



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

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FEBRUARY 2026

The Sandusky County Senior Services Newsletter

SENIORS ON THE MOVE



FROM THE HEART: WELLNESS STARTS HERE

February is Heart Health Month—a great time to focus on simple, everyday habits that support a healthy heart. Staying active, eating well, managing stress, and staying socially connected all play an important role in heart health, and many of the programs at our senior centers are designed to support just that.

This month also sets the stage for continued wellness as we look ahead to our March Into Health event. This upcoming challenge encourages seniors to stay active, build healthy routines, and focus on overall well-being—because it's never

too late to begin.

We love our seniors and are committed to supporting your health every step of the way. Look for more details about March Into Health on page 3, and join us as we work toward a healthier season together.

**WEAR RED FOR
HEART HEALTH ON
FEBRUARY 5!**

INSIDE: Exercise Equipment at Fremont Senior Center, Black History Month, Ohio Loves Transit, and more!

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.

HEALTH, SAFETY, & SUPPORT: INTRODUCING EXERCISE EQUIPMENT ACCESS FOR SENIORS

The Fremont Senior Center is thrilled to announce a new opportunity for older adults in our community to stay active and healthy! Beginning Feb. 9, seniors will have access to exercise equipment designed to promote strength, wellness, and overall well-being in a safe and supportive environment.

This initiative will launch as a pilot program running February through April. During this time, we'll track participation and feedback to shape the future of the program.

Open Access Hours

- Monday & Wednesday: 10 a.m.–4 p.m.
- Tuesday & Thursday: 1 p.m.–4 p.m.

Please note: Equipment will not be available on holidays, weather-related closures, or other GLCAP closing dates.

Program Highlights Volunteer-Led Instruction: Trained volunteers will guide participants on safe and effective equipment use.

- **Small Group Orientations:** Offered twice per month to cover safety tips, proper use, and program guidelines.
- **Safety First:** All participants must complete an orientation, sign a liability waiver, and fill out a CSBG enrollment form before using equipment.
- **Buddy System:** For safety, equipment use is only allowed in pairs—no solo sessions.

- **Sign-In/Sign-Out:** Participants must log their visits at the front desk.

How to Get Started

1. **Sign up for orientation with Lilly. (419) 334-8383, opt#1**
2. Complete the orientation session and required forms (CSBG Enrollment & Liability Waiver).
3. After orientation, enjoy the exercise equipment during open access hours—just remember to pair up and sign in/out!
4. Update forms annually to stay current.

Safety & Cleanliness Guidelines

- **Footwear:** Tennis shoes required; bring a clean pair for the exercise area.
- **Hydration:** A water bottle refill station is available—stay hydrated!
- **Emergency response:** Use the buddy system to alert staff if needed; basic first aid is available, and EMS will be contacted for emergencies.
- **Sanitation:** Wipe down equipment after each use with provided disinfectant wipes.

We're excited to offer this program and look forward to seeing you take advantage of this new resource! For questions or to sign up for orientation, please **contact Lilly at the Fremont Senior Center at 419-334-8383, opt #1.**



Some of the equipment now available at the Fremont Senior Center

Sandusky County Senior Centers

LET'S "MARCH INTO HEALTH" TOGETHER! IT'S NEVER TOO LATE TO BEGIN

The best way to maintain health is to preserve it through a healthful lifestyle, rather than waiting until we are sick to put things right. Maintaining wellness and optimal health is a lifelong, daily commitment.

Steps that can help us maximize our health include: a balanced, nutritious diet, sourced as naturally as possible; regular exercising (check with your doctor before starting a new exercise program); screening for diseases that may present a risk; learning to manage stress; engaging in activities that provide purpose and connection with others; maintaining a positive outlook; defining a value system, and putting it into action.

Peak health will be different for each person, and how you achieve wellness may be different from how someone else does. It may not be possible to avoid disease completely, but doing as much as we can to develop resilience and prepare the body and mind to deal with problems as they arise is a step we can all take.

We love our seniors and are committed to supporting you in every way we can. So now comes the CHALLENGE as we **"March into Health"** together.

Whoever has recorded the **most time** of exercise beginning March 1 through 31 is the GRAND PRIZE WINNER! Exercise is your physician approved type of exercise. Examples include stretches, walking in place or around the house, treadmill, or daily exercise classes led by Brenda Kuieck and Angie Schroeder at the Fremont Senior Center or Angie's via ZOOM.

You will gain strength, mobility, stress relief, and confidence and a chance to win the grand prize — a gift basket provided by the Bethesda Care Center. Thank you to Bethesda Care Center for partnering with us to benefit Sandusky County Seniors.

March Into Health Rules:

1. On a sheet of paper, print your name, address, and telephone number.
2. Each time you exercise, record the date and

type of exercise between March 1 and March 31.

3. Record the number of minutes you exercised each time. At the end you will add up all the minutes and write that total number on your paper.

