



Great Lakes
COMMUNITY ACTION
PARTNERSHIP

SANDUSKY COUNTY SENIOR CENTERS

Fremont
1101 Castalia St.
419-334-8383, opt. 1

Clyde
900 N Woodland Ave.
419-547-8052

Gibsonburg
100 Meadow Ln.
419-637-7947

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.

EMAIL US
seniors@glcap.org

VISIT OUR WEBSITE
www.glcap.org

FOLLOW GLCAP



JANUARY 2026

The Sandusky County Senior Services Newsletter

SENIORS ON THE MOVE



TAX PREPARATION VOUCHERS AVAILABLE TO ELIGIBLE SENIORS

To help meet the local need for tax preparation assistance, GLCAP will provide income-eligible seniors ages 60+ with a voucher to help offset the cost of using a participating tax preparation business in Sandusky County. Businesses currently accepting the voucher (intent to pay) and billing GLCAP directly include Fremont Liberty Tax, Clyde Liberty Tax,

and Holland CPA.

Appointments are required, and seniors must visit the center to sign their voucher. For more information and eligibility requirements, call 419-334-8383.

Please note: Vouchers are limited and will be distributed on a first-come, first-served basis. Vouchers are non-transferable.

Local Tax Firms Accepting the GLCAP Tax Preparation Vouchers (APPOINTMENTS REQUIRED)

Holland CPA
512 Court Street
Fremont
419-332-9808

Liberty Tax
125 S. Main St.
Clyde
419-547-5089

Liberty Tax
1310 E. State St.
Fremont
567-280-5076
libertytax.com

GLCAP Senior Services

GLCAP offers a wide range of programs and services to support the health, wellness, and independence for residents aged 60 and older. There are three senior centers, conveniently located in Fremont, Clyde, and Gibsonburg, providing opportunities for social engagement, activities, and access to valuable resources. All three centers offer congregate dining from 11:30 a.m. to 12:30 p.m., where seniors can enjoy a nutritious meal in the company of their peers.

Throughout the week, senior centers offer a variety of exercise and wellness programs designed to help older adults improve strength, flexibility, and balance, supporting their overall health and independence. In addition to these fitness opportunities, the centers host monthly birthday celebrations, themed evening meals,

and festive gatherings.

The centers also provide welcoming spaces where seniors can enjoy activities such as playing cards, shooting pool, sewing, and other hobbies that encourage social connection and engagement.

For those who are homebound, GLCAP provides home-delivered meals through the Meals on Wheels program, ensuring that seniors receive regular, balanced meals while remaining safely in their homes.

Throughout the year, a variety of assistance is available, including in-home repairs and accessibility upgrades, transportation around Sandusky County, health and wellness clinics, tech help, and more—services that are tailored to meet community needs and depend on the resources available.

Lunch

Monday–Thursday

Lunch served 11:30 a.m. – 12:30 p.m. at all three locations. Suggested donation: \$3 per meal for those 60+ (\$6.75 for those under 60). RSVP required. Must complete a registration form.

Evening Meal

Second Wednesday of every month

Enjoy a fun, themed evening meal from 4:30 to 6 p.m. Suggested donation: \$3 per meal for those 60+ (\$6.75 for those under 60). RSVP required.

Meal on Wheels

Deliveries Monday–Thursday (Additional cold meals are delivered on Thursday for the Friday meal)

Hot, nutritious meals are available for homebound seniors in Sandusky County who are unable to prepare meals for themselves. Suggested donations of \$3 per meal are requested. An in-home assessment will be conducted by our social worker.

Exercise Classes and Wellness Programs

Weekly schedules available

A variety of exercise and wellness activities, including: Walk with Ease, Matter of Balance, Walking Clubs, Tai Chi, Stretch and Tone, Chair Yoga, Active Living Every day, Diabetes Education, and more! No cost to participate.

Social and Recreational Activities

A wide variety of social and recreational activities are available. From crafting, sewing, billiards, and card games to gardening, tech help, and access to an on-site library, there's something for everyone. A full calendar of events and health clinics is offered throughout the year — check the newsletter for a full monthly calendar. RSVP and eligibility may vary depending on the activity.

Transportation

The Senior Rides Program is provided through TRIPS public transit Monday–Friday, 5 a.m.-7 p.m. and Saturday 5 a.m.-noon. Advanced trip reservation required. Must be 60+ and complete eligibility form before scheduling transportation.

Volunteer Opportunities

Sandusky County Senior Services is always looking for new volunteers year-round. Opportunities include front desk receptionist, newsletter collation, lunch assistance, and home-delivered meal delivery to homebound clients. Please contact the Senior & Community Engagement Coordinator.

Senior Helping Hands

Sandusky County residents (age 60 and over) who own and occupy their own home can receive free or reduced cost on certain safety repairs and accessibility upgrades in their home (grab bars, rails, lighting, steps, faucet handles). Income disclosure required for application. For more information call 419-334-8383.

ELECTIONS FOR SANDUSKY COUNTY SENIOR SITE COUNCIL (SCSCO) OFFICERS IN MARCH

Sandusky County Senior Citizens Organization (SCSCO) or “Site Council” will be holding an election for officers on March 16, 2026.

