

# SENIORS ON THE MOVE



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.



Autumn Sunrise at The Fremont Senior Center  
Photo Credit: Brenda Kuieck

## Senior Helping Hands can help with smoke and carbon dioxide detectors in your home and more

### Smoke and Carbon Dioxide Detectors

Everyone is familiar with smoke detectors and carbon monoxide detectors, but are the ones in your home in good working order? If you're not sure, call Senior Helping Hands at 419-332-8499 to schedule a time for us to come and take a look.

Smoke detectors and carbon monoxide detectors are essential safety devices for seniors, offering critical protection against two of the most dangerous threats in the home: fire and carbon monoxide poisoning.

Smoke detectors provide early warning of fire, allowing valuable time to evacuate or call for help. Similarly, carbon monoxide detectors alert occupants to the presence of this colorless, odorless gas that can be fatal if undetected. Regularly installing, testing, and maintaining

both types of detectors can significantly reduce risks, enhance safety, and provide peace of mind for seniors and their families.

### End of Cooling Season

Senior Helping Hands also offers a convenient and safe solution for seniors by removing window air conditioners for the winter season. As temperatures drop, having air conditioners properly removed not only improves home insulation but also prevents drafts and potential water damage, reducing energy costs and enhancing comfort. Let us handle the heavy lifting and ensure a secure removal, so you or your loved ones can enjoy a warm, worry-free winter. Call Senior Helping Hands at 419-332-8499 for more information. This program is funded in part by Rural LISC.

## Oktoberfest to take place at Fremont Senior Center

Oktoberfest will take place Oct. 14 from 10:30 a.m. until 12:30 p.m. at the Fremont Senior Center. This is a free event open to all Sandusky County Seniors.

The Clyde and Gibsonburg Seniors centers will be closed so all Sandusky County Seniors can come together and enjoy this fun-filled event.

Enjoy some fall fun, games, and delicious Oktoberfest food prepared by our own kitchen. Please join us for lunch behind the center under the pavilion or where

you feel most comfortable, weather permitting. The activities will take place in the back of the production area. Games include pumpkin tic-tac-toe; hula hoop toss over pumpkins; A bit of a twist with bobbing for apples; trivia fun and a door prize drawing! The menu includes bratwurst, sauerkraut, potato pancakes, strawberries, pretzel/mustard, black forest cake (in a mug for congregate), and sparking apple juice (congregate). RSVP by Oct. 9 by 2 p.m.

# Sandusky County Seniors Birthdays

## October 1

JR Anciso  
Charlotte Hill  
Pam Ramey  
Margie Roach

## October 2

Lee Havens  
Terry Lambert  
David Schmitz  
Barbara Stults  
Esther Weyant

## October 3

Ralph Conn

## October 4

Kathy Laird

## October 6

Stephanie Metzger  
Bob Shupe

## October 7

Ray Kirtley  
Jessica Kreais  
Janice Yeckley

## October 8

Marianne Bennison  
Janie Fisher  
Ruby Randolph  
Jeanne Wheeler

## October 9

Raymond Thornbury

## October 10

Connie Hanshew

## October 11

Ron Berger  
Timothy Cobb  
Ruth Hill  
Mitchell Miller

## October 12

Joan Snezek  
Brenda Blohm  
Saudra Shaffer

## October 13

Dana Dorsey  
Tammy Hackenburg  
Myrtle Koch

## October 14

Irene Lance

## October 14

Sharon Walby  
Barbara Jones  
Debbie Smith

## October 15

Ron Perkins  
Joyce Risch

## October 16

Joan Brogdon  
Kate Hansen  
Mary Nickell

## October 17

Pipy Saldana

## October 18

Earl Boyd  
Janis Buhrow  
Pat Hines  
Lee Myers  
Marilyn Siefke

## October 19

Betty Behlmer  
Alicia Lopez

## October 20

Frank Bracken

## October 21

Martha Camden  
Cathy Henry  
Mary Hertzner  
Pat Martin

## October 22

Garry Clark  
Sandy Rohrer

## October 23

Annie Cochenour  
Carolyn Nesselhauf

## October 24

Shirley Ratzmann  
Maureen Steinberger

## October 25

Al Linke

## October 26

Kim Reidling

## October 27

Roy Cantu  
Linda Ferguson  
Helen Henkel  
Cheryl Romeo

## October 28

Gladys Binkley  
Ruth Hansen-Ryan  
Claudette Kauble

## October 29

Chris Linke

## October 29

Bob Zilles  
October 29  
Cindy Andricks  
JoAnn Bolen  
Larry Brown  
Brenda Ann Thompson

