Wear a Hat Today</b></p> <p>10:15 Bingo 11:00 Tai Chi On Your Own (Gym) 12:00 Lunch 1:00 Tai Chi On Your Own (Gym)</p>	<p><b>15</b></p> <p>11:00 Snowman Games 12:00 Lunch 1:00 Wii Games</p>
<p><b>18</b></p> <p><b>CLOSED</b> <b>MARTIN LUTHER KING JR DAY</b></p>	<p><b>19</b></p> <p>11:00 "Just So You Know" Fulton Co. Health Dept. 11:00 Tai Chi On Your Own (Gym) 12:00 Lunch 1:00 Tai Chi On Your Own (Gym) 1:00 Choir Practice (Dining Room) 1:30 OPERS General Meeting (Bingo Room)</p>	<p><b>20</b></p> <p>9:30 Gentle Movement (Gym) 11:00 Guitarist Michael Buck 12:00 Lunch 1:00 Pepper (Bingo Room)</p>	<p><b>21</b></p> <p>10:15 Bingo 11:00 Tai Chi On Your Own (Gym) 12:00 Lunch 1:00 Tai Chi On Your Own (Gym)</p>	<p><b>22</b></p> <p>11:00 Ladder Ball (Gym) 12:00 Lunch 1:00 Dirty Marbles</p>
<p><b>25</b></p> <p>9:30 Gentle Movement (Gym) 11:00 Blacksmithing, Simon Tomell &amp; Handmade Dolls, Treuly Tomell 12:00 Lunch 1:00 Line Dancing (Gym)</p>	<p><b>26</b></p> <p>11:00 The Truth About Hospice &amp; Home Health 11:00 Tai Chi On Your Own (Gym) 12:00 Lunch 1:00 Tai Chi On Your Own (Gym) 1:00 Choir Practice (Dining Room)</p>	<p><b>27</b></p> <p>9:30 Gentle Movement (Gym) 10:30 Toenail Clinic (by appt.) 11:00 Fulton Co. Health Center Music Therapy 12:00 Lunch 1:00 Pepper (Bingo Room)</p>	<p><b>28</b></p> <p><b>Snowman Day; wear silver or white</b></p> <p>10:15 Bingo 11:00 Tai Chi On Your Own (Gym) 12:00 Lunch 1:00 Tai Chi On Your Own (Gym)</p>	<p><b>29</b></p> <p><b>9:45 Day Trip to Copper Moon Art Studio</b> 11:00 Cards &amp; Games 12:00 Lunch 1:00 Wii Games</p>

**DELTA-MEMORIAL HALL  
TUES. & THURS.**

# DELTA / SWANTON ACTIVITIES

**SWANTON  
210 N. MAIN ST.  
MON., WED., & FRI**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				<b>1</b>  <b>CLOSED HAPPY NEW YEAR</b>
<b>4</b> 11:00 "Daffy-nitions" 12:00 Lunch 1:00 Cards & Games	<b>5</b> 11:00 Cowboy Artist, L.E. Stevens 12:00 Lunch 1:00 Puzzles	<b>6</b> 10:00 Site Council 10:30 Bingo 12:00 Lunch with Birthday Cake by Swanton Health Care 1:00 Puzzles & Games	<b>7</b> 10:00 Site Council 10:30 Bingo 12:00 Lunch 1:00 Word Games	<b>8</b> 11:00 Mandolin Music, Dave Ray 12:00 Lunch 1:00 Cards & Games
<b>11</b> 11:00 Fulton Co. Health Dept. "Just So You Know" & Free BP Checks 12:00 Lunch 1:00 Puzzles	<b>12</b> 11:00 Fulton Co. Health Dept. "Just So You Know" & Free BP Checks 12:00 Lunch 1:00 Word Games	<b>13</b> <b>Celebrate National Hat Day; Wear a Hat</b> 10:30 Bingo 12:00 Lunch 1:00 Word Games	<b>14</b> <b>Celebrate National Hat Day; Wear a Hat</b> 10:30 Bingo with Guest Caller from Delta Schools 12:00 Lunch	<b>15</b> 11:00 Pokeno (bring pennies) & Baby Photo Guessing Game (bring your baby photo) 12:00 Lunch 1:00 Wii Games
<b>18</b> <b>CLOSED MARTIN LUTHER KING JR DAY</b>	<b>19</b> 11:00 Fulton Co. Commissioner Jeff Rupp 12:00 Lunch with Birthday Cake by Swanton Valley 1:00 Puzzles	<b>20</b> 10:30 Bingo 12:00 Lunch 1:00 Puzzles	<b>21</b> 10:30 Bingo 12:00 Lunch 1:00 Cards & Games	<b>22</b> 11:00 Optimize Your Fashion Accessories, Passion 4 Fashion Boutique 12:00 Lunch 1:00 Cards & Games
<b>25</b> 11:00 Simple Chair Exercises with Americare 12:00 Lunch 1:00 Cards & Games	<b>26</b> 11:00 Sustain Your Brain; Lynn Ritter of Alzheimer's Association 12:00 Lunch 1:00 Word Games	<b>27</b> <b>Snowman Day; wear silver or white</b> 10:30 Bingo 12:00 Lunch 1:00 Wii Games	<b>28</b> <b>Snowman Day; wear silver or white</b> 10:30 Bingo 12:00 Lunch 1:00 Word Games	<b>29</b> 11:00 Derma Scan with Jamin Torres 12:00 Lunch 1:00 Cards & Games

# ARCHBOLD / FAYETTE ACTIVITIES

ARCHBOLD - SCOUT CABIN  
MON., WED., & FRI.

