



Great Lakes  
COMMUNITY ACTION  
PARTNERSHIP

## Sandusky County Senior Centers

Fremont  
1101 Castalia St.  
419-334-8383, opt. 0

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.*

### AD PRICING

1/8 - \$25 per issue  
1/4 = \$50 per issue  
1/2 = \$75 per issue  
Full = \$125 per issue  
Full payment must be received prior to ad publication. Contact Brenda Kuieck, Program Planner & Newsletter Editor.

The Sandusky County Senior Services Newsletter

June 2024

# SENIORS ON THE MOVE



*Seniors enjoying last year's July Senior Picnic*

## July Senior Picnic taking place at Walsh Park

The Annual Sandusky County Senior Picnic will take place Wednesday, July 3, 10 a.m.-1 p.m. at Walsh Park, 610 Morrison Street in Fremont.

This year's entertainment will be the 6-member band, Anchored, playing '50s-'70s style music. This year we will have a prize for the best "patriotic dressed" senior! There will be a 50/50 drawing, corn hole fun, and a chair volleyball tournament with a trophy for the

champion team to share at their senior center. Be sure to sign up at your senior center to participate! There will also be door prize drawings throughout the picnic.

The menu will be hot dogs and hamburgers, potato salad, baked beans, fruit salad, and pie (includes a sugar free option). RSVP required by 10 a.m. on June 28 by calling 419-334-8383, opt #0.



Anchored will perform at the July 3 picnic. Members are Steve Sterling, (leader and bass/vocals); Gerald Schalk (percussion); Rich Statler (banjo/harmonica); Al Warnig (lead guitar/vocals); Mike Beamer (rhythm guitar/vocals); Jack (piano).

# Sandusky County Seniors Birthdays

## June 1

Wally Brown  
Carol Nehls

## June 2

Dorothy Cox  
Pat Posey Jr.  
Jessie Thornbury

## June 3

Timothy Richardson

## June 4

Jean DeMoss  
Deb Dickman  
Joseph Garlock  
Carol Guice  
Joel Rogers  
Dottie Sanders

## June 5

Betty Kopcak  
Rebecca Severs  
Susan Snyder

## June 6

Karen Beier  
Tina Boucher  
Patty Sampsel  
Helen Smith  
Mara Thompson

## June 7

Yolanda Garcia  
Dianna Kroeger  
Gloria Miller

## June 8

Mattie Brown  
Marsha Forgatsch  
Rose Lonsway  
Reda Paulson  
Carol Pope  
Sharon Valle

## June 9

Sharon Hintz  
Karen Maines

## June 10

Debbie Rakes  
Jane Wengel

## June 11

Cindi Bartlett

## June 12

Richard Stetler

## June 13

Bev Crone  
Carol Fry

## June 14

Ann Warner  
Christine Zimmer

## June 15

Mike Ball  
Bobbie Cooper  
Cindy Cullen

## June 16

Bert Bayes  
Pat Picciuto

## June 17

Elaine Dye  
Tom Gonya  
Steve Queen  
Manny Salazar

## June 18

Becky Baker  
Anna Middleton  
Barbara Quiantance

## June 19

Michelle Garcia  
Marticia Lee  
Ronald Mooney  
Margie Slatter

## June 20

Jody Burkett  
Patsy Lance  
Virginia Mittan  
Arleta Myers

Jerry Smith

## June 21

Vicky Borer  
David Coleman  
Jessie Cunningham  
Jim Gegorski  
Joanne Smith

## June 22

Sharon Cain  
Sue Hamilton

## June 23

Ronald Davis

Mark Hoodlebrink  
Tina Sanchez

## June 24

Christine Jones  
Paulette Lance  
Joyce Peters  
Fran Rettig  
Pickles Schalk  
Raymond Toeppe

## June 25

Betty Gabel  
Ken Humbard

## June 26

Ron Klink

## June 27

Joanne Barry  
Bobby Jones  
Kathy Taylor

## June 28

Frank DeBlase  
Donna Miller  
Barbara Pelish-Haar

## June 29

Barb Knight  
Scott Michel

## June 30

Jeannette Love  
Peggy Missler  
Frank Reineck  
Jack Steele  
Lil Zilles

## Thank you

*Friends of Library for their kind donation of several large print books.*

*Rehabilitation Hospital of Northwest Ohio (RHNO) for donating the healthy prizes for our New Active Living Everyday classes we are leading at all GLCAP Senior Centers.*

*JoAnn Sinclair for donating Mother's Day flowers for all center's Mother's Day celebrations.*

*Willie Rogers for volunteering in leading Computer Classes and Tech Help at the Fremont Senior Center. We appreciate you sharing your education, time and life experience with the seniors of Sandusky County.*

## Our Sympathies

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

*We share your sorrow with love and friendship, friends and families of Margaret Selvey and Carolyn Kuhlman.*

## Senior Centers to host brand new Active Living Every Day Program

The Active Living Everyday program is quite different from other “exercise” programs in that the focus is on helping people learn problem-solving and behavior change skills that will enable them to adopt and maintain physical activity for a lifetime. The program is an evidence-based program sponsored by the Area Office on Aging.