## October 30

Dana Bunn  
Cheryl Crane  
Phyllis Pollock  
Nancy Setzler

## October 31

Jack Jeffries  
Ed Mitchell

## 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 Shirley Miller and Andrea Vento.

**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.



## October is National Weatherization Month

Weatherizing your home can cut down on utility usage and costs. The GLCAP Home Weatherization Assistance Program (HWAP) provides you with energy improvements to make your home safer, healthier, and more affordable to live in. HWAP services include attic, wall and basement insulation; heating system repairs or replacements; air-leakage reduction; and other measures where appropriate. GLCAP HWAP is available at no cost for eligible Sandusky County residents. You must also be at or below the income levels, depending on household size (household size of 1, \$30,120; household size of 2, \$40,880)



### Free Veterans Breakfast in Nov.

Join us for a free breakfast for veterans on Nov. 7 at 9:30 a.m. to honor our veterans at the Fremont Senior Center. This breakfast is courtesy of Holly Caudill from Stein Hospice and Holly Dagg from Bethesda Care Center. More information on veterans programs in next month's newsletter.



*Above: Weatherization staff use various ways to determine where air leaks could be in the home.  
Below: Weatherization staff install insulation in an attic.*



### Happy 100th birthday to Al Stokes on Aug. 23!





# Fremont Senior Campus Highlights

## **Skip-Bo/Phase 10 — Oct. 1, 8, 15, 22, and 29 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 — Oct. 2, 9, 16, 23 and 30 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 win!!

## **Diamond Art — Oct. 2, 3, 9, 10, 16, 17, and 31 at 12:30 p.m.**

Join us in making 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 artworks. Feel free to bring your own in to do as a group. Please stop in or call to sign up.

## **Tech Help with Willie — Oct. 7, 14, 21, and 28 at 10 a.m.**

Volunteer Technology Assistant Willie Rogers has been assisting seniors with their electronic devices within the Sandusky County Senior Program since Jan. 2022. He has been a valuable resource to seniors coming to the Fremont Senior Center every Monday morning for Tech Help. We are all very appreciative of him volunteering his time in this way. Call to reserve a time.

## **Toenail Clinic — Oct. 2 from 9 a.m. to Noon**

Joni Widman, RN, is present to trim toenails monthly. The cost is \$15. Appointment slots fill fast; call for more details and/or to reserve.

## **Noodle Drumming — Oct. 3, 10, and 17 at 10:30 a.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!

## **Monthly Evening Meal and Activity — Oct. 9, 3:30-6 p.m.**

In 2024, we have been visiting the movies for Lights, Camera, Action, Eat. This month we will experience the iconic movie "Hocus Pocus". Check out the menu and if you are interested, please call, or stop by the senior center before Tuesday, October 8, at 2 p.m. to make a reservation. We will be making Witches Brew Cauldrons at 3:30 p.m. before the meal.

## **Metro Workout -Oct. 7, 21, 28 at 10:30 a.m.**

Join us for fitness and fun! Chair exercises are offered as an alternative to standing exercises. You can participate at your own pace and do what you feel comfortable! We have energetic music and have a lot of fun exercising and singing to the songs.

## **Halloween Party and bingo with JoAnn Sinclair- Oct. 31 at 10 a.m.**

Have some fun playing bingo and a costume contest sponsored by JoAnn Sinclair from Countryside. RSVP by Oct. 29 at 2 p.m.