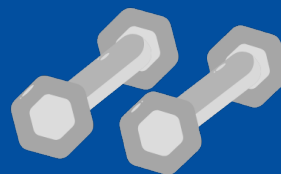
4. Return to Brenda Kuieck, program planner at: Fremont Senior Center or mail to the Fremont Senior Center at 1101 Castalia Street, Fremont, OH 43420 or send via e-mail to bskuieck@glcap.org

For more information, please contact Brenda Kuieck, program planner at 567-280-1190 or via e-mail at bskuieck@glcap.org.

COUNT YOUR EXERCISE TIME AT THE FREMONT SENIOR CENTER!

**Want to use our exercise equipment?
Call the Fremont Senior Center to:**

1. Sign up for orientation with Lilly.
2. Complete a volunteer-led orientation session.
3. Complete necessary open access forms, including a CSBG enrollment form and liability waiver.
4. Enjoy the equipment. After orientation, participants can use the exercise equipment during designated times by signing in and out and pairing with another participant.
5. Stay current: Waiver forms and CSBG enrollment forms need to be updated annually.



HONORING BLACK HISTORY MONTH

February is Black History Month, a time to recognize and celebrate the rich history, culture, and contributions of Black Americans. It is also an opportunity to reflect, learn, and honor the individuals whose courage, creativity, and leadership have helped shape our communities and our nation.

Senior centers play a meaningful role in preserving history, and our members carry powerful stories, experiences, and memories that connect the past to the present. Through conversation, shared experiences, music, art, and community gatherings, senior centers provide a space where history is not just remembered—it is lived and passed on.

Black History Month also reminds us of the importance of community, resilience, and connection—values that are at the heart of our senior center programs. By coming together, learning from one another, and celebrating diversity, we strengthen understanding and create a welcoming environment for all.

We invite everyone to take a moment this February to reflect on the lessons of Black history and to continue honoring those stories throughout the year. By listening, learning, and sharing together, we ensure that history—and the voices behind it—continue to inspire future generations.



QUICK RECAP! CLYDE SENIOR CENTER SELF-DEFENSE CLASS LED BY BRENDA



Seniors asked what to do if they were knocked down or pinned. Brenda demonstrated proper foot placement techniques to help create leverage and push an attacker away.

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.

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

CLINICS & INFORMATIONAL MEETINGS

Toenail Clinic (Feb. 4, 9 a.m.–noon): Monthly toenail trimming by RN Joni Widman; cost is \$15 and appointments fill quickly.

Diabetes Prevention Program Class (Feb. 5, 12, 19, 26 from 8:30–9:30 a.m.): A year-round YMCA-supported program meeting Thursday mornings; see YMCA newsletter for details.

'Therapy Thursday' with Stella (Feb. 12 from Noon-1 p.m.): Come visit with Stella, the therapy dog from Auxter and Recker Funeral Homes. She loves to be around people!

Coffee Bar (Feb. 11, 9 a.m.): Enjoy coffee, donuts, and conversation with Jon from Wellcare.

Blood Pressure Clinic w/ JoAnn Sinclair (Feb. 26, 10:15–11:30 a.m.): JoAnn from Countryside provides free blood pressure checks.

ARTS & CRAFTS

Crafting with Karen: Irish Swag (Feb. 26 at 1:15 p.m.) Make an Irish swag with Karen Franks for \$15, or \$18 if pre-made; sign up by Feb. 19 with payment at the center.

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

GAMES

Sequence (Feb. 4, 11, 18, 25 at 12:30 p.m.): Play in groups of four; first team to earn two lines on the board wins

Skip-Bo/Phase 10 (Feb. 3, 10, 17, 24 at 1:15 p.m.): Call to sign up for these fun, easy-to-learn card games.

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.

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

Monthly Evening Meal & Activity (Feb. 11, 3:30–6 p.m.): Ready, set, let's roll into adventure with GLCAP Senior Services in 2026 as we enjoy fun board, card, and TV games—starting in February with a game of Clue at 3:30 p.m. before the meal, so be sure to check the menu and make your reservation by stopping in or calling the senior center by Monday, Feb. 9, at 2 p.m.

Friend's Valentines Party (Feb. 12 at 1 p.m.): Come hang out with friends and enjoy light appetizers as we celebrate Valentines Day.

Birthday Day (Feb. 26): 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 have a fun lineup of games and/or entertainment and the most highly-requested meals. And it would not be a birthday party without cake and ice cream! Call for reservations!

Movie: Falling INN Love (Feb. 26 at 1:45 p.m.): Join us after the birthday celebration as we watch the movie “Falling INN Love” with pop and popcorn provided!

