Upcoming: 5th Annual Healthy Fremont Event

The 5th Annual Healthy Fremont event will take place on Friday, May 1st, 2020 at the Sandusky County Senior Campus from 8:30 a.m. until 12 p.m. This free event is sponsored by AmeriCare Home Health and GLCAP Senior Services. This event is an opportunity to learn about services and programs available for older adults. The vendor fair is free and will begin at 8:30 a.m. with over 30 booths. The speaker portion will begin at 10 a.m. Some of the topics featured this year include Project Lifesaver, local options for Adult Day Services (Easter Seals), in-home care, and fitness options for those over 50-years-old. There will be time to actively participate in a exercise class demonstrations conducted by Angie Schroeder. There will also be raffles and other goodies.

Reservations are required if you plan to stay for lunch at 12:00noon. Call 419-334-8383 (The meal is a $3.00 suggested donation for those 60 and over and $6.75 fee for those under 60).

Tax Prep Assistance Underway

The VITA income tax preparation services are underway over at GLCAP headquarters! Community Support Services and their volunteers have been staying busy. You may notice some familiar faces; volunteers Scott Pertner and Norm Bash have returned to help! Thank you so much for all you do! If you are in need of assistance with your tax preparation, contact Community Support Services (CSS) at 419-734-9494. CSS volunteers are preparing taxes at GLCAP headquarters (127 S. Front Street, Fremont) on Mondays and Wednesdays, by appointment only. Take advantage of this great, free service and call today to schedule your appointment!
Happy Birthday!

March 1st
John Schultz
Bob Kuhlman
March 2nd
Jill Rutherford
Barb Conley
March 3rd
Jay Willmeth
Timmy Robbins
Carol Eicher
Lucille Wilson
March 4th
Julie Smith
March 5th
Tim Robbins
Robert Warren
March 6th
Elaine Crawfoot
Lynn Shupe
Dianna Johnson
March 7th
Annabelle Crum
Lisa Genzman
March 8th
Dee Wampler
Gen Stanley
Chuck Kauffman
Filomena Petitti
March 9th
Rick Geyer
March 10th
Rea Ripple
March 11th
Gary Godfred
Joyce Burroughs
Lois Shiets
March 12th
John Gaertner
Judy Kingsborough
March 13th
Les Root
March 14th
Mary Waugh
Chino Boyd
March 15th
Linda Bauer
March 17th
Margaret Alsapugh
Jenny Rose Binder
Pat Scheid
Pat Wasserman
Lois Williams
Jim Blymyer
March 18th
Paul Long
Kay Taulker
Bob Wright
March 19th
Janet Wood
Robert Bratton
Bonnie Worster
March 20th
Marjorie Campbell
Joe Dohanos
Kendra Ewing
Gene Long
March 21st
Darlene Danflefsen
March 22nd
Carol Foos
Jesse Castle
March 23rd
Don Robbins
Betty Spaulding
March 24th
Bill Rimelspach
Ginny Miller
William Yeager
March 25th
Sheree
Giesler
Janette
Tahy
March 26th
Margie Hofelich
Diane Berryman
Jane Kaiser
Jerry Tarvin
Nancy McKeever
March 27th
Betty Havens
Maggie Cantu
Nina Rude
March 28th
Doyle Kusmer
Roxanne Wolfe
Jean Havens
Bess Runion
Kathy Damschroder
Imy Moore
Paul Rivera
Grace Williams
March 29th
Sally Wyant
Phyllis Growel
Peg Rettig
March 30th
Jan Luse
Phyllis Reed
March 31st
Donna Garner
Joyce Cooper
Joseph Hart
Patricia Miller

Thank You!

The Clyde Senior Center would like to thank the following for their recent donations:

- Richard and Mary Robinson for the purchase of a Bissell sweeper.
- Clyde VFW for the purchase of a Christmas tree and ornaments.

Thank Offering

Nancy Mayak
Ann Hoffman

Calling All Volunteers!

If you are interested in volunteering at any of the senior centers, please contact the Site Supervisor at your local Senior Center. We appreciate each and every volunteer; your time is very valuable to us. Call us for more details!

Calling All Seniors!