The SCSCO is an organization that has a direct responsibility to the senior citizens and 4-member board. The organization is designed to assess the physical, social, economic, and intellectual needs of the senior citizens to help develop more meaningful programs, activities, and services. The organization offers volunteer services to the senior centers, suggest special programs, and participates in fundraising activities to purchase equipment or supplies the senior citizens will utilize.

Current officers are:

President – Barb Ward

Vice President – Sandy DeVries

Secretary – Fran Benlein

Treasurer – Marlene Hill

If you are interested in learning more about the SCSCO, being considered for election, or obtaining a copy of the bylaws, please contact Sandy DeVries at 419-618-1793.

SCSCO MEETINGS 2026

The Sandusky County Senior Site Council has announced its meeting schedule for 2026. All meetings will begin at 9 a.m.

The council will meet on the following dates:

- **March 16**
- **June 15**
- **Sept. 14**
- **Dec. 21**



HEROIC ACTION AT THE SENIOR CENTER

We'd like to recognize site supervisor Donna Key for her quick thinking this past November. Donna noticed a client was coughing while eating lunch one day on site. She asked if the client could breathe and the client shook her head “no” and indicated that she was choking. Donna started the Heimlich maneuver and dislodged the food. Our senior staff are provided with CPR and first aid training every two years. While we hope that our staff never have to put this training to use, we know it is important to be prepared just in case of an incident. Donna's actions helped save the life of one of our seniors—and we are grateful for her efforts!



GLCAP CALENDAR CONTEST

SELECTED ENTRIES & WINNERS

GLCAP Senior Programs would like to thank Nicole Laughlin, graphic designer and photographer for being this year's judge. We thank you for taking the time out of your busy schedule. Nicole first picked the top 12 and out of the top 12 she chose the top three for the winners.

- Our judge was kind enough to include the reasons why each was chosen. You can read her comments below for each photo selection.
- We will also have 2026 calendars available for purchase for \$10 each. The calendars are made up of pictures from this year's contest. Call 419-334-8383 with any questions or to order a calendar.

Congrats Winners!

FIRST PLACE

Autumn Reflections — Linda Ladd

The river's gentle curve guides your eye towards the stone bridge which is framed by the autumn trees. The mix of the reflections, rocks and foliage adds depth and texture, making it a striking composition.



SECOND PLACE

Fall Harvest — Lynne Russell

This composition uses strong rustic elements to create a balance. The arrangement of pumpkins and gourds and other shapes add visual interest and leads your eye naturally across the frame.



THIRD PLACE

Pickle Pear, Cactus Flower — Arlene Fleming

This photograph captures a vibrant pair of cactus blossoms in full bloom, framed naturally by the textured pads of the prickly pear plant. Overall, the composition balances delicacy and rugged texture, making it a striking botanical image that immediately catches the viewer's eye.



Selections from Linda Ladd, Lynne Russell, Arlene Fleming, Barb Stults, Carol Polter, Janie Fisher, Kathy Berger, Ann Warner, Sheila MacFarland, and Terri Myers will be featured in the 2026 calendar. Call 419-334-8383 to order a calendar.

Sandusky County Senior Centers

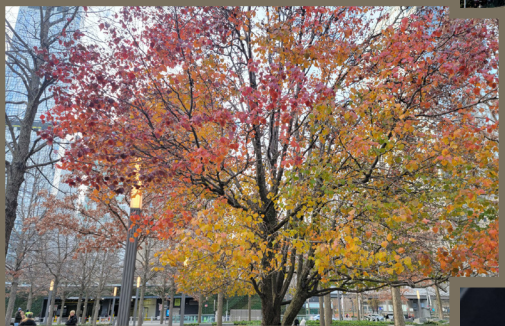


Cedar Point
Kathy Berger



Calm Serene Perspective
Sheila MacFarland

Beauty in the Rain
Arlene Fleming



Summer Fruits
Ann Warner



Fireball Burst
Janie Fisher

The Tree That Survived
Barb Stults



Christmas in the City
Janie Fisher



Crop Plane
Terry Myers

Monarch Butterfly
Carol Polter



Fremont Senior Campus Highlights

1101 Castalia St., Fremont, Ohio. Lunch at 11:30 a.m.
(Lunch reservations required by calling 419-334-8383, opt. 1 by 10 a.m. one day prior)
Open Monday through Thursday from 8 a.m.-4 p.m.
Unless otherwise specified

Senior Center Specialist Lilly Riehl

EXERCISE

Strength, Stamina, and Stability over 60 with Angie (Mondays, 9:15–10 a.m.): A seated-and-standing exercise class using bodyweight, light weights, and bands to improve posture, mobility, strength, and balance.

Tai Chi Basics with Angie (Wednesdays, 8:30–9:15 a.m.): A gentle, low-impact class that builds balance, flexibility, stability, and mental well-being.

Chair Yoga with Angie (Wednesdays, 9:15–10 a.m.): A supportive yoga class using a chair for seated or balanced poses with breathwork and relaxation techniques.

Walk with Brenda (Thursdays, 10:30–11 a.m.): Take a break and enjoy a casual indoor walk—any pace, any length, no registration required.

Tai Chi for Arthritis Seated or Standing with Brenda: Mondays, 11 a.m. Regular practice can reduce pain, improve balance, boost relaxation, strengthen muscles, and increase flexibility.