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

Fremont Senior Campus Events Calendar

FEBRUARY 2026

Monday	Tuesday	Wednesday	Thursday
<p>2</p> <p>8:30 a.m. Zumba Gold (Angie)</p> <p>9:15 a.m. Strength, Stamina, and Stability (Angie)</p> <p>10:15 a.m. Tech Help w/ Willie</p> <p>10:30 a.m. Bingo with Mackenzie Todd from Bellevue Care Center</p> <p>Noon: Euchre</p> <p>12:30 p.m. Diamond Art</p>	<p>3</p> <p>8:30 a.m. Circuit (Angie)</p> <p>11 a.m. Stretch and Tone w/ Brenda</p> <p>Noon: Prize Bingo w/ Kari Arnold from Herman Funeral Home</p> <p>1:15 p.m. Chair Volleyball</p> <p>1:15 p.m. Skip-Bo/Phase 10</p>	<p>4</p> <p>8:30 a.m. Tai Chi (Angie)</p> <p>9 a.m. Noon Toenail Clinic w/ Joni Widman</p> <p>9:15 a.m. Chair Yoga (Angie)</p> <p>Noon: Bridge</p> <p>Noon-3 p.m. Open Pool Table</p> <p>12:30 p.m. Sequence game</p> <p>12:30 p.m. Diamond Art</p> <p>1 p.m. Book Club: "Three to Get Deadly"</p>	<p>5</p> <p>Wear Red Day!</p> <p>8:30 a.m. Cardio & Strength (Angie)</p> <p>8:30 a.m. Diabetes Prevention Program</p> <p>10:30 a.m. Walk w/ Brenda</p> <p>12:30 p.m. Pinochle</p> <p>12:30 p.m. Diamond Art</p>
<p>9</p> <p>8:30 a.m. Zumba Gold (Angie)</p> <p>9:15 a.m. Strength, Stamina, and Stability (Angie)</p> <p>10:15 a.m. Tech Help w/ Willie</p> <p>Noon: Euchre</p> <p>12:30 p.m. Diamond Art</p> <p>Deadline to RSVP for Evening meal by 2 p.m.</p>	<p>10</p> <p>8:30 a.m. Circuit (Angie)</p> <p>11 a.m. Stretch and Tone w/ Brenda</p> <p>Noon: Prize Bingo w/ Amy from Wylkan's Law Office</p> <p>1:15 p.m. Chair Volleyball</p> <p>1:15 p.m. Skip-Bo/Phase 10</p>	<p>11</p> <p>8:30 a.m. Tai Chi (Angie)</p> <p>9 a.m. Coffee Bar with Ashley Brunthaver from Clyde Majestic Care</p> <p>9:15 a.m. Chair Yoga (Angie)</p> <p>Noon: Bridge</p> <p>Noon-3 p.m. Open Pool Table</p> <p>12:30 p.m. Sequence game</p> <p>12:30 p.m. Diamond Art</p> <p>1 p.m. Book Club</p> <p>3:30 p.m. "Clue" Game</p> <p>4:30 p.m. Monthly Evening Meal (RSVP Feb. 9 at 2 p.m.)</p>	<p>12</p> <p>8:30 a.m. Cardio & Strength (Angie)</p> <p>8:30 a.m. Diabetes Prevention Program</p> <p>10:30 a.m. Walk w/ Brenda</p> <p>Noon- 1 p.m. "Therapy Thursday" with Stella the therapy dog</p> <p>12:30 p.m. Pinochle</p> <p>12:30 p.m. Diamond Art</p> <p>1 p.m. Friend's Valentine's Day Party</p>
<p>16</p> <p>Presidents' Day Center Closed</p>	<p>17</p> <p>8:30 a.m. Circuit (Angie)</p> <p>9 a.m. Adult Coloring</p> <p>11 a.m. Stretch and Tone w/ Brenda</p> <p>Noon: Prize Bingo w/ Rachel Russell from Buckeye Hospice</p> <p>12:30 p.m. Bridge</p> <p>1:15 p.m. Chair Volleyball</p> <p>1:15 p.m. Skip-Bo/Phase 10</p>	<p>18</p> <p>8:30 a.m. Tai Chi (Angie)</p> <p>9:15 a.m. Chair Yoga (Angie)</p> <p>Noon Bridge</p> <p>Noon-3 p.m. Open Pool Table</p> <p>12:30 p.m. Sequence game</p> <p>12:30 p.m. Diamond Art</p> <p>1 p.m. Book Club: "Three to Get Deadly"</p>	<p>19</p> <p>8:30 a.m. Cardio & Strength (Angie)</p> <p>8:30 a.m. Diabetes Prevention Program</p> <p>10:30 a.m. Walk w/ Brenda</p> <p>12:30 p.m. Pinochle</p> <p>12:30 p.m. Diamond Art</p>
<p>23</p> <p>8:30 a.m. Zumba Gold (Angie)</p> <p>9:15 a.m. Strength, Stamina, and Stability (Angie)</p> <p>10:15 a.m. Tech Help w/ Willie</p> <p>Noon: Euchre</p> <p>12:30 p.m. Diamond Art</p>	<p>24</p> <p>8:30 a.m. Circuit (Angie)</p> <p>11 a.m. Stretch and Tone w/ Brenda</p> <p>Noon: Prize Bingo w/ Ashley Brunthaver from Clyde Majestic Care</p> <p>Noon Bridge</p> <p>1:15 p.m. Chair Volleyball</p> <p>1:15 p.m. Skip-Bo/Phase 10</p>	<p>25</p> <p>8:30 a.m. Tai Chi (Angie)</p> <p>9:15 a.m. Chair Yoga (Angie)</p> <p>Noon Bridge</p> <p>Noon-3 p.m.: Open Pool Table</p> <p>12:30 p.m. Bunco</p> <p>12:30 p.m. Sequence game</p> <p>12:30 p.m. Diamond Art</p> <p>1 p.m. Book Club: "Three to Get Deadly"</p>	<p>26 Happy Birthday!</p> <p>8:30 a.m. Cardio & Strength (Angie)</p> <p>8:30 a.m. Diabetes Prevention Program</p> <p>10:15 a.m. BP Checks w/ JoAnn Sinclair from Countryside</p> <p>10:30 a.m. Walk w/ Brenda</p> <p>11:30 a.m. Birthday Lunch</p> <p>12:30 p.m. Bingo w/ JoAnn from Countryside</p> <p>12:30 p.m. Pinochle</p> <p>12:30 p.m. Diamond Art</p> <p>1:15 p.m. Crafting w/ Karen: Irish Swag</p> <p>1:45 p.m. Falling INN Love film</p>