## **Crafting with Karen: Fall Wreath — Oct. 24 at 1:15 p.m.**

Join us as we make a Fall wreath, guided by Karen Franks. Sign-up and pay at the front desk by Oct. 10. Cost is \$15.

## **Quilting/Knitting/Crochet/Embroidering Classes**

These classes are available if 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.

## **Oktoberfest — Oct. 14 from 10:30 a.m. until 12:30 p.m.**

At The Fremont Senior Center. Free event open to all Sandusky County Seniors. The Clyde and Gibsonburg Seniors centers will be closed so all Sandusky County Seniors can come together and enjoy this fun-filled event. Enjoy some Fall fun and games and delicious Oktoberfest food prepared by our own kitchen. Please join us for lunch behind the Fremont Senior Center under the pavilion, weather permitting. Otherwise, you are welcome to eat inside if that is where you feel most comfortable. The activities will take place in the back of the production area. Games include Pumpkin Tic - Tac - Toe; Hula Hoop Toss over Pumpkins; A bit of a twist with Bobbing for Apples; Trivia fun and a Door Prize drawing! Enjoy time spent together with friends from all our Senior Centers! The menu includes Bratwurst, Sauerkraut, Potato Pancakes, Strawberries, Pretzel/Mustard, Black Forest Cake (in a mug for congregate), Sparkling Apple Juice (congregate) **Please RSVP by Oct. 9 by 2 p.m.**

The library has now reopened! Check out the books at the front desk. Please return books to the center and place them in the return crate located in the gift shoppe.

If anyone has any batting, fabric scissors, ironing pads, or irons to donate to the senior center the seniors would appreciate it.

If anyone is interested in helping Sandy crochet scrubbers for the senior store, please contact the Fremont Senior Center.



