

SERVING CITIZENS OF FULTON COUNTY 60 YEARS & OVER

# SENIOR

**APRIL 2026**

Fulton County Senior Center  
695 S. Shoop Ave., Wauseon, Ohio 43567  
Phone: 419-337-9299 • Fax: 419-337-9289 • Hours: 8am-4pm



## SENIOR NEWS

### GIVE THE GIFT OF LIFE

The Fulton County Senior Center in partnership with the American Red Cross is pleased to offer a blood drive on Wednesday, June 10 from 9 a.m. to 3 p.m. at the Fulton County Senior Center, 695 S. Shoop Ave., Wauseon. Every two seconds someone in the United States needs blood. It is essential for surgeries, cancer treatment, chronic illnesses, and traumatic injuries. Whether a patient receives whole blood, red cells, platelets or plasma, this lifesaving care starts with one person making a generous donation. One donation can help save more than one life. To schedule your blood donation appointment and for eligibility requirements, please visit [redcrossblood.org](http://redcrossblood.org) or ask a senior center staff member to help you sign up online.

## SENIOR SPOTLIGHT



April 10 is National Siblings Day in the United States. In honor of the day, I sat down with sisters Marilyn DeMond (left) and Mary Jane Storeholder to talk about their involvement with the senior center.

“More than two years ago, we were looking for another exercise class to go along with a water exercise class we were taking,” Mary Jane said.

“We tried different things,” Marilyn said, adding, “We settled on the chair exercise class that Lynn Fleming developed at the Swanton Senior Center. She put together a great, three-day-a-week program. And now I lead it, and Janie fills in for me when needed.”

The sisters also regularly play cards at the Fulton County Senior Center in Wauseon, and Marilyn plays mah-jongg at both the Swanton and Wauseon sites.

“We have a great group of seniors at the chair exercise class, and we would welcome any senior who would like to try it. Even though we stay seated the whole forty-five minutes, we still get a workout, and we work ninety-six muscles,” Marilyn said.

Mary Jane added, “We have all noticed benefits, like more flexibility, muscle definition, and arm strength; our sides even slimmed down from doing a simple seated side-bend stretch. I like to work in my yard, and these exercises help me do that.”

Marilyn said the fist-clenching and hand-stretching exercises have relieved the osteoarthritis pain in her hands. “I love the class. I also love meeting other people and seeing seniors in their eighties and nineties who are independent and mentally sharp,” she said.

“That’s our goal,” Mary Jane said, “to stay in good shape mentally as well as physically to enjoy a long life like many of our grandparents and great-grandparents.”

### **MUSEUM SENIOR DISCOVERY DAYS**

Registration is now open for the April Museum Senior Discovery Day, which will take place Thursday, April 16, from 9:30 to 11:30 a.m. at the Museum of Fulton County. The theme is "Become a History Detective."

Museum Senior Discovery Days are open to all seniors age 60 and over in the northwest Ohio area. Programs are scheduled for the third Thursday of every month from now through November. Register for each month separately. Enjoy a morning trip close to home where you can experience the joy of learning from local history specialists.

Seniors are asked to register and pay in advance. The \$5.00 fee per person includes museum admission, light refreshments, and a special monthly program, activity, or guided tour (a \$25 value). Participants are welcome to drive themselves. If at least ten people request transportation from the Fulton County Senior Center (695 S. Shoop Ave., Wauseon), a bus will be provided for an additional \$3 suggested donation per person. Those riding the bus should reserve a spot, then meet at 8:45 a.m. for a 9:00 a.m. departure. To sign up, call the Museum of Fulton County at 419-337-7922 or the Fulton County Senior Center at 419-337-9299.

### **FREE DIABETES EDUCATION CLASSES OFFERED**

On Wednesdays starting June 3, 2026, instructor Robert Sullivan from Area Office on Aging of Toledo will present DEEP (Diabetes Empowerment Education Program) at the Fulton County Senior Center in Wauseon. This engaging workshop series will take place from 9 a.m. to 11 a.m. on six Wednesday mornings, June 3, 10, 17, 24, July 1, and July 8.

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, and how medications 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, call 419-337-9299.

Please make a reservation for your noon lunch at the Wauseon site when you sign up for this class. Choose dine-in, carry-out or chef salad. Suggested lunch donation is \$3 for Fulton County residents age 60 and over, \$5 all others.