Each session begins with a “check-in” period that focuses on the topic that was covered the previous week and how you have been doing with your physical activity. The groups are run as a facilitated discussion, not as a lecture, so we would like everyone to participate. At the end of the session, facilitators will summarize the session, and ask members to complete a short evaluation. Incentives can be earned for attendance and for

turning in life assignments. Each participant will receive an Active Living Everyday Book for the class.

The 12 weekly sessions are available at all three GL-CAP Senior Centers with schedules as follows.

**Fremont Senior Center:** Wednesdays beginning June 5 at 10-11 a.m.

**Clyde Senior Center:** Thursdays beginning June 6 at 8-9 a.m.

**Gibsonburg Senior Center:** Thursdays beginning June 6 at 12:30-1:30 p.m.

For more information or to sign up please contact your Senior Center. It is possible to join at any time. Class size is limited to 12 participants per class, and it is first come first served.

### Fremont Schedule Wednesdays 10-11 a.m.

June 5  
June 12  
June 26

July 10  
July 17  
July 24

July 31  
Aug. 7  
Aug. 14

Aug. 21  
Aug. 28

### Gibsonburg Schedule Thursdays 12:30-1:30 p.m.

June 6  
June 13  
June 20

June 27  
July 11  
July 18

July 25  
Aug. 1  
Aug. 8

Aug. 15  
Aug. 22  
Aug. 29

### Clyde Schedule Thursdays 8-9 a.m.

June 6  
June 13

June 20  
June 27

July 11  
July 18

July 25

## Bingocize combines exercise and health info with bingo

Sponsored by the Sandusky County Commissioners through the Healthy Aging Grant. Bingocize® combines exercise and health information with bingo for a fun way to get moving and socializing! This is a ten-week, evidence-based program.

Bingocizers maintain or gain improved mobility and independence, learn and use health information focused on fall reduction, improved nutrition and other self-

care, all while engaging in a fun, social setting. Bingocize session outlines include: pre-class socializing and attendance (5 minutes); welcome and announcements (5 minutes); weekly check-in (10 minutes); questions about take-home cards (5 minutes); main session (30 minutes); wrap-up/feedback (5 minutes). The class lasts approximately 1 hour.

View center calendars for times and dates.

# Fremont Senior Campus Highlights

**Toenail Clinic:** June 5, 9 a.m. to noon. Joni Widman, RN, will be present to trim toenails this month. The cost is \$15. Appointment slots fill fast; call for more details and/or to reserve.

**Continuation of Walk With Ease:** Continues June 3 at 8 a.m. The Arthritis Foundation Walk with Ease program started May 6 and will end on June 12. This program helps participants dealing with arthritis, fibromyalgia, and chronic pain to reduce pain, increase balance, and improve overall health. We meet at the Senior Center on Monday, Tuesday, and Wednesdays, unless otherwise noted on the calendar. Call for more details.

**Active Living Every Day:** Begins June 5 at 10 a.m. Active Living Every Day is a 12-week program, which consists of a 1-hour meeting weekly. It is a program sponsored by the Area Office on Aging of Northwestern Ohio. It is an evidence-based behavior change program. Participants learn the skills they need to become and stay physically active. If you would like to sign up or have questions, please call the center. Space is limited.

**Monthly Evening Meal and Activity:** June 12, 3:30-6 p.m. Our theme for 2024 is "Lights, Camera, Action, Eat." This month we will highlight the movie Casablanca. Check out the menu and if you are interested, and please call or stop by the senior center before Tuesday, June 11, at 2 p.m. to make a reservation. We will be playing "Play it Again" trivia at 3:30 p.m. before the meal. Here's looking at you kid...

**Dirt Therapy:** June 17 from 10 a.m.-1p.m. Join us on the back patio of the Fremont Senior Center for some good old-fashioned 'dirt therapy' in our raised garden beds. A free boxed lunch will be provided. Master Gardener volunteer Christine Michael will share the steps in making flavored vinaigrette using vinegar and olive oil as a base. "Homemade vinaigrette will last up to 2 weeks in your refrigerator, but you will probably use it up on your salads before that. Flavored vinaigrette that you make and give as a gift will impress your friends and family, too." If you grow your own vegetables for your salad, consider adding herbs to expand your culinary skills. Grab your gardening clothes, gloves, and hand tools and let's enjoy some dirt therapy together! RSVP by June 11 by calling the center.

**Bingocize:** Starting June 17 at 9 a.m. This is a 10-week evidence-based program that consists of meeting twice a week for a 1-hour each time. Bingocize combines a bingo-like game with exercise and health education. This program has been shown to help increase older adults' functional fitness, health knowledge, and socialization.

Please call the center to sign up or if you have additional questions by Wednesday, June 12 by 2 p.m.

**Father's Day Celebration:** June 13 at 9 a.m. Everyone is invited to join us for doughnuts and socializing. Let's celebrate the influential men in our lives. Please RSVP by June 10 at 2 p.m.

**Diabetes Empowerment Education Program (DEEP):** continues June 4, 11, 18, and 25 from 9-11 a.m. Deep is a diabetes self-management education program proven to help individuals manage their condition and reduce the risk of complications. Topics include understanding the human body, getting up and moving, meal prepping, and complications of diabetes. Call for more details.