We always welcome new seniors to attend our centers. If you are looking for fun, a good meal, and new friends, come see what we have to offer. Meal reservations are required at least one day in advance. Please call your local senior center for more information!
**Card Scores**

**Bridge**

Jan. 3rd—1st place Terry Fought & Ginny Berlekamp; 2nd place Al Stokes & Marcia Humberger
3rd place NO REPORT.

Jan. 8th — 1st place Becky Prasuhn & Al Stokes;
2nd place Ed Metzker & Paul Kaple; 3rd place Bea Lorenz & Marcia Humberger.

Jan. 15th—1st place Becky Prasuhn & Carol Smithy; 2nd place Al Stokes & Sharon Pena; 3rd place Bea Lorenz & Ed Metzker.

Jan. 21st— 1st place Terry Fought & Peggy Beck;
2nd place Shirley Ratzmann & Myrna Cassler; 3rd place Marcia Humberger & Ginny Berlekamp.

Jan. 22nd—1st place Al Stokes & Shirley Ratzmann; 2nd place Ted Miller & Fran Benlein;
3rd place Sharon Pena & Marcia Humberger.

Jan. 25th— 1st place Yvonne Obringer & Becky Prasuhn; 2nd place Marcia McIntire & Dave Stuber;
3rd place Marcia Humberger & Marjorie Smith.

**New Age Pinochle Club**

Jan. 3rd-1st place Isa Jay 822; 2nd place Shirley Mehling 766; Low –Sandy DeVries 507.

Jan. 10th -1st place Joe Cecil 792; 2nd place Lee Myers 726; Low-Bob Carr 567.

Jan. 17th- 1st place Michael Mehling 813; 2nd place Rita Dorobek 768; Low-Margie Biehler 556

Jan. 24th—1st place Lee Myers 725; 2nd place Joe Cecil 703; Low Linda Gegorski 516.

Jan. 31st—1st place Sandy Cecil 787; 2nd place Shirley Mehling 758; Low– Bob Carr 563.

**Euchre**

Jan. 21st—1st place Rita Dorobeck; 2nd place Edie Gray; 3rd place Mary Halbisen.

Jan. 28th– 1st place Paul Burdette; 2nd place Barb Rutherford; tied for 3rd place Eleanor Lee & Linda Burdette.

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**New Transportation Options Available at No Cost!**

GLCAP Mobility Management staff recently rolled out a new pilot transportation service. Transportation is available for seniors, as well as individuals with mental health issues and/or disabilities that are looking for a job, and need transportation. Transportation may also be provided for recovery appointments, treatment, meetings, Ohio Means Jobs, or even to interviews. There are funds available for TRIPS passes, gas cards, taxi fares, bicycles, and even some car repairs.

Opioid Use Disorder and overdose deaths have become the most pressing public health issues and workforce challenges facing Ohio. According to the Ohio Chamber of Commerce, half the businesses surveyed in 2018 reported substance use effecting increased absenteeism, decreased productivity, and worker shortage.

If you have questions about this new pilot project, please contact GLCAP Mobility Management staff at 419-334-8911.
70 Seniors attended our January Birthday Party.

Barb Ward gave an update on programs and activities that have recently started and attendance for them. All exercise classes are going very well. Our Euchre Club is in need of players.

Birthday celebrants in attendance were Betty Hoffman, Theresa Jakober, Judy Servitts, Pat Thome, Shirley Ordway, Delfina Trevino, Claribel Decker, Lupe Chavez, Billy Sherick, and Glenn Baker. The oldest was Claribel Decker, age 93 and the youngest was Lupe Chavez, age 59.

The Sandusky County Senior Center Organization (SCSCO) sold 50/50 tickets and the winner of $80.00 was Phyllis Growel.

Fran Benlein blessed the food and the SCSCO President, Glenn Baker led us in the Pledge of Allegiance. Lunch was served by staff and volunteers.

Staff from Valley View provided and served ice cream treats and provided prizes for Bingo. Bingo was played following lunch, called by Vickie Husk.

Thank You to all the wonderful people that always make this day so special and especially to all our faithful volunteers! You are all appreciated!
The SCSEP, or Senior Community Service Employment Program, offers an opportunity for eligible seniors to obtain training in part-time community service positions. Goodwill administers this program. The training participants receive increases skills that are needed to obtain and keep jobs and become financially self-sufficient. It also helps to reduce barriers by learning new skills and obtaining certifications.