### **IMPROVE YOUR BALANCE WITH FREE CLASSES**

Are you age 60 or over? Interested in improving balance, flexibility, and strength? Concerned about falling? Did you know falls are more common than strokes, and falls are preventable? We are pleased to offer the same balance class at two different senior center locations to teach you simple ways to increase your strength and balance.

A Matter of Balance is a free eight-session course that will be offered at the Fayette Senior Center, inside Family Life Center, 306 E. Main Street on Wednesdays from 9:30 to 11:30 a.m.. Dr. Tina Williams, an instructor from Area Office on Aging, will lead this interactive series on Wednesdays June 3, 10, 17, 24, and July 1, 8, 15, and 22.

Or, if you are closer to the Wauseon area, sign up for the class led by Robert Sullivan, also an instructor from Area Office on Aging. He will lead A Matter of Balance at the Fulton County Senior Center, 695 S. Shoop Ave., Wauseon, on Mondays and Wednesdays, August 3, 5, 10, 12, 17, 19, 24, and 26 from 9 a.m. to 11 a.m..

Call 419-337-9299 to sign up for one of these free classes and to reserve a noon lunch at either location. Suggested lunch donation is \$3 for Fulton County residents age 60 and over, \$5 all others.

### **GATHER WITH OTHER SENIOR VETERANS**

Local senior veterans are invited to an informal gathering with Matthew Roesel, Director/CSVSO of the Fulton County Ohio Veterans Service Office. He will lead a question-and-answer session and provide updates on benefits that are available to senior veterans. Matthew is scheduled for 1 p.m. on the following Wednesdays at the Fulton County Senior Center, 695 S. Shoop Avenue, Wauseon: Wednesday, April 8, Wednesday, July 8, and Wednesday, October 7. No reservations are needed to attend this free event.

### **WHERE'S VAL?**

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. On Wednesday, April 8, from 10:00 a.m. to noon, meet with Val at the Delta Library. Or make an appointment for Thursday, April 16, from 10:00 a.m. to noon at the Swanton Library. On Thursday, April 23, from 10:00 a.m. to noon at Wyse Commons on the Fairlawn campus, Val will assist seniors who have scheduled visits. The Evergreen Library in Metamora will host Val and seniors with appointments on Tuesday, April 28, from 10:00 a.m. to noon. You may also schedule a time to meet with Val 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.

### **NUTRITION EDUCATION: FRUIT**

A healthy eating routine is important at every stage of life and can have positive effects that add up over time. The U.S. Department of Agriculture (USDA) recommends that people of all ages fill half of their plate with fruits and vegetables at each meal. People who eat more fruits and vegetables as part of an overall healthy diet are likely to have a reduced risk of some chronic diseases including heart disease, stroke, and some cancers. The fiber contained in vegetables and fruits may reduce the risk of heart disease, obesity, and Type 2 diabetes. Fruits provide dietary fiber, vitamin C, potassium and folate (folic acid). They are naturally low in fat, sodium and calories. Fruits do not contain cholesterol.

Foods in this group include any fruit or 100% fruit juice. Fruits may be fresh, canned, frozen or dried, and may be whole, cut-up or pureed. When choosing canned fruits, select fruits packed in 100% fruit juice to limit added sugars. Although 100% fruit juice can be part of a healthful diet, it lacks dietary fiber. When consumed in excess, juice can add extra calories. It is best to select whole fruits that are fresh, canned, frozen or dried, rather than juice. For women over age 31, 1-1/2 cups of fruit per day is recommended. For men over age 19, 2 cups per day are needed.

Note these equivalents for one cup of fruit:  
1 small apple (2.5 inches in diameter), 32 seedless grapes, 1 large peach, ½ cup dried fruit such as raisins, prunes or dried apricots, 2 canned peach or pear halves, 1 cup 100% fruit juice, 8 large strawberries, 1 wedge or 1 cup watermelon chunks, 1 medium pear, or 1 large orange.