MONTHLY EVENING MEAL MENU

Pasta with Bolognese Sauce, Garden Salad, Brown Sugar Glazed Carrots, Fruit Salad (Plums, Grapes, Blueberries), Garlic Breadstick, Angel Food Cake with Strawberries

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

EXERCISE

As we continue at a good start of the new year, let's start a new activity! Join us for some low-impact exercises to continue to help you stay active and healthy in 2026.

Chair Yoga: Feb. 4 & 19 at 10:30 a.m.

Noodle Drumming: Feb. 11 & 26 at 10:30 a.m.

ARTS & CRAFTS

Crafting w/ Austin Rehberg from Wellcare: Feb. 10 at 10:30 a.m. Join us for a free take-home Valentine's Day craft.

EDUCATIONAL & INFORMATIONAL EVENTS

Heart Health Presentation: Feb. 5 at 10:30 a.m. Join us as ProMedica Memorial Hospital Cardiac Rehab staff educates us about Heart Health. Don't forget to wear something red to show your support for heart health and the importance of heart disease prevention.

Volunteer Meeting: Feb. 10 at 12:30 p.m.

If you are already a volunteer or interested in becoming a volunteer, please plan to attend.

GAMES

UNO Card Game: Feb. 2 at 10:30 a.m.

Tenzi Dice: Feb. 9 at 10:30 a.m.

Board Games with Golden Key students: Feb. 17 at 10:30 a.m. We will be having some students from Gibsonburg High School join us for a morning of playing board and card games. Come join the fun!

Cardo: Feb. 24 at 10:30 a.m. Austin Rehberg from Wellcare will be here to call the game and give out prizes. Cardo is a twist on regular bingo and a lot of fun to play.

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

Feb. 3, 18 & 23 at 10:30 a.m. with Kimberly Keller from Parkview Care Center

Feb. 25 at 10:30 a.m. with Melody Blevins from Bethesda Care Center

OTHER EVENTS & ACTIVITIES

Monthly Evening Meal and Activity: Feb. 11 at 3:30 - 6 p.m. Ready, set, let's roll into adventure with GLCAP Senior Services in 2026. We will be having fun with different board, card or TV games this year. In February, we'll be enjoying the 'Who-dunit' board game of Clue. If you are interested, please call or stop by the senior center before Monday, Feb. 9, at 2 p.m. to make a reservation. We will be playing Clue Bingo at 3:30 p.m. before the meal.

Valentine's Party: Feb. 12 at 10:30 a.m. Join us for some fun as we play themed games and learn the history of Valentine's Day.

Birthday Day: On Feb. 26, let's celebrate those February 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 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!



Seniors enjoying prize bingo with Joann from Countryside Manor at the Gibsonburg Senior Center