One of the familiar faces in the kitchen at the Sandusky County Senior Campus is a participant in this program; Guadalupe Chavez—most of you know her by Lupe. Lupe stated, “I think this program offers an excellent learning experience. I have noticed a lot of good outcomes already in the few months I have been a participant. It is an honor to be in the program and one of the lead kitchen volunteers. I hope to continue to make people proud”!

Thank you for your service, Lupe!

Pictured right:
Guadalupe Chavez

One question we were recently asked was if GLCAP staff were trained in Cardiopulmonary resuscitation (CPR). Yes, all of our staff members are trained in CPR and First Aid. We work with participants daily and we want to ensure we are prepared in case of emergency.

Another important thing to note is that there is now a new “Coffee Corner” at the Sandusky County Senior Campus. There is a Keurig coffee maker, along with many flavored creamers and additives. This was provided by NAMI, who has been so generous to open it up to seniors and staff. It is located in the small room off the dining room. Enjoy!

March is National Developmental Disabilities Awareness Month

Did you know March is National Developmental Disabilities Awareness Month? Come join us to recognize this month on March 9th at 11:15 a.m. at the Sandusky County Senior Campus. Deric Marbaugh, from Sandco Industries will speak about and bring awareness to developmental disabilities. Lunch will follow and then Parkview is sponsoring a game of BINGO after! Come join the fun! Call by March 8th at 419-334-8383 to reserve a lunch.
All Classes are held in the morning. Cost: Freewill Donation. Walk-Ins Welcome!

**Monday: Zumba Gold (8:30-9:30)**
A less intense dance routine designed for older adults using modified movements. Benefits include enhanced strength, flexibility, coordination, and improvement of balance.

**Wednesday: Tai Chi for Arthritis and Fall Prevention (8:30-9:00)**
This will improve balance and decrease the risk for falls, ease pain and stiffness of arthritis. Shoes will be worn during this portion of the class.

**Wednesday: Chair Yoga (9:00-9:30)**
Use a chair either in seated form or standing. Exercise includes relaxation, breathing, balance and stretching. Please bring your own yoga mat if you are not going to wear shoes. Shoes are optional.

**Thursday: 20/20/20 (8:30-9:30)**
20 minutes of floor aerobics and basic dance moves; 20 minutes of long, lean muscles and increasing strength; and 20 minutes of balance and flexibility.

**Friday: Cardio Drumming (8:30—9:30)**
A low-impact workout. Upbeat and fun music using drum sticks and an exercise ball. This provides a mind/body connection. Equipment is provided for you. (Check schedule)

Instructor Angie Schroeder. For more info, email www.angieschroeder.com

The open house for the Intergenerational Wellness Drop-In Center (IWC) took place on 2/14. We were pleased to see the collaboration with the National Alliance on Mental Illness (NAMI) of Sandusky, Seneca, and Wyandot counties in motion, along with the support from the Mental Health and Recovery Services Board and Firelands Counseling Services of Sandusky County.

The IWC will be staffed by NAMI on Tuesdays and Fridays from 1:00 p.m. to 4:00 p.m. There are no reservations required.

There are also no age requirements; all are welcome to utilize this awesome center! Are you a Grandparent raising Grandchildren? Need help navigating this relationship? There are board games, a pool table, and areas to enjoy the company of others. If you wish to talk with someone privately, there is adequate space for that.

Ann Rusher is a Licensed Social Worker and the Program Manager at NAMI. Rusher stated, “We are excited for this partnership. We are happy to bring a new level of service to the current participants at the senior center and welcome all new participants to come and enjoy the drop-in”.

Melanie White, Executive Director of NAMI Seneca, Sandusky & Wyandot Counties added, “This is a very special opportunity and we look forward to a long partnership.”
We Are Looking for Donations!

Are you cleaning your attic or basement? Downsizing? We are looking for donations for the Intergenerational Wellness Center (IWC).

Preferred donations include items such as:

- a foosball table,
- full-size air hockey table,
- game tables (like Checkers),
- ping-pong table,
- giant Jenga,
- and board games.

We would also like to offer other activities, so please let us know if you have anything you would like to donate. Let’s work together to make it an awesome, comfortable space!

Call 419-334-8383 before you bring items in. We can also make arrangements to pick up donations.

Life Scholars on the Road Schedule

Pre-registration is required so that we can ensure a minimum of six people per class. Online learn.terra.edu, or call 419-559-2255, or send email to learn@terra.edu.