References: USDA. "MyPlate." [choosemyplate.gov](http://choosemyplate.gov)

### **TIPS FOR GETTING FRUIT ON YOUR TABLE**

- Enjoy a piece of fruit with your breakfast.
- Select local fruits when in season.
- Offer fruits as dessert.
- Enjoy a piece of fruit such as an apple, banana or orange as a snack.
- Try a smoothie made with fruit and low-fat milk or yogurt.
- Try 100% applesauce topped with raisins as a snack.

# LUNCH CALENDAR

APRIL, 2026

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

**SUGGESTED DONATION:**  
**\$3 (Fulton County residents age 60 & over), \$5 all others.**

LS Alt = Lower 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**)

**LUNCH SERVED AT NOON.**

**\*The following major food allergens are used as ingredients in this facility: Milk, egg, fish, crustacean shellfish, tree nuts, peanuts, wheat, soy, and sesame. Please notify our staff for more information about these ingredients.**

**Checks Payable to: Fulton County Senior Center**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		Swanton B-day Cheeseburger Soup Potato Salad Pickled Beets 5 Cup Salad <b>1*</b>	Fayette & Delta B-day Baked Chicken Mashed Potatoes Cooked Cabbage Cranberry Relish <b>2*</b>	<b>3*</b>  <b>CLOSED GOOD FRIDAY</b>
Smoked Sausage Onions & Peppers (LS Alt=Hot Dog) Peas & Carrots Applesauce <b>6*</b>	Chicken Breast Red Potato Garlic Chalet Blend Grapes <b>7*</b>	Beef & Noodles Mashed Potatoes Green Beans Peaches <b>8*</b>	Pulled Pork Corn Casserole Broccoli Cole Slaw Fresh Fruit <b>9*</b>	Wauseon & Archbold B-day <b>10</b> Cod Tenders Macaroni & Cheese Stewed Tomatoes Fresh Fruit Juice
Ham Slice (LS Alt = Pork Roast) Scalloped Potatoes Maple Glazed Carrots Asparagus Apple Slices <b>13*</b>	Hot Dogs (LS Alt=Chicken Breast) Baked Beans California Blend Mixed Fruit <b>14*</b>	Beef Stew Riced Cauliflower Fruit Crisp <b>15*</b>	Sweet & Sour Meatballs Rice Brussel Sprouts Midori Blend Tropical Fruit <b>16*</b>	Chicken Salad Macaroni Salad Jell-o w/Fruit Carrot Sticks w/ Ranch Cookie / SF Cookie <b>17*</b>
Creamed Chicken Normandy Blend Pineapple Casserole <b>20*</b>	Chili Mexican Rice Corn Mango <b>21*</b>	BBQ Beef Baby Bakers Harvard Beets Pears Pudding / SF Pudding <b>22*</b>	Chicken Alfredo Sweet & Sour Spinach Garlic Mushrooms Peaches <b>23*</b>	Ham Loaf (LS Alt=Meatloaf) Sweet Potatoes Tomato Garlic Butter Beans Ambrosia <b>24*</b>
Sausage, Egg & Cheese Sandwich Hashbrown Casserole Escaloped Apples Yogurt <b>27*</b>	Hamburger Gravy Mashed Potatoes Mixed Vegetable Apricots <b>28*</b>	Teriyaki Chicken Fried Rice Far East Blend Fresh Fruit <b>29*</b>	Vegetable Beef Soup Turkey Sandwich Broccoli Salad Grape Salad <b>30*</b>	