FAYETTE - OPERA HOUSE  
TUES., & THURS.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				<b>1</b>  CLOSED HAPPY NEW YEAR
<b>4</b> 10:30 Bible Study 11:00 Current News from Fulton Co. Health Center 12:00 Lunch 1:00 Word Games	<b>5</b> 11:00 Winter Driving Tips 12:00 Lunch 1:00 Word Games	<b>6</b> 11:00 "Just So You Know" with Fulton Co. Health Dept. & Free BP Checks 12:00 Lunch 1:00 Puzzles	<b>7</b> 10:30 Bingo 12:00 Lunch and Birthday Treat 1:00 Cards & Games	<b>8</b> 10:30 Bingo 12:00 Lunch and Birthday Treat 1:00 Wii Games
<b>11</b> 10:30 Bible Study 11:00 Snowman Games 12:00 Lunch 1:00 Cards & Games	<b>12</b> 10:30 Bible Study 11:00 Diabetes News with Fulton Co. Health Center 12:00 Lunch 1:00 Puzzles	<b>13</b> 11:00 Guitarist, Michael Buck 12:00 Lunch 1:00 Word Games	<b>14</b> Celebrate National Hat Day; Wear a Hat 10:30 Bingo 12:00 Lunch 1:00 Wii Games	<b>15</b> Celebrate National Hat Day; Wear a Hat 10:30 Bingo 12:00 Lunch 1:00 Puzzles
<b>18</b>  CLOSED MARTIN LUTHER KING JR DAY	<b>19</b> 11:00 "Just So You Know" with Fulton Co. Health Dept. & Free BP Checks 12:00 Lunch 1:00 Word Games	<b>20</b> 11:00 Simple Chair Exercises with Americare 12:00 Lunch 1:00 Wii Games	<b>21</b> 10:30 Bingo 12:00 Lunch 1:00 Cards & Games	<b>22</b> 10:30 Bingo 12:00 Lunch 1:00 Cards & Games
<b>25</b> 10:30 Bible Study 11:00 Piano Music, Susan Johnson 12:00 Lunch 1:00 Puzzles	<b>26</b> 10:30 Bible Study 11:00 Cartoonist Don Lee 12:00 Lunch 1:00 Wii Games	<b>27</b> 10:30 Screenings for PAD (Peripheral Artery Disease, by appointment) 11:00 Cartoonist, Don Lee 12:00 Lunch 1:00 Word Games	<b>28</b> Snowman Day; wear silver or white 10:30 Bingo 12:00 Lunch 1:00 Puzzles	<b>29</b> Snowman Day; wear silver or white 10:30 Bingo 12:00 Lunch 1:00 Wii Games



Forwarding and return postage guaranteed  
Address service requested  
Postmaster: Send address changes to:  
Fulton County Senior Center  
240 Clinton Street  
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 JANUARY 1, 2016**

**FULTON COUNTY SENIOR CENTER STAFF**

Director .....	Sheri Rychener
Administrative Assistant/Coordinator of Volunteers .....	Peggy Rupp
Receptionist .....	Karen Schroeder
Vehicle Maintenance Supervisor .....	Wes Green
Housekeeping Program Manager .....	Laura Ankney
Head Cook .....	Kyle Wilcoxon
Assistant Cook .....	Deb Villalovos
Food Program Manager .....	Deb Myers
Kitchen Aides .....	Sherry Bittinger, Sandy Lemley, Leslie Gype
Activity Coordinator .....	Vicki Hoylman
Activity Support Staff .....	Beth Ricker-Flory
Information & Referral Specialist .....	Valerie Edwards
Site Manager, Archbold/Fayette .....	Bill Rose
Site Aide, Archbold/Fayette .....	Tracey Wanner
Site Manager, Delta/Swanton .....	Jeanne Ortiz
Site Aide, Delta/Swanton .....	Claudia Overmyer
Meal Delivery & Custodian .....	Dave Smith, Andrea Coburn, Olga Tedrow
Meal Delivery .....	Kim Machinski, Jerry Lighthill, John McWatters, Juan Avina, Chris Sager, Olga Tedrow, Bill Sigg, Naaman Thomas, Brenda Hauck
Substitutes .....	James Mapes, Peggy Wilson, Leland Good, Joe Sutton, Maryann Griffin, Jim Moden, James Baldwin, Pam Miller, Melissa McKeever, Judy Thourot

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.