**Crafting with Karen:** Patriotic wreath making, June 27 at 2 p.m. Get ready for July 4 as we make a patriotic wreath, guided by Karen Franks. Sign-up and pay at the front desk by June 13. Cost is \$15.

**Skip-Bo/Phase 10:** June 4, 11, 18, 25 at 1:15 p.m. Interested in learning how to play these card games? Learn a new hobby and spend some time with others. Call for more details and to sign up.

**Sequence:** June 5, 12, and 26 at 12:30 p.m. This game requires a group of up to 8 people to play. The first paired partners to get 2 lines on the board wins!

**Quilting/Knitting/Crochet/Embroidering Classes:** See calendar on opposite page for times and dates. Whether you want to learn how, share new patterns or stitches, or donate your time and talents to give back to the community. If you have any questions, please contact the center.

*If anyone has any batting, fabric scissors, ironing pads, or irons to donate to the senior center for quilting, knitting, and crocheting, the seniors would appreciate it.*

## MONTHLY EVENING MEAL

Casablanca

4:30 – 6:00 p.m.

RSVP by 2 p.m. Tuesday, June 11

Moroccan Baked Chicken over Herbed Couscous,  
Casablanca Carrots, Lemon Green Beans and  
Potatoes, Baked Peaches, Moroccan Orange Cake

# Fremont Senior Campus Events Calendar

## Senior Center Specialist Lilly Riehl

**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\*\*\*

## June 2024

Monday	Tuesday	Wednesday	Thursday
<p>3 8 a.m. Walk with Ease w/Lilly 8:30 a.m. Zumba Gold (Angie) 9:15 a.m. Movement Made Easier (Angie) 10 a.m. Tech Help 10:30 a.m. Bingo with Kim from Orchard Grove Noon Euchre</p>	<p>4 8 a.m. Walk with Ease w/Lilly 8 a.m. Aquatics w/Brenda 8:30 a.m. Circuit (Angie) 9 a.m. DEEP w/Alexis 9:30 a.m. Quilting with Sandy 11 a.m. Stretch &amp; Tone w/Brenda Noon: Prize Bingo w/ Melissa Rohde from Parkview 1:15 p.m. Chair Volleyball 1:15 p.m. Skip-Bo/Phase 10</p>	<p>5 8 a.m. Walk with Ease w/Lilly 8:30 a.m. Tai Chi (Angie) 9 a.m. -12 p.m. Toenail Clinic 9:15 a.m. Senior Stretch (Angie) 10 a.m. Active Living w/Brenda Noon Bridge 12:30 Sequence board game</p>	<p>6 8:30 a.m. Cardio &amp; Strength (Angie) 12:30 p.m. Pinochle</p>
<p>10 8 a.m. Walk with Ease w/Lilly 8:30 a.m. Zumba Gold (Angie) 9:15 a.m. Movement Made Easier (Angie) 9:30 a.m. Embroidering w/Sandy 10 a.m. Tech Help Noon Euchre</p>	<p>11 8 a.m. Walk with Ease w/Lilly 8:30 a.m. Circuit (Angie) 9 a.m. Adult Coloring 9 a.m. DEEP w/Alexis 9:30 a.m. Knit/Crochet w/Sandy 11 a.m. Stretch &amp; Tone w/Brenda Noon: Prize Bingo w/ Monica Hunter from SouthernCare 1:15 p.m. Chair Volleyball 1:15 p.m. Skip-Bo/Phase 10 (Deadline to RSVP for Dirt Therapy)</p>	<p>12 8 a.m. Walk with Ease w/Lilly 8:30 a.m. Tai Chi (Angie) 9:15 a.m. Senior Stretch (Angie) 10 a.m. Active Living w/Brenda 10:30 a.m. Bingo w/JoAnn Sinclair from Countryside Noon Bridge 12:30 p.m. Sequence game 3:30 p.m. Casablanca — Play It Again Trivia 4:30 p.m. Monthly Evening Dinner (RSVP by June 11 at 2 p.m.)</p>	<p>13 8:30 a.m. Cardio &amp; Strength (Angie) 9 a.m. Doughnuts for Dads 10:30 a.m. Name that Tune w/Kelly Dority 12:30 p.m. Pinochle (Deadline for Patriotic Wreath with Karen: \$15) 9 a.m. Donuts for Dads</p>
<p>17 8:30 a.m. Zumba Gold (Angie) 9 a.m. Bingocize w/ Lilly 9:15 a.m. Movement Made Easier (Angie) 10 a.m. Tech Help 10 a.m.- 1 p.m. Dirt Therapy Noon Euchre</p>	<p>18 8:30 a.m. Circuit (Angie) 9 a.m. DEEP w/Alexis 9 a.m. Bingocize w/ Lilly 9:30 a.m. Quilting with Sandy 11 a.m. Stretch &amp; Tone w/Brenda Noon: Prize Bingo w/ Christine Montgomery from Bridge HH 1:15 p.m. Chair Volleyball 1:15 p.m. Skip-Bo/Phase 10</p>	<p>19 Juneteenth Holiday CLOSED</p>	<p>20 8:30 a.m. Cardio &amp; Strength (Angie) 12:30 p.m. Pinochle</p>
<p>24 8:30 a.m. Zumba Gold (Angie) 9 a.m. Bingocize w/ Lilly 9:15 a.m. Movement Made Easier (Angie) 9:30 a.m. Embroidering w/Sandy 10 a.m. Tech Help Noon Euchre</p>	<p>25 8:30 a.m. Circuit (Angie) 9 a.m. DEEP w/ Alexis 9 a.m. Bingocize w/ Lilly 9 a.m. Cardo w/ Valley View 9:30 a.m. Knit/Crochet w/Sandy 11 a.m. S&amp;T w/ Brenda Noon: Prize Bingo w/ Jessica Sumser from Firelands HH 1:15 p.m. Chair Volleyball 1:15 p.m. Skip-Bo/Phase 10 2 p.m. LRC game w/ Lilly</p>	<p>26 8:30 a.m. Tai Chi (Angie) 9 a.m.-11:00 a.m. Active Living with Brenda 9:15 a.m. Senior Stretch (Angie) 10 a.m. Active Living with Brenda Noon Bridge 12:30 p.m. Sequence Board game</p>	<p>27 Happy Birthday!! 8:30 a.m. Cardio &amp; Strength (Angie) 11:30 a.m. Birthday Lunch 12:30 p.m. Bingo with Countryside 12:30 p.m. Pinochle 2 p.m. Patriotic Wreath with Karen</p>