Gibsonburg Senior Center Calendar

FEBRUARY 2026

Monday	Tuesday	Wednesday	Thursday
2 10:30 a.m. UNO Card Game	3 10:30 a.m. Prize Bingo w/ Kimberly Keller from Parkview Care Center	4 10:30 a.m. Chair Yoga	5 Wear Red Day! 10:30 a.m. Heart Health Presentation w/ ProMedica Memorial Cardiac Rehab
9 10:30 a.m. Tenzi Dice Game	10 10:30 a.m. Free Take-Home Valentine's Craft w/ Austin Rehberg from Wellcare 12:30 p.m. Volunteer Meeting	11 10:30 a.m. Noodle Drumming 3:30 p.m. Clue Bingo 4:30 p.m. Evening Meal RSVP by Feb. 9 @ 2 p.m.	12 10:30 a.m. Valentine's Party
16 Presidents' Day Center Closed	17 10:30 a.m. Board Games w/ Golden Key students from Gibsonburg High School	18 10:30 a.m. Prize Bingo w/ Kimberly Keller from Parkview Care Center	19 10:30 a.m. Chair Yoga
23 10:30 a.m. Prize Bingo w/ Kimberly Keller from Parkview Care Center	24 10:30 a.m. Cardo w/ Austin Rehberg from Wellcare	25 10:30 a.m. Prize Bingo w/ Melody Blevins from Bethesda Care Center	26 Birthday Day! 10:30 a.m. Noodle Drumming 11:30 a.m. Birthday lunch



Gibsonburg seniors having a blast playing balloon hockey before the Gibsonburg Senior Center's December ice hockey themed monthly evening meal

MONTHLY EVENING MEAL MENU

Wednesday, February 11

4:30 – 6 p.m.

RSVP by Monday, February 9 at 2 p.m.

Clue Board Game

Miss Scarlett's Orecchiette Pasta with Bolognese Sauce

Mr. Green's Garden Salad

Colonel Mustard's Brown Sugar Glazed Carrots

Professor Plum's Fruit Salad (Plums, Grapes, Blueberries)

Garlic Candlestick Breadstick

Mrs. White's Angel Food Cake with Strawberries

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

Welcome/Site Orientation: Feb. 2 and 16. Please stop in and have a tour of our facility and receive information on upcoming meals, activities, and events.

EXERCISE

Bingocize: Continues Mondays and Wednesdays at 9 a.m. This series of Bingocize covers fall prevention. Bingocize combines exercise and health information with the familiar game of bingo. Call for more information.

Video Workouts: Monday through Thursday at 10 a.m. (unless stated differently on calendar) Please join us for video chair exercises. This is a fun group activity for all skill levels! You participate at your own pace and comfort level.

Chair Volleyball: Wednesdays at noon. Join the fun as we work together as a team with lots of fun, laughter, and music. All skill levels and abilities are welcome.

Cardio Ball Drumming: Feb. 24 at 10:30 a.m. Join us for a great workout with fun, fast-paced music. We welcome all skill levels and abilities. Please sign up at or call the center.

CLINICS & INFORMATIONAL MEETINGS

Fall Prevention w/ NOMS: Feb. 9 at 10:30 a.m. NOMS staff will be on site to educate about fall prevention and in-home hazards for seniors.

Emergency Resources w/ Sandusky County EMS: Feb. 10 at 10:30 a.m. Join Sandusky County EMS personnel to learn about resources for emergencies.

Toenail Clinic: Feb. 11 at 1 p.m. 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.

Reminisce w/ Nelcy: Feb. 12 at 1 p.m. Nelcy Elder from the Clyde Library will be here to take us down memory lane about the topic 'Homemaker'. Please bring any memories, mementos, or pictures you would like to share!

GAMES & CARDS

Cornhole: Feb. 4 and 18 at 10:30 a.m. Join us for corn-hole bag toss! Every skill level welcome and prizes awarded to winners!

Card Games at noon

Mondays: Euchre

Tuesdays: Pinochle

Thursdays: Canasta

SOCIALIZATION & ENTERTAINMENT

Movies: Mondays at noon

2nd: "An Affair to Remember"

9th: "Moonstruck"

23rd: "Roman Holiday"

Book Club: "Hooked on You" by Kathleen Fuller-Feb. 12 & 26 at 12:30 p.m. Description: She never wanted to be back. He never wanted to leave. The town of Maple Falls has big plans for them both! Join us while we discuss this book, which is the first in the Maple Falls Romance series, featuring an opposites-attract story between struggling New York artist Riley McAllister and local hometown hero Hayden. It's a sweet, contemporary romance perfect for fans of authors like Debbie Macomber and Denise Hunter, blending humor with a heartwarming story about finding home.

ARTS & CRAFTS

Diamond Art w/ Karen: Feb. 2 and 23 at 9:30 a.m. Join Karen Franks as she guides us to make some diamond art, which is a craft hobby that involves placing tiny resin "diamonds" onto a pre-printed adhesive canvas to create a sparkling, mosaic-like image. It combines the principles of paint-by-numbers and cross-stitch to produce intricate, glittering artwork. Feel free to bring your own in to complete the group. Please stop in or call to sign up.

SPECIAL EVENTS

Wear Red Day: Feb. 5. Wear something red to show your support for heart health and the importance of heart disease prevention!

Monthly Evening Meal and Activity: Feb. 11 from 3:30 to 6 p.m. Ready, set, let's roll into adventure with GLCAP Senior Services in 2026! In 2026, we will be having fun with different board, card, or TV games. In February we'll be enjoying the 'Whodunit' board game of Clue. If you are interested, please call or stop by the senior center before Monday, Feb. 9, at 2 p.m. to make a reservation. We will be playing Clue Bingo at 3:30 p.m. before the meal.