**Barb wins the wreath from Fremont Senior Center at the Fair**



**Fremont Bingosize Group**



# 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\*\*\*

## October 2024

Monday	Tuesday	Wednesday	Thursday
See page 14 for evening meal details	1 8:30 a.m. Circuit (Angie) 9:30 a.m. Embroidery with Sandy Noon: Prize Bingo w/ Melissa Rhodes from Parkview 1:15 p.m. Chair Volleyball 1:15 p.m. Skip-Bo/Phase 10	2 8:30 a.m. Tai Chi (Angie) 9 a.m.- noon Toenail Clinic w/ Joni Widman 9:15 a.m. Senior Stretch (Angie) 9:30 a.m. Knit and Crochet with Sandy Noon Bridge 12:30 p.m. Sequence Board game 12:30 p.m. Diamond Art	3 8:30 a.m. Cardio & Strength (Angie) 10:30 a.m. Noodle Drumming 12:30 p.m. Pinochle 12:30 p.m. Diamond Art
7 8:30 a.m. Zumba Gold (Angie) 9:15 a.m. Movement Made Easier (Angie) 10:30 a.m. Metro workout w/ Lilly 10 a.m. - Tech Help with Willie Rogers 10:30 a.m. Bingo with Kim from Orchard Grove Noon Euchre	8 8:30 a.m. Circuit (Angie) 9 a.m. Adult Coloring 9:30 a.m. Quilting with Sandy Noon: Prize Bingo w/ Kelly Dority 1:15 p.m. Chair Volleyball 1:15 p.m. Skip-Bo/Phase 10	9 8:30 a.m. Tai Chi (Angie) 9:15 a.m. Senior Stretch (Angie) Noon Bridge 12:30 p.m. Sequence Board game 12:30 p.m. Diamond Art 3:30 p.m. Witches Brew Cauldron Craft 4:30 p.m. Monthly Evening Dinner (RSVP by Oct. 8 at 2 p.m.) Deadline to RSVP for OktoberFest	10 8:30 a.m. Cardio & Strength (Angie) 10:30 a.m. Noodle Drumming with Lilly 12:30 p.m. Pinochle 12:30 p.m. Diamond Art (Deadline to sign-up for Fall Wreath w/ Karen Franks \$15)
14 8:30 a.m. Zumba Gold (Angie) 9:15 a.m. Movement Made Easier (Angie) 10 a.m. Embroidery w/ Sandy 10 a.m. Tech Help with Willie 10:30 a.m.- 12:30 p.m. OktoberFest Noon Euchre	15 8:30 a.m. Circuit (Angie) 9:30 a.m. Knitting and Crochet with Sandy 11 a.m. Stretch & Tone w/ Brenda Noon: Prize Bingo w/ Christina Montgomery from Bridge HH 1:15 p.m. Chair Volleyball 1:15 p.m. Skip-Bo/Phase 10	16 8:30 a.m. Tai Chi (Angie) 9:15 a.m. Senior Stretch (Angie) Noon Bridge 12:30 p.m. Bunco 12:30 p.m. Sequence Board game 12:30 p.m. Diamond Art	17 8:30 a.m. Cardio & Strength (Angie) 10:30 a.m. Noodle Drumming 12:30 p.m. Pinochle 12:30 p.m. Diamond Art
21 8:30 a.m. Zumba Gold (Angie) 9:15 a.m. Movement Made Easier (Angie) 10 a.m. Tech Help with Willie 10:30 a.m.-Metro workout w/ Lilly Noon Euchre	22 8:30 a.m. Circuit (Angie) 9:30 a.m. Quilting with Sandy 11 a.m. Stretch & Tone w/ Brenda Noon: Prize Bingo w/ Huntington Bank 1:15 p.m. Chair Volleyball 1:15 p.m. Skip-Bo/Phase 10	23 8:30 a.m. Tai Chi (Angie) 9:15 a.m. Senior Stretch (Angie) Noon Bridge 12:30 p.m. Sequence Board game 12:30 p.m. Diamond Art	24 Birthday Day 8:30 a.m. Cardio & Strength (Angie) 11:30 Birthday Lunch 12:30 p.m. Bingo w/JoAnn Sinclair from Countryside 12:30 p.m. Pinochle 1:15 p.m. Crafting w/ Karen: Fall Wreath
28 8:30 a.m. Zumba Gold (Angie) 9:15 a.m. Movement Made Easier (Angie) 9 a.m. Embroidery with Sandy 10 a.m. Tech Help with Willie 10:30 a.m. Metro workout with Lilly Noon Euchre	29 8:30 a.m. Circuit (Angie) 9:30 a.m. Knit and Crochet with Sandy 11 a.m. Stretch & Tone 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	30 8:30 a.m. Tai Chi (Angie) 9:15 a.m. Senior Stretch (Angie) Noon Bridge 12:30 p.m. Sequence Board game 12:30 p.m. Diamond Art	31 8:30 a.m. Cardio & Strength (Angie) 10 a.m. Halloween Party and bingo with JoAnn Sinclair from Countryside (RSVP by Oct. 29 at 2 p.m.) 12:30 p.m. Pinochle 12:30 p.m. Diamond Art

# Gibsonburg Senior Center Highlights

## **Spooktacular Super Suppers**

**Oct. 1, 10:30 a.m.**

Ruby from OSU extension will be here to share ideas for some wonderful fall dishes. Come and share some of your favorite meals with ingredients like squash or pumpkin.

## **Trivia**

**Oct. 2, 10:30 a.m.**

Do you know which president starred in such movies as “Bedtime for Bonzo” and “Kings Row”? Or, which president made an executive order on March 1, 1961 and what it was for? Join Christy from Bridge Hospice who will be here for some trivia and prizes and test your knowledge!

## **Noodle Drumming and Wellness Clinic**

**Oct. 3, 10:30 a.m.**

Join us for an exciting exercise program where you drum to the beat of the music! Joann from Countryside Manor will be taking blood pressures and educating us on things to be aware of in regard to our blood pressure and the impacts on our health.

## **Winter Forecast**

**Oct. 7, 10:30 a.m.**

Our “Weatherman” Tim from Heartland Hospice will be stopping by to give us his 2024-2025 Winter Prediction. What do you think the weather will hold for us? Come and find out the good or bad news.