# WAUSEON ACTIVITIES

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

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		8:00 Walking w/ Friends <b>1</b> 10:00 Tai Chi (Senior Led) <b>11:00 American Red Cross Update, Sean</b> 12:00 Lunch 1:00 Site Council 1:00 Silver Sneakers Chair Yoga® 1:00 Card Games 2:30 Walking	8:00 Walking <b>2</b> 10:15 to 11:45 BINGO 12:00 Lunch 1:00 Silver Sneakers® Classic 2:00 H & F/ Pepper/ Etc. 2:30 Walking	<b>8 to 9:30 Good Friday Breakfast 3</b> (By reservation; come & go at your leisure) 8:00 Walking 9:00 Sequence/ Cards/ Games No Golden Drummers No Lunch Served Wauseon Site Closes at Noon
8:00 Walking <b>6</b> 8:30 Zumba Gold 10:00 Tai Chi (Senior Led) <b>11:00 Keyboard Music</b> 12:00 Lunch 2:00 Cards & Games 2:30 Walking	<b>Wear Senior Center Shirt 7</b> 8:00 Walking 10:00 Golden Drummers <b>11:00 Spring Concert by Senior Center Choir</b> 12:00 Lunch No Choir Practice 1:00 Silver Sneakers® Classic 2:00 H & F/ Pepper/ Etc. 2:30 Walking	8:00 Walking w/ Friends <b>8</b> 10:00 Tai Chi (Senior Led) <b>11:00 Must by Just Us 2, Marc &amp; Ellen Pember</b> 12:00 Lunch <b>1:00 Veterans Social w/ Matt Roesel</b> 1:00 Silver Sneakers Chair Yoga® 1:00 Card Games 2:30 Walking	8:00 Walking <b>9</b> 9:30 o 11:30 Mah-jongg (Sign Up) 10:15 to 11:45 BINGO 12:00 Lunch 1:00 Silver Sneakers® Classic <b>1:00 Play Card/ Board Games with Wauseon Honor Society Students</b> 2:00 H & F/ Pepper/ Etc. 2:30 Walking	8:00 Walking <b>10</b> 10:00 Golden Drummers <b>12:00 Lunch &amp; Birthday Cupcakes from Heritage Health Care</b> 1:00 Cards/ Games 1:00 BINGO 2:30 Walking"
8:00 Walking <b>13</b> 8:30 Zumba Gold 10:00 Tai Chi (Senior Led) <b>11:00 Keyboard Music</b> 12:00 Lunch 2:00 Cards & Games 2:30 Walking	8:00 Walking <b>14</b> 9:00 Tech Appts (Sign Up) 10:00 Golden Drummers <b>11:00 Bedford Cloggers</b> 12:00 Lunch 1:00 Choir 1:00 Silver Sneakers® Classic 2:00 H & F/ Pepper/ Etc. 2:30 Walking	<b>Wear Pastel Colors 15</b> 8:00 Walking w/ Friends 10:00 Tai Chi (Senior Led) 10:00 Make Cards with Deb B. <b>10:00 Choir Leaves, Performs