Table Decorating Contest: Feb. 12 at 10 a.m. Please join in on our Valentine's Day-themed table decorating contest. Recruit your friends and sign up- bring all your flare and creativity! The tables will be judged, and prizes will be awarded to the winners! Treats will be provided while decorating your table!

Birthday Day: Feb. 26. Let's celebrate those February 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 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!

Clyde Senior Center Events Calendar

FEBRUARY 2026

Monday	Tuesday	Wednesday	Thursday
<p>2</p> <p>9 a.m. Bingocize 10 a.m. Video Workout 9:30 a.m. Diamond Art w/ Karen Franks Noon Movie: "An Affair to Remember" Noon Euchre 1 p.m. Orientation</p>	<p>3</p> <p>10 a.m. Bingo w/ Jessica Sumser from Firelands HH Noon Pinochle</p>	<p>4</p> <p>9 a.m. Bingocize 10 a.m. Video Workout 10:30 a.m. Cornhole Noon Chair Volleyball</p>	<p>5</p> <p>Wear Red Day! 10 a.m. Video Workout 10:30 a.m. Bingo w/ Melody Blevins from Bethesda Noon Canasta</p>
<p>9</p> <p>9 a.m. Bingocize 10 a.m. Video Workout 10 :30 a.m. Falls Prevention w/ NOMS Noon Movie: "Moon-struck" Noon Euchre</p>	<p>10</p> <p>10 a.m. Video Workout 10:30 a.m. Emergency Resources & Information with Sandusky County EMS Noon Pinochle</p>	<p>11</p> <p>9 a.m. Bingocize 10 a.m. Video Workout 10:30 a.m. Bingo w/ JoAnn Sinclair from Countryside Noon Chair Volleyball 1 p.m. Toenail Clinic 3:30 CLUE BINGO 4:30 Evening Meal (RSVP Feb. 9 at 2 p.m.)</p>	<p>12</p> <p>10 a.m. Video Workout 10 a.m. Valentine's Day Party and Table Decorating Contest 12:30 Book Club "Hooked on You" 1 p.m. Reminisce (Homemaker) w/ Nelcy from Clyde Library</p>
<p>16</p> <p>Presidents' Day Center Closed</p>	<p>17</p> <p>10 a.m. Video Workout 10:30 a.m. Bingo w / Beau Ickes Noon Pinochle</p>	<p>18</p> <p>9 a.m. Bingocize 10 a.m. Video Workout 10:30 a.m. Cornhole Noon Chair Volleyball</p>	<p>19</p> <p>10 a.m. Video Workout 10 a.m. Stella the Therapy Dog in Sunroom with Lisa Recker from Auxter – Recker Funeral Homes 10:30 a.m. Bingo Noon Canasta</p>
<p>23</p> <p>9 a.m. Bingocize 9:30 a.m. Diamond Art w/ Karen Franks 10a.m. Video Work out Noon: Movie "Roman Holiday" Noon: Euchre</p>	<p>24</p> <p>10 a.m. Video Workout 10:30 am Cardio Ball Drumming Noon: Pinochle</p>	<p>25</p> <p>9 a.m. Bingocize 10 a.m. Video Workout 10:30 am Bingo Noon: Chair Volleyball</p>	<p>26</p> <p>Happy Birthday! 10 a.m. Video Workout 10:30 a.m. Bingo w/ Ashley Brunthaver from Majestic 11:30a.m. Birthday Lunch Noon: Canasta 12:30 Book Club Hooked on You"</p>

MONTHLY EVENING MEAL MENU

Wednesday, February 11

4:30 – 6 p.m.

RSVP by Monday, February 9 at 2 p.m.

Clue Board Game

Miss Scarlett's Orecchiette Pasta with Bolognese Sauce, Mr. Green's Garden Salad, Colonel Mustard's Brown , Sugar Glazed Carrots, Professor Plum's Fruit Salad (Plums, Grapes, Blueberries), Garlic Candlestick Breadstick, Mrs. White's Angel Food Cake with Strawberries

Sandusky County Seniors Birthdays



Feb. 1

Kathleen Failor
Clarabelle Kline
Janet Provenzale
Alyce Ann Schmidt
Esmeralda Vittitow

Feb. 2

Andrea Grant
Haldon Michaels
Sue Schlea

Feb. 3

Santos Bocanegra
Dean Gilbert
Mary Gillmor
Lela Hoffman
Cynthia Mason

Feb. 4

David Blay
Frederick Burel
Gregory Finkenbine
Rose Shull
Sandra Sloan
Harold Vincent
Thelma Washington