# Gibsonburg Senior Center Highlights

**Walk with Ease Program:** Continues June 3, 12:30 p.m. The Arthritis Foundation Walk with Ease program continues Monday, June 3. This program helps participants dealing with arthritis, fibromyalgia, and chronic pain to reduce pain, increase balance, and improve overall health. We meet at the Senior Center on Monday, Tuesday, and Wednesdays, unless otherwise noted on the calendar. Call the center if you have any questions.

**Internet Safety Presentation:** June 6, 10:30 a.m. Have you or anyone you know been a victim of computer fraud? Croghan Colonial Bank will be at the center to educate on internet safety. Join us to learn how to keep yourself and private information safe.

**Active Living:** Starting June 6, 12:30 p.m. Active Living Every Day is a 12-week program, which consists of a 1-hour meeting weekly. It is a program sponsored by the Area Office on Aging of Northwestern Ohio. It is an evidence-based behavior change program. Participants learn the skills they need to become and stay physically active. If you would like to sign up or have questions, please call the center. Space is limited.

**Dairy Delights:** June 10, 10:30 a.m. Join Ruby from OSU extension as she educates how to get our daily dairy servings but, in delightful and tasty ways.

**Harp Music:** June 11, 10:30 a.m. Seniors Helping Seniors will be here to educate us about their services in the community. They will also bring a harpist to play some music for our entertainment.

**Tenzi Dice Game:** June 12, 10:30 a.m. Join us for a fun competitive dice game of Tenzi. Everyone uses 10 dice as they try to complete the given task. It takes a little strategy and a whole lot of luck!

**Monthly Evening Meal and Activity:** June 12, 3:30 p.m.- 6 p.m. Our theme for 2024 is "Lights, Camera, Action, Eat". This month we will highlight the movie Casablanca. Check out the menu and if you are interested, please call or stop by the senior center before Tuesday, June 11, at 2 p.m. to make a reservation. We will be playing "Play it Again" trivia at 3:30 p.m. before the meal. Here's looking at you kid...

**Father's Day Celebration:** June 13, 10:30 a.m. Everyone is invited to join us for light refreshments, socializing and games. Let's celebrate the influential men in our lives.

**Bingocize:** Starting June 17, 10:30 a.m. This is a 10-week evidence-based program that consists of meeting twice a week for a 1-hour each time. Bingocize combines a bingo-like game with exercise and health education. This program has been shown to help increase older adults' functional fitness, health knowledge, and socialization. Please call the center to sign up or if you have additional questions by Wednesday, June 12 by 2 p.m.

**Diamond Art:** June 27, 10:30 a.m. Diamond Art has been compared to a paint-by-number craft but uses small rhinestones instead of paint. This month we will be doing a sunflower pattern on magnets. Please RSVP to the center by June 20 by 2 p.m.



*We recognized Gibsonburg Senior Center volunteers Gayle, Kathy, and Sue at an appreciation breakfast on April 21, sponsored by Joann from Countryside Manor. More pictures from our centers' volunteer events are on page 11.*