at Fayette SC</b> 12:00 Lunch 1:00 Site Council 1:00 Silver Sneakers Chair Yoga® 1:00 Card Games 2:30 Walking	<b>Day Trip, Museum Discovery 16</b> <b>Days; Wear Senior Center Shirt</b> 8:00 Walking 9:30 o 11:30 Mah-jongg (Sign Up) 10:15 to 11:45 BINGO 12:00 Lunch 1:00 Silver Sneakers® Classic 2:00 H & F/ Pepper/ Etc. 2:30 Walking	8:00 Walking <b>17</b> 10:00 Golden Drummers 12:00 Lunch 1:00 Cards/ Games 1:00 BINGO 2:30 Walking"
8:00 Walking <b>20</b> 8:30 Zumba Gold 10:00 Tai Chi (Senior Led) <b>11:00 Fulton County Health Dept. Nurse with Free Blood Pressure Checks</b> 12:00 Lunch 2:00 Cards & Games 2:30 Walking	8:00 Walking <b>21</b> 10:00 Golden Drummers <b>11:00 Learn About Epilepsy, Janet C.</b> 12:00 Lunch 1:00 Choir 1:00 Silver Sneakers® Classic 2:00 H & F/ Pepper/ Etc. 2:30 Walking	<b>Day Trip, Toledo Main Library; 22</b> <b>Wear Senior Center Shirt</b> 8:00 Walking w/ Friends 10:00 Tai Chi (Senior Led) <b>11:00 Brain Health Basics, Shawn W.</b> 12:00 Lunch 1:00 Silver Sneakers Chair Yoga® 1:00 Card Games 2:30 Walking	<b>Wear Senior Center Shirt 23</b> 8:00 Walking 9:30 o 11:30 Mah-jongg (Sign Up) 10:15 to 11:45 BINGO 12:00 Lunch 1:00 Silver Sneakers® Classic 2:00 H & F/ Pepper/ Etc. 2:30 Walking	8:00 Walking <b>24</b> 10:00 Golden Drummers <b>10:00 Choir Leaves, Performs at Swanton SC</b> 12:00 Lunch 1:00 Cards/ Games 1:00 BINGO 2:30 Walking"
"8:00 Walking <b>27</b> 8:30 Zumba Gold 10:00 Tai Chi (Senior Led) <b>11:00 Keyboard Music</b> 12:00 Lunch 2:00 Cards & Games 2:30 Walking	8:00 Walking <b>28</b> <b>10:00 Choir Leaves to Perform at Delta SC</b> 10:00 Golden Drummers 12:00 Lunch No Choir Practice 1:00 Silver Sneakers® Classic 2:00 Pinochle/ H & F/ Pepper/ Euchre 2:30 Walking	<b>Wear Denim for National Denim 29</b> <b>Day</b> 8:00 Walking w/ Friends 10:00 Tai Chi (Senior Led) <b>11:00 Word Game</b> 12:00 Lunch 1:00 Silver Sneakers Chair Yoga® 1:00 Card Games 2:30 Walking	8:00 Walking <b>30</b> 9:30 o 11:30 Mah-jongg (Sign Up) 10:15 to 11:45 BINGO 12:00 Lunch 1:00 Silver Sneakers® Classic 2:00 H & F/ Pepper/ Etc. 2:30 Walking	