Feb. 5

Debbie Snider

Feb. 6

Calvin Fought
Jeanne Haubert

Feb. 7

Denese Hall
Ronald Root
Gerald Thome

Feb. 8

Donna Fisher
Bradley Miarer
Barbara Reisbauch
Carolyn Smallets

Feb. 9

Jennifer Keller
Susan Leidy

Feb. 10

Dennis Clabaugh
Barbara Estep
Sandra Hoover
Marilyn Kovalski
Paul Missler
Anita Rattliff

Feb. 11

Tamara Damschroder
John Hoffman
Rosemary Wensinger

Feb. 12

Betty Miller
Lynne Russell
David Tolhurst
Sharon Weller

Feb. 13

Vickie Husk
Marilyn Strecker

Feb. 14

Guadalupe Garcia
John Setzler
Timothy Simms
James Webb
Gepka Wilson

Feb. 15

Kathy Brunnet
Crystal Johnson
James Merz

Feb. 16

Lynn Kyrk
Wayne Pesnell
Steve Rich
Ada Williams

Feb. 17

Sandra Beard
Ruth Hay
Patrick Rodenhauser

Feb. 18

Rita Dorobek
Julia Poyser

Feb. 19

Frances Benlein
Katie Humburg
Jayne Largent
Rhonda Perkins

Feb. 20

Delia Clark
Eileen Siesel

Feb. 21

Kathy Baker

Feb. 22

Shirley Hammer
Terri Lombardo
Helen Webb

Feb. 23

Cheryl Florian
Barb Gormley
Dave Post
Martha Ryan
Anna Shetzer
Carol Van Fleet

Feb. 24

Lusia Green
Janet Morley
Sandra Ross
Sandra Smith

Feb. 25

Jane Berlekamp
Marlene Bleckinger

Feb. 26

Marlene Hoffman
Clara Rinebold

Feb. 27

Marilyn Clark
Rachel Widman

Feb. 28

Charles Schlepp
Faye Sidney
Robin Weller

Our Sympathies

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

Victor Kline, Buddy Kindred, Sharon Carmel,
Dianna Carrothers, and Marilyn Weyant.



Card Club & Game Winners

Fremont Winners

Bridge

11/26—1st Virginia Mittan/Margery Smith

12/3—Gloria Nitschke/Marilyn Clark

12/10—Gloria Nitschke/Carol Pope

12/17—Gloria Nitschke/Philip Merz



Euchre

11/17—1st Denny Weiler

11/24—1st Terry Myers

12/1—1st Bobbie Demanski

12/8 & 12/15—1st Lee Myers

Pinochle

11/26 & 12/4—1st Isa Jay

12/18—1st Nancy McKeever

Clyde Winners

Canasta

12/11—Game 1: 1st place Cheryl Romeo, Sandy Kauffman, Dave Blay

Game 2 & 4: 1st Sherry Yates, Bobby Goble, Deb Stacy

Game 3: 1st Cheryl Romeo, Sandy Kauffman, Carol Van Fleet

Pinochle

11/25—Games 1, 2, & 3: 1st place Melinda Payne & Bobby Goble

Games 4 & 5: 1st place Dave Blay & Sandra Kauffman

Games 6 & 7: 1st place Cheryl Romeo & Deb Stacy



HAPPY NEW YEAR!



Robert and Colleen Maher toast to 2026!



Seniors enjoying their time and celebrating the new year at the center.



Janet Bowles toasting to the new year!



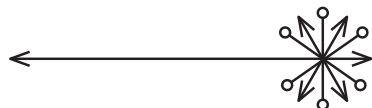
Virginia Miller celebrates with fun glasses!



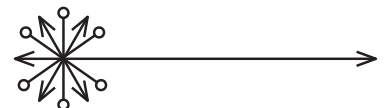
Celebrations at the Fremont Senior Center for Noon Years Eve!



Jean Miller toasting to the new year!



THANK YOU



Thank you to East Side Presbyterian Church for the donation of dishes and silverware

Sandusky County Senior Centers

GLCAP CELEBRATES OHIO LOVES TRANSIT WEEK



Ohio Loves Transit Week will be celebrated February 16–20, 2026. This annual observance highlights the important role public transportation plays in communities across Ohio and the positive impact it has on the lives of the people who rely on it every day.

In Sandusky County, TRIPS provides dependable public transportation that helps residents stay connected to essential services and remain active in their community. In 2025, TRIPS provided between 33,000 and 34,000 trips, helping neighbors get to medical appointments, grocery stores, senior centers, work, and other important destinations safely and affordably. Public transportation supports independence and helps residents continue aging in place while staying engaged in their community.

TRIPS offers both demand-response transportation throughout Sandusky County and a deviated fixed-route shuttle service within the City of Fremont. The Fremont Shuttle follows a scheduled hourly route with fixed stops at marked locations throughout the city. As time allows, the shuttle may deviate up to one quarter mile from the route to pick up or drop off passengers. The Fremont Shuttle operates Monday through Friday from 8 a.m. to 6 p.m.