Stretch & Tone: Tuesdays, 11 a.m. improves full-body flexibility, mobility, and comfort using varied techniques with chair support.

CLINICS & INFORMATIONAL MEETINGS

Toenail Clinic (Jan. 7, 9 a.m.–noon): Monthly toenail trimming by RN Joni Widman; cost is \$15 and appointments fill quickly.

Diabetes Prevention Program Class (Jan. 8, 8:30–9:30 a.m.): A year-round YMCA-supported program meeting Thursday mornings; see newsletter for details.

‘Therapy Thursday’ with Stella (Jan. 8, Noon–1 p.m.): Stop in to visit with Stella, the friendly therapy dog from Auxter and Recker Funeral Homes.

Coffee and Donuts (Jan. 13, 10 a.m.): Enjoy coffee, donuts, and conversation with Jon from Wellcare.

Blood Pressure Clinic w/ JoAnn Sinclair (Jan. 22, 10:15–11:30 a.m.): JoAnn from Countryside provides free blood pressure checks on birthday day.

ARTS & CRAFTS

Crafting with Karen: Valentine’s Swag (Jan. 22 at 1:15 p.m.) Make a Valentine’s swag with Karen Franks for \$15, or \$18 if pre-made; sign up by Jan. 15 with payment.

Diamond Art (Most days in Jan. at 12:30 p.m.) Create sparkling mosaic-style art using resin “diamonds”; stop in or call to sign up.

GAMES

Sequence (Jan. 7, 14, 21, 28 at 12:30 p.m.): Play in groups of four; first team to earn two lines on the board wins

Skip-Bo/Phase 10 (Jan. 6, 13, 20, 27 at 1:15 p.m.): Call to sign up for these fun, easy-to-learn card games.

Cards (Euchre or Pinochle): Call the center if you’re interested in tournament play.

OTHER PROGRAMS & ACTIVITIES

Tech Help with Willie (Mondays at 10:15 a.m.): Get one-on-one tech assistance from volunteer Willie Rogers; call to reserve.

Birthday Day (Jan. 22): Let’s celebrate those January birthdays! Join us for our monthly birthday party, where we have a celebration for those who have birthdays in the month. (You do not need to have a birthday in that month to attend). We usually have a fun lineup of games and/or entertainment and the most highly-requested meals. And of course, it would not be a birthday party without cake and ice cream! Call for reservations!

Movie: The Lost Husband (Jan. 22 at 1:45 p.m.): Enjoy the movie with complimentary pop and popcorn following the birthday celebration.

In-Person Book Club (Wednesdays at 1 p.m.): Discuss *Three to Get Deadly* by Janet Evanovich each week.

Library: Browse and check out books using the sign-out sheet; return books to the designated crate.

Monthly Evening Meal & Activity (Jan. 14, 3:30–6 p.m.): Kick off 2026 with a game of Sorry at 3:30 p.m., followed by dinner; register by Jan. 12 at 2 p.m.