The Day the Music Died
Instructor: Dan Baker
March 19th from 9:30 to 11:30
Fee: $10.00 per person
This class is certain to be a fun musical journey back to the Fabulous ’50s and the birth of Rock and Roll.

Remembering the 1950’s
Instructor: Mike Gilbert
April 28th from 9:30 to 11:00 a.m.
Fee: $10.00 per person
Looking for a ride down memory lane? . . . Don’t miss this step back in time to discuss the baby boomers, civil rights, television shows, rock and roll, politics, teenagers, and the Space Race.

Beginning Party Bridge
Instructor: Ted Miller
May (date and time to be determined)
Fee: $10.00 per person
This will be up to 3 sessions with a length of approximately 2 hours. In this class, we will learn the basics of bridge in the bidding, playing, and scoring. We will practice hands as early as possible to get to the ‘fun’ part.
Are you looking for a contractor for your next home improvement project? Now is a good time to get started with the process. This is the time of year when smaller contractors have slowed down and might be looking for work. Some contractors are even booking now for jobs to complete next year. Get a jump start and schedule your work now. Get quotes from a few contractors. Ask family members if they have any contractors they would recommend. When you contact the contractors, ask them for references and follow up with those references. Don’t always go with the cheapest contractor, because we usually get what we pay for. If you are in need of a contractor, and don’t know who to call, please call me for assistance. You may even qualify for our Senior Helping Hands Program, and I will work with you throughout the entire process! For more information, please call me at 419-332-8499.

**Before** (Floor rotting)  
![Before image](image1.jpg)

**After** (Replaced rotting floor)  
![After image](image2.jpg)

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**Let’s Get Healthy: It’s National Nutrition Month!**

March is National Nutrition Month. The theme for this year is ‘Eat Right, Bite by Bite’. Each week focuses on different key messages:

**Week One:** Eat a variety of nutritious foods every day

**Week Two:** Plan your meals each week

**Week Three:** Learn skills to create tasty meals

**Week Four:** Consult a Registered Dietitian Nutritionist (RDN)

*For more information, visit eatright.org

For ingredient content of GLCAP senior meals served, call 419-333-5098.
GLCAP is looking for volunteers interested in delivering Meals-on-Wheels. We will be holding a volunteer driving training for anyone interested.

**When:** March 20th from 11:30am-2:00pm  
**Where:** Sandusky County Senior Campus  
1101 Castalia Street,  
Fremont, OH 43452  
**Lunch will be served at 11:30 am and training will follow.**

If interested, please **RSVP** by March 19th to:  
Jenna Stewart  
Meals-On-Wheels Specialist  
419-332-4032  
jnstewart@glcap.org

We hope to see you there!

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**Be the change in your community; become a Volunteer Driver!**

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**Senior Executive Club**

Please join us for our Senior Executive Club!  
Thursday, March 12th at 1:30pm  
Join us for lunch, BINGO, and friendship!
Healthy Mind:
New to our calendar! **Join Alice Root from Journey Church for a monthly Bible Study beginning 3/13 and offered the 2nd Friday of each month. Bring your Bible; all other needed materials will be provided.**

Healthy Body:

Exeldercise with Christy offered twice a week

Health Screenings: 3/9, 10:30—11:30 with Stein Hospice and 3/26, 10:30—11:30 with The Bellevue Hospital

Ruby Randolph from OSU Extension offers education on: “Use your Herbs” on 3/10 at 10:15 a.m.

Healthy Spirit:

Journaling Experience: “Songs with Stein” A four-month series that began in January meets 3/11 at 10:30 a.m. Join Sherri Bourne as she leads us through the memories and music of the 1950’s

Opportunities for fellowship and FUN :) 
Help us celebrate the “Lil Bit O’ Irish” in all of us at our St. Patty’s Day Party on 3/17 at 11:30 a.m. Join us for lunch! Lunch reservations are made by calling 419-547-8052 by 12:30 p.m. the day prior. Our celebration is sponsored by Fisher-Titus Home Health.

Pictured below: King and Queen Contest winners: Jim England & Sherri Yates

Karaoke with Kari is always a great time!