The Fremont Shuttle includes two routes that serve different areas of the city. The Green Line serves Fremont's west side, while the Orange Line serves Fremont's east side. Both routes intersect at Walmart

once per hour at ten minutes past the hour, allowing riders to transfer between lines as needed. The fare for the Fremont Shuttle is \$1 per ride.

In addition to the shuttle, TRIPS Public Transportation provides curb-to-curb service for any resident in Sandusky County. Service is available Monday through Friday from 5 a.m. to 7 p.m. and Saturdays from 5 a.m. to noon. TRIPS Public Transportation offers one-way rides at rates of \$2, \$3, or \$4 depending on the zone of travel. Reduced fare rates are available for seniors age 60 and older. Vehicles are accessible for riders using wheelchairs, free caregiver rides are available, and pre-paid transportation tickets may be purchased by calling for more information.

Mobility Management is a program of Great Lakes Community Action Partnership that helps connect individuals with local transportation resources and works to improve access to transportation across the community. During Ohio Loves Transit Week, GLCAP recognizes the essential role TRIPS plays in supporting older adults, individuals with disabilities, workers, and families throughout Sandusky County.

Ohio Loves Transit Week is a time to recognize how public transportation strengthens communities and improves quality of life. Whether it is a ride to a doctor's appointment, a trip to the grocery store, or transportation to a social outing, transit helps keep Sandusky County moving.

For more information about TRIPS services or to schedule a ride, call **419-332-8091** or visit glcap.org/trips.



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! Each month, we'll celebrate with a different board, card, or TV game, bringing a playful twist to our gatherings.

MONTHLY EVENING MEAL

Wednesday, February 11 from 4:30 – 6 p.m.
RSVP by Monday, February 9 at 2 p.m.

Clue Board Game

Miss Scarlett's Orecchiette Pasta with Bolognese Sauce

Mr. Green's Garden Salad

Colonel Mustard's Brown Sugar Glazed Carrots

Professor Plum's Fruit Salad (Plums, Grapes, Blueberries)

Garlic Candlestick Breadstick

Mrs. White's Angel Food Cake with Strawberries

GLCAP Sandusky County Senior

Menu for February 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
2. Beef Stroganoff, Capri Blend Vegetables, Harvard Beets, Pears, Wheat Bread, Lemon Square	3. Ham and Potato Skillet, Asparagus, Diced Carrots, Mixed Fruit, Wheat Bread Salad: Garden Salad / Cheese Stick	4. Chicken Florentine, Baby Baker Potatoes, Italian Green Beans, Mandarin Oranges, Garlic Bread, Cookie	5. Tuna Salad on Croissant, Tomato Basil Soup, Cucumber Salad, Mango Salad: Chef Salad with Turkey Ham	Box Lunch out on Thursday 2/5/26: Chicken Bacon Ranch Pasta with Sides
9. Philly Cheesesteak Meatballs, Garlic Green Beans, Potato Bites, Applesauce, Sub Bun, Brownie	10. Salsa Chicken over Spanish Rice, Fiesta Corn, Tossed Salad, Peach Crisp Salad: Chef Salad w/ Turkey Ham	11. Chipped Beef over Biscuit, Buttered Corn, Nantucket Blend Vegetables, Pineapple, Cottage Cheese	12. Beef Tips over Mashed Potatoes, Normandy Blend Vegetables, Blueberries, Biscuit, Cake, Ice Cream Salad: Chef Salad w/ Chicken	Box Lunch out on Thursday 2/12/26: Chicken Salad on Croissant with Sides
16. Closed Holiday	17. Baked Ham, Sweet Potatoes, Northwest Blend Vegetables, Mixed Fruit, Muffin Salad: Garden Salad w/ Cheese Stick	18. Vegetable Lasagna, Italian Blend Vegetables, Tossed Salad, Cherry Crisp, Garlic Bread	19. Honey Dijon Chicken, Roasted Red Potatoes, Baked Beans, Apricots, Wheat Bread, Cookie Salad: Chef Salad w/ Chicken	Box Lunch out on Thursday 2/19/26: Egg Salad on Croissant with Sides
23. Sloppy Joe on Bun, Maple Sweet Potatoes, Key West Blend Vegetables, Strawberry Applesauce, Cookie	24. Orange Chicken over Brown Rice, Stir Fry Vegetables, Egg Roll, Orange Juice, Wheat Bread Salad: Garden Salad / Cheese Stick	25. Beef Stew, Asparagus, Super Cole Slaw, Warm Spiced Pears, Corn Bread	26. Birthday Day! Turkey Breast, Mashed Potatoes and Gravy, Green Beans, Peaches, Roll, Cake, Ice Cream Salad: Chef Salad w/ Chicken	Box Lunch out on Thursday 2/26/26: Roast Beef and Swiss 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
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Fremont, Ohio 43420

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FEBRUARY 2026

The Sandusky County Senior Services Newsletter

SENIORS ON THE MOVE



Fremont Senior Center's Noon Years Eve party was a big hit and had everyone dancing into the new year!