Fremont Senior Campus Events Calendar

JANUARY 2026

| Monday | Tuesday | Wednesday | Thursday |
|--|--|--|---|
| MONTHLY EVENING MEAL MENU Assorted Wraps (Turkey, Chicken, Ham on colorful tortillas, Tomato, Bell Pepper, and Cheese Skewers, Cucumber Salad, Blueberry Parfait, Cupcake | | | 1 Center Closed New Year's Day |
| 5 8:30 a.m. Zumba Gold (Angie) 9:15 a.m. Strength, Stamina, and Stability (Angie) 10:15 a.m. Tech Help w/ Willie 10:30 a.m. Bingo with Mackenzie Todd from Bellevue Care Center 11 a.m. Tai Chi w/ Brenda Noon: Euchre 12:30 p.m. Diamond Art | 6 8:30 a.m. Circuit (Angie) 11 a.m. Stretch and Tone w/ Brenda Noon: Prize Bingo w/ Rafaela Reyes of Heartland Hospice 1:15 p.m. Chair Volleyball 1:15 p.m. Skip-Bo/Phase 10 | 7 8:30 a.m. Tai Chi Basics (Angie) 9 a.m.-Noon: Toenail Clinic w/ Joni Widman 9:15 a.m. Chair Yoga (Angie) 10:15 -11 a.m. Flow Chair Yoga (Angie) Noon: Bridge Noon-3 p.m. Open Pool Table 12:30 p.m. Sequence game 12:30 p.m. Diamond Art 1 p.m. Book Club | 8 8:30 a.m. Cardio & Strength (Angie) 8:30 a.m. Diabetes Prevention Program 10:30 a.m. Walk w/ Brenda Noon - 1 p.m. "Therapy Thursday" with Stella the therapy dog 12:30 p.m. Pinochle 12:30 p.m. Diamond Art |
| 12 8:30 a.m. Zumba Gold (Angie) 9:15 a.m. Strength, Stamina, and Stability (Angie) 10:15 a.m. Tech Help w/ Willie 11 a.m. Tai Chi w/ Brenda Noon Euchre 12:30 p.m. Diamond Art Deadline to RSVP for evening meal by 2 p.m. | 13 8:30 a.m. Circuit (Angie) 9 a.m. Adult Coloring 10-11 a.m. Coffee and Donuts w/ Jon from Wellcare 11 a.m. Stretch and Tone w/ Brenda 12-12:45 p.m. Balance-Focused Yoga (Angie) Noon: Prize Bingo w/ Amy from Wylkan Law Office 1:15 p.m. Chair Volleyball 1:15 p.m. Skip-Bo/Phase 10 | 14 8:30 a.m. Tai Chi Basics (Angie) 9:15 a.m. Chair Yoga (Angie) Noon: Bridge Noon-3 p.m. Open Pool Table 12:30 p.m. Sequence game 12:30 p.m. Diamond Art 1 p.m. Book Club 3:30 p.m. "Sorry" Game 4:30 p.m. Monthly Evening Meal RSVP by Jan. 12 at 2 p.m. | 15 8:30 a.m. Cardio & Strength (Angie) 8:30 a.m. Diabetes Prevention Program 10:30 a.m. Walk w/ Brenda 12:30 p.m. Pinochle 12:30 p.m. Diamond Art |
| 19 Center Closed Martin Luther King Day | 20 8:30 a.m. Circuit (Angie) 11 a.m. Stretch and Tone w/ Brenda Noon: Prize Bingo w/ Rachel Russell from Buckeye Hospice Noon Bridge 12:30 p.m. Bridge 1:15 p.m. Chair Volleyball 1:15 p.m. Skip-Bo/Phase 10 | 21 8:30 a.m. Tai Chi Basics (Angie) 9:15 a.m. Chair Yoga (Angie) Noon Bridge Noon-3 p.m.: Open Pool Table 12:30 p.m. Bunco 12:30 p.m. Sequence Board game 12:30 p.m. Diamond Art 1 p.m. Book Club | 22 Happy Birthday! 8:30 a.m. Cardio & Strength (Angie) 8:30 a.m. Diabetes Prevention Program 9:30-10 a.m. Strength & Stability Chair Yoga (Angie) 10:15 a.m.-11:30 a.m. BP Checks w/ JoAnn Sinclair from Countryside 10:30 a.m. Walk w/ Brenda 11:30 Birthday Lunch 12:30 p.m. Bingo w/ JoAnn Sinclair from Countryside 12:30 p.m. Pinochle 12:30 p.m. Diamond Art 1:15 p.m. Crafting w/ Karen: Valentine's Swag 1:45 p.m. Movie |
| 26 8:30 a.m. Zumba Gold (Angie) 9:15 a.m. Strength, Stamina, and Stability (Angie) 10:15 a.m. Tech Help w/ Willie 11 a.m. Tai Chi w/ Brenda Noon Euchre 12:30 p.m. Diamond Art | 27 8:30 a.m. Circuit (Angie) 9:30 a.m. - 10 a.m. How to Modify Your Chair Yoga Practice (Angie) 11 a.m. Stretch and Tone w/ Brenda Noon: Prize Bingo w/ Melody Blevins from Bethesda Care 1:15 p.m. Chair Volleyball 1:15 p.m. Skip-Bo/Phase 10 | 28 8:30 a.m. Tai Chi Basics (Angie) 9:15 a.m. Chair Yoga (Angie) Noon Bridge Noon-3 p.m. Open Pool Table 12:30 p.m. Sequence Board game 12:30 p.m. Diamond Art 1 p.m. Book Club | 29 8:30 a.m. Cardio & Strength (Angie) 8:30 a.m. Diabetes Prevention Program 10:30 a.m. Walk w/ Brenda 12:30 p.m. Pinochle 12:30 p.m. Diamond Art |

Gibsonburg Senior Center Highlights

100 Meadow Lane, Gibsonburg, Ohio. Lunch at 11:30 a.m.
(Lunch reservations required by calling 419-637-7947 by 10 a.m. one day prior)
Open Monday through Thursday from 10 a.m.-1 p.m.
Unless otherwise specified

Senior Site Supervisor Polly Dierksheide

Cardo – Jan. 5 & 26, 10:30 a.m.

Join the fun as Austin from Wellcare will be calling cards and handing out prizes to our winners. Cardo is a great twist on bingo and is an enjoyable time for all.

Prize Bingo

Join us for some fun and for a chance to win some bingo prizes on the following dates:

- Tuesday, Jan. 6, 10:30 a.m. with Kimberly Keller from Parkview Care Center with cake
- Tuesday, Jan. 20, 10:30 a.m. with Kimberly Keller from Parkview Care Center with yogurt parfaits
- Wednesday, Jan. 21, 10:30 a.m. with Kari Arnold from Herman Funeral Home
- Tuesday, Jan. 27, 10:30 a.m. with Joann Sinclair from Countryside Manor

Exercise Programs

It's the start of a new year so why not start a new activity. Join us for some low impact exercises to continue to help you stay active and healthy in 2026. Noodle drumming is a playful musical activity where participants use foam pool noodles as drumsticks to tap out rhythms on the floor, chairs, or buckets. Chair yoga is a gentle form of yoga that uses a chair for support to make stretching, strengthening, and relaxation accessible to people of all mobility levels.

- Thursday, Jan. 8, 10:30 a.m. – Noodle Drumming
- Wednesday, Jan. 14, 10:30 a.m. – Chair Yoga
- Thursday, Jan. 22, 10:30 a.m. – Noodle Drumming
- Wednesday, Jan. 28, 10:30 a.m. – Chair Yoga

Free Take-Home Snowflake Craft

Jan. 13, 10:30 a.m. Enjoy the opportunity to be creative and make a snowflake-'tis the season!