Valentine’s Day Party Spons. By The Willows of Bellevue
**Clyde Senior Center March 2020**

900 N. Woodland Ave., Clyde, Ohio. Open weekdays 10 a.m.-1 p.m. Lunch at 11:30 a.m.
(Reservations required by calling 419-547-8052 by 12:30 p.m. one day prior)

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<td>12:30 Beauty Calling</td>
<td>10:30 Exeldercise with Christy</td>
<td>12:00 BINGO with Eden Springs</td>
<td>10:30 Exeldercise with Christy</td>
<td>11:45 Karaoke with Kari</td>
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<td>10:30 Exeldercise with Christy</td>
<td>10:15 “Use your Herbs” with Ruby, OSU Extension</td>
<td>10:30 Exeldercise with Christy</td>
<td>10:15—11:15 Bible Study</td>
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<td>10:30—11:30 Health Screenings by Stein Hospice</td>
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<td>11:30 “Songs with Stein” Journaling Experience</td>
<td>12:00 BINGO with Bethesda</td>
<td>12:00 BINGO with Clyde Gardens</td>
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<tr>
<td>10:30 Exeldercise with Christy</td>
<td>10:30 Game Day with Valley View</td>
<td>10:30 Easter Craft with Dorine sponsored by Heritage Village registration required</td>
<td>10:30 Exeldercise with Christy</td>
<td>11:30 Lunch</td>
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<td>12:30 Beauty Calling</td>
<td>11:30 St. Patty’s Day Party sponsored by Fisher-Titus Home Health</td>
<td>10:45 Hot Cocoa with Bethesda</td>
<td>*Door prize from Firelands Home Health</td>
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<td>23</td>
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<td>26 Birthday Day!</td>
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<tr>
<td>12:00 Adult Coloring</td>
<td>10:30 Exeldercise with Christy</td>
<td>10:45 Hot Cocoa with Bethesda</td>
<td>10:30—11:30 Health Screenings by The Bellevue Hospital</td>
<td>10:30 Exeldercise with Christy</td>
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<td>12:00 BINGO with Parkview</td>
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<td>12:30 Beauty Calling</td>
<td>10:30 Exeldercise with Christy</td>
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Site Supervisor: Christy Webb
Gibsonburg Senior Center Highlights

Exercise

Three Great Programs! New exercise specialist, McKenzie from Genacross will be featured this month:

Tues, March 3rd at 10:30 a.m.
Bend, Stretch, and Flex. What a great way to start your morning! This program will continue every month.

Wed, March 25th at 10:30 a.m.
Brand New! Special Stretch Band Exercise. Great warm-up with music. Involves all your moving body parts. Stretch Bands will be provided for you!

Health

Three free Health Screenings offered this month. Both blood pressure and glucose checks are provided.

Tues, March 2nd at 10:30 a.m.
Screening by Windsor Lane Health Care

Wed, March 18th at 10:30 a.m.
Screening by Parkview Care Center

Fri, March 27th at 10:30

Trish Reiter from Sandusky County Public Health will be here for a health clinic. She will take blood pressures and consult with you about your health concerns.

Art

HELLO SPRING! ART SHOW

Wed, March 11th from 10:00a-12:00p
Wonderful show featuring works by local Senior Artists Jim Harpster, Ann Ford, and Geraldine Levorchick. Enjoy the beautiful oils, drawings, and photography.

What Is It? (NEW GAME!)

Thurs, March 19th at 10:30 a.m.
“Bowling” w/ Leslie from Valley View. This game is a cross between cornhole and real bowling. Great prizes! Come and enjoy the FUN!

Our seniors value the health checks by Windsor Lane Health Care!

Our volunteers received aprons with their names on them! They turned out great!
### Gibsonburg Senior Center March 2020

100 Meadow Lane, Gibsonburg, Ohio. Open weekdays 10 a.m.-1 p.m. Lunch at 11:30 a.m.

(Reservations required by calling 419-637-7947 by 12:30 p.m. one day prior)