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		9:00 Uno Flip or Walk the Parking Lot <b>9:45 Site Council</b> <b>10:15 to 10:45 April Fool's BINGO</b> (Bring a silly or gag gift, wrapped, for the prize table) 12:00 Lunch & Birthday Dessert 1:00 "I Should Have Known That"	<b>Wear Senior Center Shirt</b> <b>2</b> 9:00 Walk the Parking Lot 9:45 Site Council <b>10:15 to 10:45 BINGO; Caller: Director Brian Horst</b> 12:00 Lunch & Birthday Dessert 1:00 Dad Jokes	<b>3</b> <b>CLOSED FOR GOOD FRIDAY</b>  Call 419-337-9299 by March 25 to reserve your spot at Good Friday breakfast at the Wauseon site. Come & go between 8 & 9:30
9:00 Puzzles with Pals <b>6</b> 9:30 Chair Exercises <b>11:00 "Keeping Seniors Safe" (online security for seniors), NOCAC</b> 12:00 Lunch 1:00 Kings In The Corner	9:00 Hope Church Chair Yoga, \$5 <b>7</b> 9:00 Walk the Parking Lot <b>11:00 Pinochle with Babs &amp; Connie</b> 12:00 Lunch 1:00 Trivia	<b>At Site: Wear Blue for Child Abuse Awareness</b> <b>8</b> 9:00 Golf Card Game <b>10:15 to 10:45 BINGO; Caller: Director Brian Horst</b> 12:00 Lunch 1:00 Tenzi	<b>Wear Senior Center Shirt</b> <b>9</b> 9:00 Chit Chat or Walk the Parking Lot <b>9:45 (Note Time) American Red Cross Update, Sean M.</b> <b>10:15 to 10:45 BINGO w/ Delta Students</b> 12:00 Lunch 1:00 Tenzi	9:00 Coffee & Conversation <b>10</b> 9 to 11 Mahjong 9:30 Chair Exercises <b>11:00 Learn About Epilepsy, Janet, Epilepsy Center of Northwest Ohio</b> 12:00 Lunch 1:00 Puzzles with Pals
9:00 Chit Chat with Friends <b>13</b> 9:30 Chair Exercises <b>11:00 Free BP Checks &amp; "Just So You Know," Health Dept.</b> 12:00 Lunch 1:00 Skip-Bo	9:00 Phase 10 or Walk the Parking Lot <b>14</b> 9:00 Hope Church Chair Yoga, \$5 <b>11:00 Free Blood Pressure Checks &amp; "Just So You Know," Health Dept.</b> 12:00 Lunch 1:00 Five Crowns	<b>Wear Pastel Colors</b> <b>15</b> 9:00 Chit Chat or <b>10:15 to 10:45 Pastel BINGO</b> 12:00 Lunch 1:00 Shut the Box	<b>Museum Discovery Day; Sign Up; Wear Senior Center Shirt; At Site: Wear Pastel Colors</b> <b>16</b> 9:00 Coffee & Conversation or Walk the Parking Lot <b>9:50 Sunny Day &amp; Seniors</b> <b>10:15 to 10:45 Pastel BINGO; Caller from Hospice of Northwest Ohio</b> 12:00 Lunch 1:00 Puzzles with Pals	9:00 Coffee & Conversation <b>17</b> 9 to 11 Mahjong 9:30 Chair Exercises <b>11:00 Kent Roth, F &amp; M Bank, Topics: Current Financial Scams and What is Bit Coin?</b> 12:00 Lunch 1:00 Puzzles with Pals
9:00 Dad Jokes <b>20</b> 9:30 Chair Exercises <b>11:00 Budget Bootcamp, Suzie of NOCAC</b> 12:00 Lunch 1:00 Spot It!	9:00 Walk the Parking Lot <b>21</b> 9:00 Hope Church Chair Yoga, \$5 <b>11:00 Music by Just Us 2, Marc &amp; Ellen Pember</b> 12:00 Lunch 1:00 Shut the Box	<b>Day Trip, Toledo Main Library; Wear Senior Center Shirt</b> <b>22</b> <b>At Site: Wear Blue/ Green for Earth Day</b> 9:00 Coffee & Conversation <b>10:15 to 10:45 Earth Day BINGO</b> 12:00 Lunch 1:00 Reminiscing (Brain Game)	<b>Wear Senior Center Shirt</b> <b>23</b> 9:00 Reminiscing Or Walk the Parking Lot <b>10:15 to 10:45 BINGO; Caller: Carrie, Delta Library</b> 12:00 Lunch 1:00 Uno Flip	9:00 Scrabble <b>24</b> 9 to 11 Mahjong 9:30 Chair Exercises <b>11:00 Music by Senior Center Choir, Spring Concert</b> 12:00 Lunch 1:00 Wizard"
9:00 Chit Chat <b>27</b> 9:30 Chair Exercises <b>10:00 (Note Time) Bunco, by request</b> 12:00 Lunch 1:00 "Things They Don't Teach You In School" (Brain Game)	9:00 Coffee & Conversation or Walk the Parking Lot <b>28</b> 9:00 Hope Church Chair Yoga, \$5 <b>11:00 Music by Senior Center Choir, Spring Concert</b> 12:00 Lunch 1:00 Spot It	<b>Wear Senior Center Shirt</b> <b>29</b> <b>At Site: Wear Denim for National Denim Day</b> 9:00 Golf Card Game <b>10:15 to 10:45 Denim BINGO</b> 12:00 Lunch 1:00 Quiddler	<b>Wear Denim for National Denim Day</b> <b>30</b> 9:00 Word Search Or Walk the Parking Lot <b>10:15 to 10:45 Denim BINGO</b> 12:00 Lunch 1:00 Kings in the Corner	