Monthly Evening Meal and Activity

Jan. 14, 3:30-6 p.m. Ready, set, let's roll into adventure with GLCAP Senior Services in 2026! This will be our first monthly evening meal for the new year. In 2026, we will be having fun with different

board, card, or TV games. We will be kicking off the year with the board game "Sorry," which we will play at 3:30 p.m. before the meal. So, don't be sorry; be sure check out the menu and make your reservation by stopping in or calling the senior center before Monday, Jan. 12, at 2 p.m.

Soup-er Nutrition

Jan. 15, 10:30 a.m. What is your favorite type of soup? Bring your soup recipes to exchange as we discuss healthy options to keep us warm in the winter months.

Birthday Day: Jan. 22

Let's celebrate those January birthdays! Join us for our monthly birthday party, where we have a celebration for those who have birthdays in the month. (You do not need to have a birthday in that month to attend). We usually have a fun lineup of games and/or entertainment and the most highly-requested meals. And of course, it would not be a birthday party without cake and ice cream! Call for reservations!

Wellness Clinic

Jan. 27, 10 a.m. Join us to get your blood pressure and pulse oxygen checked, along with a few other screenings by Joann from Countryside Manor.



Monica from SouthernCare Hospice pins Gibsonburg Veteran at the Gibsonburg Senior Center Veteran's Ceremony

Gibsonburg Senior Center Calendar

JANUARY 2026

| Monday | Tuesday | Wednesday | Thursday |
|---|---|--|---|
| MONTHLY EVENING MEAL MENU Assorted Wraps (Turkey, Chicken, Ham on colorful tortillas, Tomato, Bell Pepper, and Cheese Skewers, Cucumber Salad, Blueberry Parfait, Cupcake | | | 1 Site Closed Happy New Year |
| 5 10:30 a.m. Cardo w/ Austin Rehberg from Wellcare | 6 10:30 a.m. Prize Bingo w/ Cake w/ Kimberly Keller from Parkview Care Center | 7 10:30 a.m. Healthy YOU! New Year's Resolutions | 8 10:30 a.m. Noodle Drumming |
| 12 10:30 a.m. GOLF Card Game | 13 10:30 a.m. Free Take-Home Snowflake Craft 12:30 p.m. Volunteer Meeting | 14 10:30 a.m. Chair Yoga 3:30 p.m. Sorry Board Game 4:30 p.m. Monthly Evening Meal (RSVP by Jan. 12 @ 2 p.m.) | 15 10:30 a.m. Soup-er Nutrition |
| 19 Site Closed Martin Luther King Day | 20 10:30 a.m. Prize Bingo w/ Yogurt Parfaits w/ Kimberly Keller from Parkview Care Center | 21 10:30 a.m. Prize Bingo w/ Kari Arnold from Herman Funeral Homes | 22 10:30 a.m. Noodle Drumming 11:30 a.m. Birthday lunch |
| 26 10:30 a.m. Cardo w/ Austin Rehberg from Wellcare | 27 10 a.m. Wellness Clinic w/ Joann 10:30 a.m. Prize Bingo w/ Joann Sinclair from Countryside Manor | 28 10:30 a.m. Chair Yoga | 29 10:30 a.m. Yahtzee Dice Game |

NEW EXERCISE PROGRAMS!
Noodle Drumming & Chair Yoga
Wednesdays & Thursdays
in January at 10:30 a.m.

Clyde Senior Center Highlights

900 N Woodland Ave, Clyde, Ohio. Lunch at 11:30 a.m.
(Lunch reservations required by calling 419-547-8052 by 10 a.m. one day prior)
Open Monday through Thursday from 10 a.m.-2 p.m.
Unless otherwise specified

Senior Site Supervisor Donna Key

EXERCISE

Chair Volleyball: Wednesdays in January at noon. If you love to laugh and get some exercise while doing it, please join us for chair volleyball. Every skill set welcome, and we accommodate adaptive equipment.

ARTS & CRAFTS

Diamond Art with Karen Franks: Jan. 5 & 26 at 9:30 a.m. Join Karen in a fun craft with minimal cost and lots of projects to choose from; this is great for all skill levels and design tastes.

Crafting with Karen: Winter Swag: Jan. 12 at 9:30 a.m. Join Karen Franks as she walks you through a fun craft with a step-by-step guide; perfect for the beginner or skilled crafter. Cost is \$20, sign-up and payment required by Wednesday Jan. 7.

CLINICS & INFORMATIONAL MEETINGS

Health Advance Directives w/ LAWO: Jan. 13 at 9:30 a.m. Legal Aid of Western Ohio will be educating on what plans to have in place to make sure your decisions are respected when you cannot speak for yourself.

Stella the Therapy Dog from Auxter and Recker Funeral Home: Jan. 22 at 10 a.m. Come meet our furry friend in the Sunroom for some wonderful puppy snuggles!

GAMES

Cards at Noon in January

Monday: Euchre
Tuesday: Pinochle
Thursday: Canasta

OTHER PROGRAMS & ACTIVITIES

Welcome Orientation: Jan. 5 and 26 at 1 p.m. If you are new to the senior center and would like to talk to someone to learn more and tour our center, please feel free to stop in!