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<tr>
<td>10:30 Health Screening w/ Windsor Lane</td>
<td>10:30 Bend, Stretch, and Flex w/ McKenzie from Genacross</td>
<td>10:30 Bingo w/ Melody from Bethesda</td>
<td>10:30 Game Challenge w/ Gibsonburg National Honor Society</td>
<td>10:00 Tai Chi</td>
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<td>10:30 “Use Your Herbs” w/ Ruby from the OSU Extension</td>
<td>10:30 Managing Challenging Behaviors w/ Sojourn at Seneca</td>
<td>10:00 HELLO SPRING! Art Show.. 3 Local Artists Featured!</td>
<td>10:30 Karaoke w/ Kari. Great songs of the 60’s, including country music</td>
<td>10:00 Tai Chi</td>
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<td>10:30 Bingo w/ Parkview: Great Prizes!</td>
<td>10:30 Exercise w/ Erica. Great for balance!</td>
<td>10:30 Health Screening w/ Parkview</td>
<td>10:30 “Bowling” w/ Valley View. New game to enjoy!</td>
<td>10:00 Toe Nail Clinic. $15.00. Call (419) 637-7947 for reservations</td>
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<td>10:30 Pokeno w/ Gary. A cross between Bingo and Euchre. Great fun!</td>
<td>10:30 “Let’s Celebrate Spring” w/ Guiding Hands Home Health</td>
<td>10:30 Stretch Band Exercises w/ McKenzie from Genacross</td>
<td>10:30 Birthday! 10:30 Bingo w/ Windsor Ln. 11:30 Great lunch w/ cake and ice cream!</td>
<td>10:30 Health Clinic w/ Sandusky Co. Public Health: Free Health Screening!</td>
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<td>Site Supervisor: Gary Carr</td>
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<tr>
<td>10:30 “50’s Music Memories” w/ Sherri from Stein Hospice</td>
<td>10:30 Site Celebration. Pizza by Reino’s in Tiffin</td>
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**Fremont Senior Center Highlights**

**Monday, March 2nd at 10:30**

**REMEMBERING THE 50’S**

*Sherri Bourne from Stein Hospice* will present this fun program on music of the 1950’s. She will bring a special guest that will be demonstrating dances from the 50’s. Bring your dancing shoes if you are in the mood for jitterbugging! Staying for lunch? Please make a meal reservation at 419-334-8383.

**Thursday, March 5th at 11:00 am**

**RUTH AND ROBERTA**

*Kari Steele from Americare* will present this informative program on Senior Bullying. Yes folks, it does happen. Many child bullies take their bullying into adulthood and is more common than we like to admit. This program will be immediately before lunch. Please make a meal reservation at 419-334-8383.

**Thursday, March 19th from 9:30a-1:30p**

**HEALTH CLINIC**

*Trish Reiter from Sandusky County Public Health* will be here to take blood pressures and consult with you about your health concerns.

**Monday, March 9th at 11:15**

**DEVELOPMENTAL DISABILITIES AWARENESS**

*Deric Marbaugh from Sandco Industries* will educate us on Developmental Disabilities in honor of National Developmental Disabilities Awareness Month. Stay for lunch after: Call 419-334-8383 to reserve! BINGO immediately after lunch!

**MARCH INTO HEALTH**

Brenda Kuieck will be here Monday mornings, March 2nd and 18th, as well as the last day of weight loss contest on Tuesday, March 31st for weigh-ins and measurements for participants in this program. Good luck to all and keep up the good work. Continue to strive to meet your goals for better health and fitness!

**Thursday, March 26th at 10:00 am**

**BIRTHDAY PARTY**

Join us for this special day when we honor our seniors born in March. Birthday entertainment will be provided by *Sandi Johnson*, harpist, who is volunteering to provide dinner music for us. We will again be selling 50/50 tickets with proceeds benefitting our senior center. *Staff from Valley View* will provide ice cream treats. Bingo will begin following lunch. Call 419-334-8383 for reservations.