# Gibsonburg Senior Center Calendar

## Senior Site Supervisor Polly Dierksheide

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\*\*\*

## June 2024

Monday	Tuesday	Wednesday	Thursday
<b>3</b> 10:30 a.m. Boggle Game 12:30 p.m. Walk with Ease	<b>4</b> 10:30 a.m. Bingo w/ Lisa from Trustwell Living 12:30 p.m. Walk with Ease	<b>5</b> 10:30 a.m. Trivia w/ Christy from Bridge Hospice 12:30 p.m. Walk with Ease	<b>6</b> 10:30 a.m. Internet Safety w/ Jeanette from Croghan Colonial Bank 12:30 p.m. Active Living
<b>10</b> 10:30 a.m. Dairy Delights w/ Ruby from OSU extension 12:30 p.m. Walk with Ease	<b>11</b> 10:30 a.m. Harp music and presentation w/ Seniors Helping Seniors 12:30 p.m. Walk with Ease	<b>12</b> 10:30 a.m. Tenzi Dice Game 12:30 p.m. Walk with Ease 3:30 p.m. 'Play it Again' Trivia 4:30 p.m. Monthly Evening Meal RSVP by June 11 @ 2 p.m.	<b>13</b> 10:30 a.m. Father's Day Celebration
<b>17</b> 10:30 a.m. Bingocize	<b>18</b> 10:30 a.m. Bingo w/ Melissa from Parkview Care Center	<b>19</b> Juneteenth Holiday CLOSED	<b>20</b> 10:30 a.m. Bingocize 12:30 p.m. Active Living
<b>24</b> 10:30 a.m. Bingocize	<b>25</b> 10:30 a.m. Bingo w/ Joann from Countryside Manor	<b>26</b> 10:30 a.m. Bingocize	<b>27</b> Happy Birthday!!  10:30 a.m. Diamond Art 11:30 Birthday Lunch 12:30 p.m. Active Living

## YOUR AD HERE!

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1/8 - \$25.00 per issue

1/4 = \$50.00 per issue

1/2 = \$75.00 per issue

Full = \$125.00 per issue

Full payment must be received prior to ad publication.

# Clyde Senior Center Highlights

**Welcome Orientation:** If you are new to the Senior Center and would like to talk to someone and tour our facility, please feel free to stop on June 11 and 25 at 1 p.m.

**Walk with Ease Program:** Continues June 3 at 8 a.m. The Arthritis Foundation Walk with Ease program continues Monday, June 3. This program helps participants dealing with arthritis, fibromyalgia, and chronic pain to reduce pain, increase balance, and improve overall health. We meet at the senior center on Monday, Tuesday, and Wednesdays, unless otherwise noted on the calendar. Call the center if you have any questions.

**Active Living:** Starting June 6 at 8 a.m. Active Living Every Day is a 12-week program, which consists of a 1-hour meeting weekly. It is a program sponsored by the Area Office on Aging of Northwestern Ohio (AOoA). It is an evidence-based behavior change program. Participants learn the skills they need to become and stay physically active. If you would like to sign up or have questions, please call the center. Space is limited.

**Tai Chi for Arthritis:** Starts June 6 at 10 a.m. Tai Chi for Arthritis through AOoA ARPA Program helps seniors learn to relieve pain and improve their health in this class. It improves balance, both mentally and physically, thus significantly reducing the rate of falls. Additional benefits include improved relaxation, vitality, and posture. Classes will be June 6, 13, and 20.

**Bingocize:** Starting June 17 at 9 a.m. Join us for an exciting way to get active while enjoying one of our favorite activities: BINGO! This is a 10-week evidence-based program that consists of meeting twice per week for 1-hour each session. Bingocize combines a bingo-like game with exercise and health education. This program has been shown to help increase older adults' functional fitness, health knowledge, and socialization. Please call the center or stop by to sign up or if you have additional questions by Wednesday, June 12, by 2 p.m.

**Noodle Drumming:** June 12, 18, and 25 at 12:30 p.m. Join us for an activity that is so much fun, you don't even realize you are working out. Bring a friend and enjoy the laughter and music!

**Chair Volleyball:** June 5 and 11 at 12:30 p.m. and 17 at 10:30 a.m. Join us for a fun-filled competition of some chair volleyball. We have the net and prizes!

Bring a friend and show off your team skills.

**Dairy Delights:** June 5 at 10:30 a.m. Join Ruby from OSU extension as she educates how to get our daily dairy servings but, in delightful and tasty ways.

**Crafting with Karen — Patriotic Wreath:** June 10 at 10 a.m. Karen will guide us to create a patriotic wreath. The cost will be \$10; please sign up at the Clyde Senior Center and pay by June 6. Visit the center to see a preview of the craft.

**Monthly Evening Meal and Activity:** June 12, 3:30 p.m.-6 p.m. Our theme for 2024 is "Lights, Camera, Action, Eat". This month we will highlight the movie Casablanca. Check out the menu and if you are interested, please call or stop by the senior center before Tuesday, June 11, at 2 p.m. to make a reservation. We will be playing "Play it Again" trivia at 3:30 p.m. before the meal. Here's looking at you kid...

**Farmer's Market Voucher Information:** June 13, 10:30 a.m. Vickie Smiley from AOoA will be here to discuss programs including farmers' market vouchers and update us on changes this year.

**Father's Day Celebration:** June 17 at 10 a.m. Everyone is invited to join us for doughnuts and socializing. Let's celebrate the influential men in our lives.

**Reminisce with Nelcy:** June 20 at 1 p.m. Reminisce with Nelcy from the Clyde library about life in the fifties. Please bring your memories and pictures to share. We would love to post your favorite pictures.