Reminiscing with Nelcy: Snow Memories-Jan. 8 at 1 p.m. Reminisce with Nelcy from the Clyde library! Please bring a treasured memento or photo to take us down memory lane with you and share your favorite pictures and memories.

Monthly Evening Meal and Activity: Jan. 14 from 3:30-6 p.m. Ready, set, let's roll into adventure with GLCAP Senior Services in 2026! This will be our first monthly evening meal for the new year. In 2026, we will be having fun with different board, card, or TV games. We will be kicking off the year with the board game "Sorry", which we will play at 3:30 p.m. before the meal. So, don't be sorry; be sure check out the menu and make your reservation by stopping in or calling the senior center before Monday, Jan. 12 at 2 p.m.

Birthday Day: On Jan. 22, let's celebrate those January birthdays! Join us for our monthly birthday party, where we have a celebration for those who have birthdays in the month. (You do not need to have a birthday in that month to attend). We usually have a fun lineup of games and/or entertainment and the most highly-requested meals. And of course, it would not be a birthday party without cake and ice cream! Call for reservations!

Movies: Mondays in January at noon will be Disney movies! Popcorn and treats provided.

Jan. 5: "Coco"

Jan. 12: "Saving Mr. Banks"

Jan. 26: "Zootopia"



Clyde Senior Center Events Calendar

JANUARY 2026

| Monday | Tuesday | Wednesday | Thursday |
|--|---|---|--|
| MONTHLY EVENING MEAL Wednesday Jan. 14 4:30-6 p.m., RSVP by Monday, Jan. 12 at 2 p.m. Assorted Wraps (Turkey, Chicken, Ham on colorful tortillas, Tomato, Bell Pepper, and Cheese Skewers, Cucumber Salad, Blueberry Parfait, Cupcake | | | 1 Site Closed Happy New Year |
| 5 9:30 a.m. Diamond Art w/ Karen Franks 10 a.m. Video Workout Noon Movie: "Coco" Noon Euchre 1 p.m. Welcome/Orientation | 6 10 a.m. Video Workout 10:30 a.m. Bingo w/ Diane Wilson from Edgewood Manor Noon Pinochle | 7 10 a.m. Video Workout 10:15 a.m. Bingo with JoAnn Sinclair from Countryside Noon Chair Volleyball | 8 10 a.m. Video Workout 10:30 a.m. Bingo w/ Melody Blevins from Bethesda Care Noon Canasta 1 p.m. Reminisce: "Snow Memories" w/ Nelcy Elder from the Clyde Library |
| 12 9:30 a.m. Crafting w/ Karen: Winter Swag 10 am Video Workout Noon Movie: "Saving Mr. Banks" Noon Euchre | 13 9:30 a.m. Health Advance Directives w/ Legal Aid of Western Ohio Noon Pinochle | 14 10 a.m. Video Workout 10:30 a.m. Bingo w/ Lisa Recker from Auxter & Recker Funeral Home Noon Chair Volleyball 3:30 p.m. "Sorry" Board Game 4:30 p.m. Monthly Evening Meal (RSVP by Jan. 12 @ 2 p.m.) | 15 10 a.m. Video Workout 10:30 a.m. Bingo w/ Diane Wilson from Edgewood Manor Noon Canasta |
| 19 Site Closed Martin Luther King Day | 20 10 a.m. Video Chair Exercise 10:30 a.m. Bingo w/ Rachel Russell from Buckeye Hospice Noon Pinochle | 21 10 a.m. Video Workout 1030 a.m. Bingo w/ Ashley Brunthaver from Majestic Care Noon Chair Volleyball | 22 HAPPY BIRTHDAY! 10 a.m. Video Workout 10 a.m. Meet Stella the Therapy Dog from Auxter & Recker Funeral Home 10:30 a.m. Bingo 11:30 a.m. Birthday lunch Noon Chair Volleyball |
| 26 10 a.m. Video Workout 9:30 a.m. Diamond Art w/ Karen Franks Noon Movie: "Zootopia" Noon Euchre 1 p.m. Welcome/Orientation | 27 10 a.m. Video Workout 10:30 a.m. Bingo w/ Kim Keller from Parkview & Concord Noon Pinochle | 28 10 a.m. Video workout 10:30 a.m. Bingo w/ Kim Keller from Parkview & Concord Noon Chair Volleyball | 29 10 a.m. Video workout 10 a.m. Hands or Nails w/ Lucy Green. Noon Canasta |

Sandusky County Seniors Birthdays



Jan. 1

Cecelia Auxter
Maria Chlost
Petra Hernandez

Jan. 2

Gloria Baughman
Patricia Golamb
Sharline McClintock
Sheila McFarland
Mary Nitschke
Vincent Snow

Jan. 3

Estill Cooksey
David Dayringer
Philip Jones
Kenneth Root

Jan. 4

Sandra Crawfoot
Karen Franks
Noel Harren
Donald Held
Barbara Humphreys
Corinne Weigel

Jan. 5

Betty Hoffman
Theresa Jakober
Shirley Sheffer
Robert Snyder

Jan. 6

Cliff Wiggins

Jan. 7

Jerry Scott

Jan. 8

Wanda Bailey
JoAnn Baskey
Beverly Hossler
Donna Schaaf
Patricia Strausbaugh
Joseph Thomas