**Monday, March 30th at 11:00 am**

**BRAIN & BODY: HEALTHY LIVING**

You will learn how to apply the latest strategies for aging well to your lifestyle. We will talk about making changes and tips to make changes, and review tips and action plans on each of 4 areas: Cognitive activity, physical health and exercise, diet and nutrition, and social engagement. Barb will be presenting this program. Reservations for lunch are required; call 419-334-8383.
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<td>2 8:30 Zumba Gold</td>
<td>3 9:30 Adult Coloring</td>
<td>4 8:30 Tai Chi for Arthritis</td>
<td>5 8:30 20/20/20</td>
<td>6 8:30 Cardio Drumming</td>
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<td>9:30 Tai Chi</td>
<td>9:00 Walking Club</td>
<td>9:00 Chair Yoga</td>
<td>10:00 Walking Club</td>
<td>9:00-11:50 Toenail Clinic</td>
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<tr>
<td>10:30 Remembering the 50’s w/</td>
<td>10:00 Walking Club</td>
<td>9:00 Stretch &amp; Tone</td>
<td>11:00 Ruth &amp; Roberta w/ Kari Steele</td>
<td>9:00 Stretch &amp; Tone</td>
</tr>
<tr>
<td>Sherri Bourne</td>
<td>10:30-3:00 Bridge Club</td>
<td>9:30 Tai Chi</td>
<td>12:00 Bingo w/ Valley View</td>
<td>12:00 Pinochle</td>
</tr>
<tr>
<td>12:00 Bingo w/ Eden Springs</td>
<td>12:00 Euchre</td>
<td>12:00 Bridge</td>
<td></td>
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</tr>
<tr>
<td>9 8:30 Zumba Gold</td>
<td>10 10:00 Walking Club</td>
<td>11 8:30 Tai Chi for Arthritis</td>
<td>12 8:30 20/20/20</td>
<td>13 8:30 Cardio Drumming</td>
</tr>
<tr>
<td>11:15 Deric Marbaugh from Sand-</td>
<td>10:00 Walking Club</td>
<td>9:00 Chair Yoga</td>
<td>10:00 Walking Club</td>
<td>9:00-11:50 Toenail Clinic</td>
</tr>
<tr>
<td>co Industries-D.D. educational pres.</td>
<td>10:30-3:00 Bridge Club</td>
<td>9:00 Stretch &amp; Tone</td>
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<td>9:00 Stretch &amp; Tone</td>
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<tr>
<td>12:00 Bingo w/ Parkview</td>
<td>12:00 Euchre</td>
<td>9:30 Tai Chi</td>
<td></td>
<td>12:00 Pinochle</td>
</tr>
<tr>
<td>16 8:30 Zumba Gold</td>
<td>17 9:00 Site Council Mtg</td>
<td>18 8:30 Tai Chi for Arthritis</td>
<td>19 8:30 20/20/20</td>
<td>20 8:30 Cardio Drumming</td>
</tr>
<tr>
<td>9:30 Tai Chi</td>
<td>10:00 Walking Club</td>
<td>9:00 Chair Yoga</td>
<td>9:30 Health Clinic</td>
<td>9:00 Stretch &amp; Tone</td>
</tr>
<tr>
<td>11:00 “Shots” ed. Program by Trish from SCPH</td>
<td>12:00 Euchre</td>
<td>9:30 Stretch &amp; Tone</td>
<td></td>
<td>12:00 Pinochle</td>
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<tr>
<td>12:00 Bingo w/ Heartland Hospice</td>
<td>12:00 Euchre</td>
<td>9:30 Tai Chi</td>
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</tr>
<tr>
<td>23 8:30 Zumba Gold</td>
<td>24 10:00 &amp; 11:00 Private Chats w/ Dakota; 419-334-8383</td>
<td>25 8:30 Tai Chi for Arthritis</td>
<td>26 8:30 20/20/20</td>
<td>27 8:30 Cardio Drumming</td>
</tr>
<tr>
<td>9:30 Tai Chi</td>
<td>10:00 Walking Club</td>
<td>9:00 Chair Yoga</td>
<td>9:30 Newsletter</td>
<td>9:00 Stretch &amp; Tone</td>
</tr>
<tr>
<td>12:30 Bingo w/ Bethesda</td>
<td>9:00 Stretch &amp; Tone</td>
<td>9:00 Stretch &amp; Tone</td>
<td>10:00 Birthday Party; Entertainer: Sandi Johnson-Harpist</td>
<td>12:00 Pinochle</td>
</tr>
<tr>
<td>30 8:30 Zumba Gold</td>
<td>31 9:30 Adult Coloring</td>
<td>25 8:30 Tai Chi for Arthritis</td>
<td></td>
<td></td>
</tr>
<tr>
<td>9:30 Tai Chi</td>
<td>10:00 Walking Club</td>
<td>9:00 Chair Yoga</td>
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</tr>
<tr>
<td>11:00 Healthy Living for Your Brain &amp; Body</td>
<td>12:00 Euchre</td>
<td>9:00 Stretch &amp; Tone</td>
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</tr>
<tr>
<td>12:30 Bingo</td>
<td>31 9:30 Adult Coloring</td>
<td>9:30 Tai Chi</td>
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<tr>
<td>Everyone’s Irish On March 17th.</td>
<td>10:00 Walking Club</td>
<td>12:00 Bridge</td>
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</tbody>
</table>

Site Supervisor: Barb Ward
St. Patrick's Day

Find and circle all of the dance crazes that are hidden in the grid. The remaining letters spell a secret message.