**SENIOR**  
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**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.**

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		9:00 Chit Chat 11:00 <b>Digital Couponing 101: Save More, Spend Less, with NOCAC</b> 12:00 Lunch 1:00 Left, Center, Right	9:00 Coffee & Conversation 10:00 <b>Site Council</b> 10:15 to 11:45 <b>BINGO</b> 12:00 <b>Lunch &amp; Birthday Dessert</b> 1:00 7-Up Card Game	<b>CLOSED FOR GOOD FRIDAY</b>  Call 419-337-9299 by March 25 to reserve your spot at Good Friday breakfast at the Wauseon site. Come & go between 8 & 9:30
9:00 Chit Chat 11:00 <b>Kent Roth, F &amp; M Bank, Topics: Current Financial Scams and What is Bitcoin?</b> 12:00 Lunch 1:00 Time Lines: Inventions	9:00 Games & Gabbing 10:45 <b>Site Council</b> 11:00 <b>Guitar Music by Will Hinton</b> 12:00 Lunch 1:00 Top It	9:00 Uno Flip 9:15 to 10:00 Free Chair Yoga 10:15 <b>Meet at Normal Memorial Library for a Program with Wendy</b> 12:00 Lunch 1:00 Box of Brain Games	9:00 Spoons Card Game 10:15 to 11:45 <b>BINGO</b> 12:00 Lunch 1:00 Uno Flip	9:00 Coffee & Conversation 10:15 to 11:45 <b>BINGO; Caller Wendy Gericke, Executive Director of Archbold Chamber of Commerce</b> 12:00 <b>Lunch &amp; Birthday Dessert</b> 1:00 Pepper
9:00 Puzzles with Pals 11:00 <b>Music by Sonny &amp; Friends</b> 12:00 Lunch 1:00 Phase 10 Card Game	9:00 Trivia 10:15 to 11:45 <b>Friday's BINGO</b> 12:00 Lunch 1:00 "Tell Me More"	9:00 Games & Gabbing 11:00 <b>Spring Concert by Fulton County Senior Center Choir</b> 12:00 Lunch 1:00 Azul	<b>Museum Discovery Day; Sign Up; Wear Senior Center Shirt</b> 9:00 Coffee & Conversation 10:15 to 11:45 <b>BINGO</b> 12:00 Lunch 1:00 Dad Jokes	9:00 Chit Chat 10:40 (Note Time) <b>American Red Cross Update, Sean M.</b> 11:00 <b>Music by Michael Buck (Note: BINGO is on the 14th)</b> 12:00 Lunch 1:00 Box of Brain Games
9:00 Dad Jokes 11:00 <b>Diabetes Education with Kaitlin, Fulton Co Health Center RN &amp; Diabetes Educator</b> 12:00 Lunch 1:00 "Tell Me More"	9:00 Box of Brain Games 11:00 <b>"Just So You Know" by Fulton County Health Dept. Nurse with Free Blood Pressure Checks</b> 12:00 Lunch 1:00 Reminiscing	<b>Day Trip, Toledo Main Library; Wear Senior Center Shirt; At Site: Wear Blue/ Green for Earth Day</b> 9:00 Coffee & Conversation 11:00 <b>"Let's Go Fly a Kite" with Bill S.</b> 12:00 Lunch 1:00 Trivia	9:00 Quadrillion 10:15 to 11:45 <b>BINGO</b> 12:00 Lunch 1:00 Cards & Games	9:00 Pepper 10:15 to 11:45 <b>BINGO</b> 12:00 Lunch 1:00 Uno Flex
9:00 Shut the Box 11:00 <b>"Just So You Know" by Fulton County Health Dept. Nurse with Free Blood Pressure Checks</b> 12:00 Lunch 1:00 Tenzi	9:00 Coffee & Conversation 11:00 <b>Advanced Care Planning; Melissa with Hospice of Northwest Ohio</b> 12:00 Lunch 1:00 Q*Bitz Game	9:00 Cards & Games 11:00 <b>Free Bluegrass Concert by Circle of Friends</b> 12:00 Lunch 1:00 Skip-bo	<b>Wear Denim for National Denim Day</b> 9:00 Pepper 10:15 to 10:45 <b>Denim BINGO, Caller: Nick of Fayette's Marry Funeral Home</b> 12:00 Lunch 1:00 Uno	



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](mailto:kschroeder@fultoncountyoh.com).

**DATED MATERIAL - DELIVER BEFORE APRIL 1, 2026**

**FULTON COUNTY SENIOR CENTER STAFF**

Director.....	Brian Horst
Receptionist.....	Karen Schroeder
Information & Referral Specialist.....	Valerie Edwards
Administrative Assistant.....	Chris Sager
Assessment/Data Entry Manager.....	Laura Cuellar
Head Cook/Kitchen Manager.....	Kim Lerma
Assistant Cook.....	Aria Frey
Food Program Manager.....	Kim Machinski
Volunteer Coordinator.....	Angela Johnston
Kitchen Aides.....	Adriane Baldwin, Sherry Bittinger, Candace Gonzales, Hunter Hallet
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.....	Meredith Grime, Brenda Hauck, Richard Hunter, Angela Johnston, Kevin Knierim, Kelli Kuntz, Arin Lauber, Javier Lerma, Jim Lugbill, Carl Martin, Aimee Roth, Sam Sanderson, Shawn Vance-Dixon
Substitutes.....	James Baldwin, Mackenzie Cwiertnia, Anita Ehrsam, Sherryann Franks, Tim Gorsuch, Steve Jackson, Vicki Lynn Kline, Cheryl Kohls, Michael Mangas, Sharon McCabe, Claire Nisely, Terry Patterson, Becky Peabody, Dennis Peabody, Lukas Rotroff, Mary Schultz, Tom Wagner, LouAnn Wheeler

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