Jan. 9

Barbara Cook
Janet Hazen
Leslie Hill

Jan. 10

Donald Barry
Ruth Dendinger
Nancy Etzwiler
Barbara Hagle

Jan. 12

Lisa Foos
Melinda Payne
LuAnne Yeager

Jan. 13

Catherine Hoffman
Brenda Homler

Jan. 15

MaryAnn Shaver
Rachel Shearon
Ronald Wigand

Jan. 16

Rebecca Seele
Arnold Wilson

Jan. 17

Rhoda Keppler
Joan Lehmann

Jan. 18

Kay Hall
Mary Hamilton

Jan. 19

Linda Armstrong
Daniel Foos
Linda McCoy

Jan. 20

Richard Kindred
Catherine Kovaleski
Kenneth Mehling
Sam Wilson

Jan. 21

Tom Aldrich
Linda Gittinger
Shelly Habel
Beverly Spieldenner
Deborah Walker

Jan. 22

Roger Holzwart
Neal Leimbach
Lisa Waggoner

Jan. 23

Thomas Jennings
Idowu Ogunleye

Jan. 24

Deborah Cool
Song Peterson

Jan. 25

Peg Hirt
Teresa Quick
Marleen Savage

Jan. 26

Cheryl Abel
Anna Rohrbach

Jan. 28

Billie Barnett
Phillip Frazier
LouAnn Lozano
Barbara Smola

Jan. 30

Jennifer Wagner

Our Sympathies

*GLCAP Senior Services
extends our sympathies
to the family and friends of those
who we've lost.*

Raymond Wammes, Charles Boles, Nancy Lehman,
Cheryl Clark, and Richard Berger



Card Club & Game Winners

Fremont Winners

Bridge

10/29—1st Philip Merz

11/5—1st Phil Merz & Marilyn Clark

11/12—1st Shirley Ratzmann & Virginia Mittan

11/19—1st Phil Merz &

Anne Humberger

Euchre

11/3 & 11/24—1st Terry

11/3—1st Nancy Park

11/10—1st place tie Isa Jay, Gerald Schalk

Pinochle

10/30—1st Mary Kucha

11/6—1st Isa Jay

11/13—1st Nancy Park

11/20—1st Connie Claycomb

Clyde Winners

Canasta 11/6

Game 1—1st Cheryl Romeo, Carol Van Fleet, Bobby Goble

Game 2—1st Sherry Yates, Carol Van Fleet, Dave Blay

Pinochle

11/4—Games 1, 2 & 3rd 1st Lee Myers

Game 4—1st Cheryl Romeo



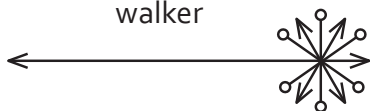
Fred Garcia, P.T. from P.T. Services adjusting walker



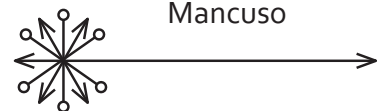
Congrats to the Matter of Balance grads!



Fred Garcia, P.T. from P.T. Services with Karen Mancuso



THANK YOU



Monica Hunter from SouthernCare Hospice for supplying donuts for Gibsonburg Senior Center's Veteran's Day Ceremony

Solomon Lutheran School's Kindergarten class for sharing their artwork for Fall and Thanksgiving

P.T. Services Rehabilitation Inc., Fred Garcia, P.T. for partnering with us at our Fremont Matter of Balance Class on Nov. 19.

Hart Medical Equipment, Linda Gutierrez for donating cupcakes for our Fremont Matter of Balance Graduation class.



Thank you for your donations to the Clyde Senior Center
Maria & Jerry Miller, Ronald Meade, Charity Castle, William & Gail Ebert

In Memory of Elidia Webb



Sandusky County Senior Centers

DINE IN AT THE SENIOR CENTER

MONDAY-THURSDAY

Southwest Chicken Salad

Grilled Chicken, Romaine Blend, Sweet Corn, Black Beans, Tomatoes, Red Onion w/ Avocado Cilantro Lime Dressing

Italian Salad

Lettuce, Tomato, Cucumber, Red Onion, Diced Ham w/ Italian Dressing

Oriental Chicken Salad

Romaine and Cabbage Blend, Carrots, Crispy Chicken, Almonds, Green Onion w/ Asian Dressing

Chicken Caesar Salad

Romaine Blend, Grilled Chicken Strips, Parmesan Cheese w/ Caesar Dressing

Spinach Salad

Spinach, Egg, Bacon Bits, Red Onion, Tomato w/ French Dressing

Greek Salad

Lettuce, Ham, Tomato, Cucumber, Red Onion, Olives, Feta Cheese w/ Greek Dressing

Cobb Salad

Lettuce, Chicken, Bacon, Eggs, Tomato, Cheese w/ Homemade Ranch Dressing

Strawberry Salad

Romaine Blend, Grilled Chicken, Strawberries, Pecans, Cranberries w/ Strawberry Vinaigrette

Taco Salad

Lettuce, Beef Taco Meat, Tomato, Onion, Cheese w/ Southwest Dressing

salads are for dine-in only



Ready, Set, Let's Roll Into Adventure in 2026!