**Plan Ahead and Protect Yourself:** June 24 at 10:30 a.m. Legal Aid of Western Ohio will be here to present the free Legal Series for Seniors. They will educate on planning for the future.

**Toenail Clinic:** June 26 at 1 p.m. Joni Widman, RN, will be present to trim toenails this month. The cost is \$15. Call for more details and/or to reserve.

**Root Beer Floats and Outdoor Activity:** June 27 at 1 p.m. We will enjoy some fresh air and sunshine on our patio while enjoying root beer floats provided by Holly from Providence Care Center & Holly from Stein Hospice.

# Clyde Senior Center Events Calendar

## Senior Site Supervisor Donna Key

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\*\*\*

## June 2024

Monday	Tuesday	Wednesday	Thursday
<p>3</p> <p>8 a.m. Walk with Ease 10:30 a.m. Bingo w/Lisa from Heritage House 12:30 Dominoes</p>	<p>4</p> <p>8 a.m. Walk with Ease 10 am Bingo w/ Jessica from Firelands Home Health 12:30 p.m. Pinochle</p>	<p>5</p> <p>8 a.m. Walk with Ease 10:30 a.m. Dairy Delights w/ Ruby from OSU EXT 12:30 p.m. Uno /Cards 12:30 Chair Volleyball</p>	<p>6</p> <p>8 a.m. Active Living 10 a.m. Tai Chi w/Brenda 10:30 a.m. Bingo w/ Beau 12:30 p.m. Canasta</p>
<p>10</p> <p>8 a.m. Walk with Ease 9:30 am Knit &amp; Crochet w/ Sandy 10 a.m. Crafting w/Karen: Patriotic Wreath 10:30 Stretches w/ Mariah from NOMS 12:30 p.m. Dominoes</p>	<p>11</p> <p>8 a.m. Walk with Ease 10:30 am Bingo w/ Melissa from Parkview Care Center 12:30 p.m. Pinochle 12:30 p.m. Chair Volleyball 1:00 p.m. Welcome Orientation</p>	<p>12</p> <p>8 a.m. Walk with Ease 10:30 a.m. Bingo w/ Christine from Blanchard Valley 12:30 p.m. Uno /Cards 12:30 Noodle Drumming 3:30 p.m. 'Play it Again' Trivia 4:30 p.m. Monthly Evening Meal (RSVP by June 11 @ 2 p.m.)</p>	<p>13</p> <p>8 a.m. Active Living 10 a.m. Tai Chi w/Brenda 10:30 Vickie w/Area Office on Aging Farmer's Market Vouchers 12:30 p.m. Canasta</p>
<p>17</p> <p>9 a.m. Bingocize 10 a.m. Doughnuts for Dads 10:30 a.m. Chair Volleyball 12:30 p.m. Dominoes</p>	<p>18</p> <p>10:30 a.m. Bingo w/ Joann from Countryside 12:30 p.m. Pinochle 12:30 p.m. Noodle Drumming</p>	<p>19</p> <p>Juneteenth Holiday CLOSED</p>	<p>20</p> <p>8 a.m. Active Living 9 a.m. Bingocize 10 a.m. Tai Chi w/Brenda 12:30 Bingo w/Kelly from Edgewood Manor 1 p.m. Reminisce w/Nelcy from the Clyde Library "The Fifties"</p>
<p>24</p> <p>9 a.m. Bingocize 9:30 Knit &amp; Crochet w/Sandy 10:30 a.m. Plan Ahead and Protect Yourself w/ Legal Aid of Western Ohio 12:30 p.m. Dominoes</p>	<p>25</p> <p>10:30 a.m. Bingo w/ Amanda from Bolte Insurance 12:30 Noodle Drumming 12:30 p.m. Pinochle 1:00 p.m. Welcome Orientation</p>	<p>26</p> <p>9 a.m. Bingocize 10:30 Bingo w/ Brittney from Spring Creek 12:30 p.m. Uno/Cards 1 p.m. Toenail Clinic</p>	<p>27</p> <p>Happy Birthday!!</p> <p>8 a.m. Active Living 10:30 a.m. Bingo w/ Kim from Bellevue Care Center 11:30 a.m. Birthday lunch 12:30 p.m. Canasta 1 p.m. Root beer floats</p>



### ADD US ON FACEBOOK!

Stay in touch by joining our Sandusky County Seniors Facebook group, available at [facebook.com/groups/sanduskycountyseniors](https://facebook.com/groups/sanduskycountyseniors).

The group is private. Please ask us to join and we will respond.

## The transformative power of lever-style handles and faucets

As we age, tasks like opening a door or turning on a faucet can be difficult for seniors with limited mobility and dexterity. Installing lever-style door handles and faucets can improve accessibility and independence for the elderly, offering a solution to these challenges. Benefits of lever-style design include:

- **Ease of Use:** Levers are easier to operate than round knobs, suitable for use with the palm or elbow, which helps ease joint strain.
- **Accessibility:** Ideal for seniors, individuals with disabilities, or those with temporary injuries, enhancing usability for everyone.
- **Safety and Stability:** Provides better grip and leverage than knobs, lowering slip and fall risks, particularly in moist areas like bathrooms and kitchens.