**BEER**

**BELFAST**

**BISHOP**

**CABBAGE**

**CELEBRATION**

**CELTIC CROSS**

**CHRISTIAN**

**CLOVER**

**CORK**

**CORNED BEEF**

**DANCING**

**DUBLIN**

**EVENTS**

**FEAST DAY**

**FESTIVAL**

**GREEN**

**GUINNESS**

**HERITAGE**

**HISTORY**

**HOLIDAY**

**HOLY DAY**

**HOLIDAY**

**HOLY DAY**

**IRELAND**

**ISHAMROCK**

**IRISH**

**LEPRECHAUN**

**LIMERICK**

**MARCH**

**MISSIONARY**

**MUSIC**

**PARADE**

**PATRON SAINT**

**POTATOES**

**SEVENTEENTH**

**SHAMROCK**

**SNakes**

**SODA BREAD**

**TRADITION**

**YEARLY**
## GLCAP Sandusky County

**Senior Menu for March 2020**

Suggested Donation of $3.00 per meal. No older person shall be denied a nutrition service because of inability to contribute all or part of the cost of such service. Older participants shall determine for themselves what they are able to contribute toward the cost of the service. **NON-SENIOR GUEST/STAFF: $6.75**

Serving Sizes — Entrée, Meat & Casserole – 3 oz.; Vegetable, Fruit & Dessert – ½ cup;

<table>
<thead>
<tr>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
</tr>
</thead>
<tbody>
<tr>
<td>23 Swiss Steak w/ Peppers and Onions Mashed Potatoes and Gravy California Blend Vegetables Fresh Plum Wheat Bread</td>
<td>24 Ham and Potato Skillet Stewed Tomatoes Steamed Peas Melon Wheat Bread</td>
<td>25 <strong>National Pecan Day!</strong> Chicken Marsala Au Gratin Potatoes Roasted Zucchini Applesauce Wheat Bread Pecan Cookie</td>
<td>26 <strong>Birthday Day!</strong> Baked Meatloaf Mashed Potatoes and Gravy Parsley Buttered Carrots Strawberries / Dinner Roll Cake / Ice Cream</td>
<td>27 Fish Sandwich on Bun Cheesy Potatoes Green Beans Apricots</td>
</tr>
<tr>
<td>30 Stuffed Pepper Mashed Potatoes and Gravy Succotash Pineapple / Cottage Cheese Wheat Bread</td>
<td>31 Ham and Swiss on Rye Bun Italian Wedding Soup Cucumber Salad Mandarin Oranges Lemon Bar</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

**National Nutrition Month!**

**Menu subject to change without notice. Chef Salads Available Tuesdays and Fridays. Low concentrated desserts substituted for modified meals.**

CALL 24 HOURS IN ADVANCE TO SCHEDULE A MEAL. Clyde — 419-547-8052; Fremont — 419-334-8181; Gibsonburg — 419-637-7947.

For home-delivered meal cancellations, call 419-332-4032. For ingredient content only, call GLCAP Food Service at 419-333-5098.
Angie Schroeder's exercise classes at the Sandusky County Senior Campus keep you moving and having a great time!

GLCAP Sandusky County Senior Services
P.O. Box 590
Fremont, Ohio 43420

Our Staff
Robin Richter
Director

Alexis Massie
Nutrition Coordinator

Jenna Stewart
Meals on Wheels Specialist

Justa Smith, LISW-S
Senior & Community Engagement Coordinator

Bryan Adams
Chore Specialist

Our Mission
The mission of GLCAP Senior programs is to develop quality services that promote general well-being, independent living and socialization opportunities for mature adults in Sandusky County.

Newsletter Advertising
1/8 page — $25 per issue
1/4 page — $50 per issue
1/2 page — $75 per issue
Full page — $125 per issue
Call 419-334-8911 for details

www.glcap.org