GLCAP Senior Services is kicking off the new year with a fun new theme—game-inspired monthly evening meals! Join us on Jan. 14 from 3:30–6 p.m. for our very first event of 2026.

Each month, we'll celebrate with a different board, card, or TV game, bringing a playful twist to our gatherings. To launch the year, we'll start with the classic board game "Sorry," which will begin at 3:30 p.m.—a perfect warm-up before dinner is served.

Don't be sorry—come join the fun! Check out the menu and make your reservation by stopping in or calling the senior center before Monday, Jan. 12 at 2 p.m.

MONTHLY EVENING MEAL

Wednesday Jan. 14
GAME THEMES: Sorry

4:30-6 p.m.

RSVP by Monday, Jan. 12 at 2 p.m.

Assorted Wraps (Turkey, Chicken, Ham on colorful tortillas)

Tomato, Bell Pepper, and Cheese Skewers

Cucumber Salad

Blueberry Parfait

Cupcake



Thank you Croghan Bank volunteers!

GLCAP Sandusky County Senior

Menu for January 2026

(Menu subject to change without notice.)

**Chef Salads Available Tuesdays and Thursdays

**Low concentrated desserts substituted for modified meals.

Serving Sizes:

Entrée, Meat & Casserole – 3 oz./ 8 oz.

Vegetable, Fruit & Dessert – ½ cup

Bread/Bread Alternate - 1 slice or 2 oz.

Milk – 8 oz. served with every meal

****Suggested Donation of \$3.00 per meal.**

NOTE: 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

| Monday | Tuesday | Wednesday | Thursday | Friday |
|--|--|---|--|--|
| | | | 1. Closed Holiday | Box Lunch for 1/12/26 out on Wednesday 12/31/25: Ham Salad on Croissant with Sides |
| 5. Swedish Meatballs over Parslied Noodles, Harvard Beets, Peas w/ Pearl Onions, Pears, Wheat Bread, Lemon Square | 6. Turkey Tetrazzini, Tomatoes and Zucchini, Key West Blend Vegetables, Peaches, Garlic Bread Salad: Garden Salad / Cheese Stick | 7. BBQ Chicken Breast, Sweet Potatoes, Green Beans, Pineapple, Cottage Cheese, Corn Bread | 8. Beefy Goulash, Diced Carrots, Succotash, Mandarin Oranges, Wheat Bread Salad: Chef Salad w/ Chicken | Box Lunch out on Thursday 1/8/26: Ham and Cheese Sandwich with Sides |
| 12. Hamburger Gravy over Mashed Potatoes, Buttered Corn, Blueberries, Garlic and Cheddar Biscuit, Cookie | 13. Smothered Pork Chop, Collard Greens, Scalloped Potatoes, Applesauce, Wheat Bread Salad: Chef Salad w/ Chicken | 14. Chicken Marsala, Roasted Red Potatoes, Steamed Broccoli, Mixed Fruit, Wheat Bread | 15. Egg and Cheese Omelet, Maple Sweet Potatoes, Pea Salad, Cherry Crisp, Apricots, Bagel Salad: Chef Salad w/ Turkey Ham | Box Lunch out on Thursday 1/15/26: Greek Chicken Pasta Salad with Sides |
| 19. Closed Holiday *Holiday Frozen for HDM out on 1/12/26* | 20. Macaroni and Cheese with Ham, Stewed Tomatoes, Steamed Peas, Strawberries, Wheat Bread Salad: Chef Salad w/ Chicken | 21. Chicken Salad on Croissant, Minestrone Soup, Potato Salad, Mandarin Oranges | 22. Birthday Day! Stuffed Peppers, Mashed Potatoes and Gravy, Northwest Blend Vegetables, Fruited Gelatin Salad, Roll, Cake, Ice Cream Salad: Garden Salad / Cheese Stick | Box Lunch out on Tuesday 1/22/26: Italian Pasta with Ham and Sides |
| 26. Broccoli and Cheddar Stuffed Chicken Breast, Baby Baker Potatoes, Riviera Blend Vegetables, Pears, Wheat Bread | 27. Mushroom Steak, Potato Bites, Capri Blend Vegetables, Pineapple, Cottage Cheese, Wheat Bread Salad: Chef Salad w/ Turkey Ham | 28. Baked Meatloaf, Cheesy Potatoes, Mixed Vegetables, Apricots, Wheat Bread, Brownie | 29. Pulled Pork Sandwich, Baked Beans, Cole Slaw, Blueberry Crisp Salad: Chef Salad w/ Chicken | Box Lunch out on Thursday 1/29/26: Turkey and Cheese Sandwich with Sides |

CALL 24 HOURS IN ADVANCE TO SCHEDULE A MEAL. Fremont – 419-334-8383, Gibsonburg – 419-637-7947, Clyde – 419-547-8052

For Home Delivered Meal Cancellations, contact 419-332-4032. For ingredient content only, call GLCAP Food Service 419-333-1402.

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

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JANUARY 2026

The Sandusky County Senior Services Newsletter

SENIORS ON THE MOVE



Please Return
All Levy Signs
Thank you for
All Your Help

Veterans at the Clyde Senior Center were honored in November with a special breakfast prepared by our dedicated staff and volunteers.