- **Modern Aesthetic:** Available in various designs, lever handles and faucets offer options for every decor style, from classic to contemporary.



Lever-style door handles and faucets improve accessibility and foster independence by making it easier for those with limited dexterity and mobility to use them.

Also, Senior Helping Hands is excited to welcome a new team member in May to assist with projects in Sandusky County. If you're interested in lever-style handles or faucets, please call us at 419-332-8499. Thank you for your patience as we welcome our new employee.

## Senior Centers hosting Walk with Ease programs in June

The Arthritis Foundation Walk with Ease program helps participants dealing with arthritis, fibromyalgia, and chronic pain to reduce pain, increase balance, and improve overall health. The program is sponsored by the Area Office on Aging (AOoA). Classes begin with attendance, welcome and announcements, topic discussion and walking warm-up and stretches before walking. Cool-down stretches take place after walking, and the group will of course have time to socialize before and after classes.

This is also offered at all three GLCAP Senior Centers with times as follows. **Fremont Senior Center** at 8 a.m. on Monday, Tuesday, and Wednesdays, unless otherwise noted on the calendar. **Clyde Senior Center** at 8 a.m. on Mondays, Tuesdays, and Wednesdays, unless otherwise noted on the calendar. **Gibsonburg Senior Center** at 12:30 p.m. on Mondays, Tuesdays, and Wednesdays, unless otherwise noted on the calendar. Join at any time.

### Fremont Schedule 8-9:30 a.m.

June 3	June 10
June 4	June 11
June 5	June 12

### Gibsonburg Schedule 12:30-2 p.m.

June 3	June 10
June 4	June 11
June 5	June 12

### Clyde Schedule 8-9:30 a.m.

June 3	June 10
June 4	June 11
June 5	June 12

# Thank you to our volunteers!

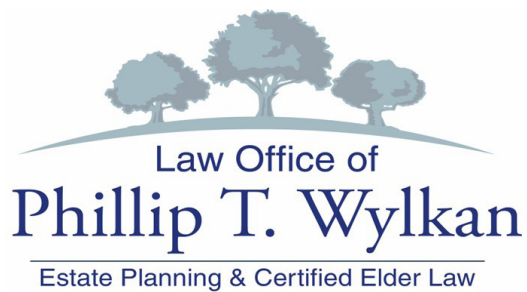
Our Clyde, Fremont, and Gibsonburg Senior Centers recognized our volunteers in April. We are much appreciative of our volunteers who help in many different ways at our centers. Thank you as well to our sponsors for contributing to our appreciation events.





## The force was with us at Star Wars meal

Guests to our Star Wars-themed evening meal on May 8 took part in some "Jedi training" before enjoying their dinner. Not only did we work on our light saber techniques, but we also honed in our blaster skills. This year's evening meal themes are all inspired by popular films. This month, we're hosting meals based on the classic, Casablanca. Details are on page 14.



Let Attorney Wylkan provide you  
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## Card Club & Game Winners

### Fremont Game

#### Winners

#### Bridge Club

4/3—1st Phil Merz/Carol Smith, 2nd Virginia Mittan/Shirley Ratzmann 3rd Helen Tonkin/Ron Hill

4/10—1st Phil Merz, 2nd Georgia Boehlke, 3rd Ron Hill

4/17—1st Phil Merz, 2nd Georgia Boehlke, 3rd Ron Hill

4/24—1st Carolyn Underwood and Becky Prasuhn, 2nd Al Stokes and Ann Humberger, 3rd Virginia Mittan

### Euchre Club

4/1—1st Deb Stratton, 2nd Lee Myers, 3rd Kay Hall

4/15—1st Isa Jay, 2nd Lee Myers, 3rd Mary Pfefferle

4/22—1st Lee Myers, 2nd Ruthie Williams

4/29—1st Mary Kucha, 2nd Irene Feehan, 3rd Ruthie Williams

### Pinochle Club

4/4—1st Deb Stratton, 2nd Larry Storey, 3rd Mary Kucha

4/11—1st Isa Jay, 2nd Shirley Mehling

4/18—1st Deb Stratton, 2nd Vicki Karr, 3rd Anne

Humberger

4/25—1st Isa Jay, 2nd Nancy McKeever, 3rd Nancy Park

### Clyde Game Winners

#### Canasta

Sam Jones, Bobby Goble, David Blay, Myrna Casler, winners 2 games

Sherry Goble, Deb Snider, Carol Van Fleet, winners 1 game

#### Dominoes

4/1 — 1st Gerald Shalk 2nd Myrna Casler, 3rd Linda Moyer

4/15 — 1st Gerald Shalk, 2nd Linda Moyer, 3rd Sherry Goble

4/22 — 1st Myrna Casler, 2nd Gerald Schalk, 3rd Linda Moyer

### Phase 10

4/3 — 2 games, Deb Snider; 1 game, Carol Van Fleet

4/10 — 2 games, Deb Snider; 1 game, Carol Van Fleet

4/17 — 2 games, Deb Snider; 1 game, Gerald Schalk

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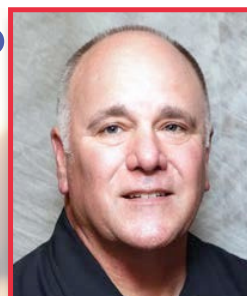
- ✓ **1. Knowledge of many plans.** We represent many Medicare Plans. Our knowledge of many plans can help you save much time researching plans on your own. We specialize in listening to you and providing plan options that best match what is most important to **you**.
- ✓ **2. Provider Lookup.** We help **you** find a plan that covers the doctors and hospitals most important to **you**.
- ✓ **3. Medication lookup and cost comparison.** We can help you find a Part D Prescription Drug plan based upon your medication list and preferred pharmacy.
- ✓ **4. No fees or additional costs.** As agents, we are compensated in the form of commissions by the Medicare Plan if you enroll.



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# Sandusky County Nutrition

**Nutrition Coordinator Alexis Massie**  
**Meals-on-Wheels Specialist Jenna Owens**

[anmassie@glcap.org](mailto:anmassie@glcap.org)

[jnowens@glcap.org](mailto:jnowens@glcap.org)

## Monthly Evening Meal and Activity June 12, from 3:30 p.m. - 6 p.m.

Our theme for 2024 is "Lights, Camera, Action, Eat". This month we will highlight the movie Casablanca. Check out the menu and if you are interested, please call or stop by the senior center before Tuesday, June 11, at 2 p.m. to make a reservation. We will be playing "Play it Again" trivia at 3:30 p.m. before the meal. Here's looking at you kid...



## MONTHLY EVENING MEAL

Casablanca

4:30 pm – 6:00 pm

RSVP by 2 pm Tuesday, June 11th

Moroccan Baked Chicken over Herbed  
Couscous

Casablanca Carrots

Lemon Green Beans and Potatoes

Baked Peaches

Moroccan Orange Cake

# GLCAP Sandusky County Senior Menu for June 2024

(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
3. Cheeseburger on Bun Potato Wedges Cole Slaw Baked Apple Brownie	4. Chicken a La King over Biscuit, Au Gratin Potatoes, Steamed Broccoli, Mixed Fruit <b>Salad:</b> Garden Salad / Cheese Stick	5. Salisbury Steak Mashed Potatoes and Gravy Buttered Corn Mandarin Oranges Wheat Bread / Cookie	6. Lasagna Roll Up w/ Meat Sauce, Italian Vegetables, Tossed Salad, Fruit Crisp, Cottage Cheese, Garlic Bread <b>Salad:</b> Chef Salad w/ Turkey Ham	<b>Box Lunch out on Thursday 6/6/24: Roast Beef Sandwich</b>
10. Swedish Meatballs over Parslied Noodles Harvard Beets Green Beans Peaches / Wheat Bread	11. Ham and Potato Skillet, Brussels Sprouts, Baby Carrots, Pears, Wheat Bread, Yogurt Cup <b>Salad:</b> Chef Salad w/ Chicken	12. Beefy Chili Spinach Salad Potato Salad Blueberries Corn Bread / Lemon Bar	13. Tortilla Crusted Tilapia, Roasted Corn and Black Beans, Butternut Squash, Apricots, Wheat Bread <b>Salad:</b> Garden Salad / Cheese Stick	<b>Box Lunch out on Thursday 6/13/24: Egg Salad / Croissant</b>
17. Baked Steak w/ Peppers and Onions Baked Potato Mixed Vegetables / Pineapple Wheat Bread / Cookie	18. Chicken Cordon Bleu, Sweet Potatoes, Steamed Broccoli, Strawberry Applesauce, Muffin <b>Salad:</b> Chef Salad w/ Turkey Ham	19. <b>Closed - Holiday</b>	20. Cabbage Roll, Mashed Potatoes and Gravy, Squash Blend Vegetables, Fresh Melon, Wheat Bread <b>Salad:</b> Chef Salad w/ Chicken	<b>Box Lunch out on Thursday 6/20/24: Chicken Bacon Ranch Pasta Salad</b>
24. Chicken Tenders w/ Dipping Sauce Cheesy Potatoes Green Beans Corn Bread / Cookie	25. Egg and Cheese Omelet, Maple Sweet Potatoes, Spinach Souffle, Bagel, Yogurt Cup <b>Salad:</b> Chef Salad w/ Turkey Ham	26. BBQ Chicken Breast over Garlic Butter Rice Sliced Carrots Peas w/ Pearl Onions Wheat Bread	27. <b>Birthday Day!</b> Baked Meatloaf, Scalloped Potatoes, Prince Charles Vegetable Blend, Strawberry Delight, Roll, Cake, Ice Cream <b>Salad:</b> Garden Salad / Cheese Stick	<b>Box Lunch out on Thursday 6/27/24: Ham and Cheese Sandwich</b>
			*One Trip Salad Bar at the Fremont Senior Center open on <b>Wednesdays</b> by reservation only. Dine in only, no carry-out.	

**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  
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# SENIORS ON THE MOVE

June 2024



*We donned our most ornate hats for the May 2 Kentucky Derby event  
at the Fremont Senior Campus. Looking good!*

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