## **Bingocize: Nutrition Workshop**

**Starts Oct. 9, 10:30 a.m.**

Over the next 10 weeks we will enjoy playing bingo, completing some simple exercises, and learning easy tips to help us eat healthy, cook healthier options, and make healthy choices when grocery shopping. If you’re interested in joining or have any questions, contact the senior center by Oct. 7.

## **Monthly Evening Meal and Activity**

**Oct. 9, 3:30 - 6 p.m.**

In 2024, we have been visiting the movies for Lights, Camera, Action, Eat. This month we will experience the Halloween must-see movie “Hocus Pocus”. Check out the menu and if you are interested, please call or stop by the senior center before Tuesday, Oct. 8, at 2 p.m. to make a reservation. We will be having a Cauldron Craft at 3:30 p.m. before the meal. The craft is limited to 10 people, so make sure to RSVP.

## **Book Club**

**Oct. 10 and 24, 12:30 p.m.**

We will be starting up our Book Club again and will be reading Tall Tails Secret Book Club written by CeeCee James. A mysterious mansion, a suspicious death, and a cat too smart for its own good... We will read it over the next few months and have in-person discussions twice per month. If you are interested in joining, contact the center to receive your copy and reading schedule.

## **Halloween Diamond Art**

**Oct. 15, 10:30 a.m.**

Join Lisa from Trustwell Living who is bringing supplies to make our own Halloween-inspired Diamond Art. This activity combines the principles of paint-by-number and cross-stitch to produce glittering artwork.

## **Halloween Bingo and Costume Contest**

**Oct. 31, 10:30 a.m.**

Celebrate Halloween with us as Holly from Bethesda Care Center will be bringing a special type of Bingo to play. Feel free to wear a costume and enter the Costume Contest or, just come in for a Spell.



Some of the Gibsonburg Senior Center participants for Bingocize Fall Prevention Workshop



# 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\*\*\*

## October 2024

Monday	Tuesday	Wednesday	Thursday
See page 14 for evening meal details	1 10:30 a.m. Spooktacular Super Suppers w/ Ruby from OSU extension	2 10:30 a.m. Trivia w/ Christy from Bridge Hospice	3 10:30 a.m. Noodle Drumming and Wellness Clinic w/ Joann from Countryside Manor
7 10:30 a.m. Winter Forecast w/ Tim from Heartland Hospice	8 10:30 a.m. Golf Card Game	9 10:30 a.m. Bingocize 3:30 p.m. Cauldron Craft 4:30 p.m. Evening Meal RSVP by Oct. 8 @ 2 p.m.	10 10:30 a.m. Bingocize 12:30 p.m. Book Club
14 Site Closed Join us at Fremont Senior Center for Oktoberfest	15 10:30 a.m. Halloween Diamond Art w/ Lisa from Trustwell Living	16 10:30 a.m. Bingocize	17 10:30 a.m. Bingocize
21 10:30 a.m. Free Take Home "BOO" Craft	22 10:30 a.m. Bingo w/ Joann from Countryside Manor	23 10:30 a.m. Bingocize	24 Birthday Day 10:30 a.m. Bingocize 11:30 a.m. Bday lunch 12:30 p.m. Book Club
28 10:30 a.m. Noodle Drumming	29 10:30 a.m. Bingocize	30 10:30 a.m. Bingocize	31 10:30 a.m. Halloween Bingo and Costume Contest w/ Holly from Bethesda Care Center

# Clyde Senior Center Highlights

## **Welcome Orientation**

**Monday, Oct. 7 & 21 at 1 p.m.**

If you are new to the senior center and would like to talk to someone and tour our facility, feel free to stop in!

## **Spooktacular Super Supper ideas**

**Wednesday, Oct. 2 at 10:30 a.m.**

Please join Ruby from OSU Extension for some wonderful recipes and ingredient information for this fall!

## **Hand Care with Lucy**

**Hand Massages: Oct. 7 at 10 a.m.**

**Polish and File: Oct. 21 at 10 a.m.**

Lucy will be in the sunroom for a wonderful private hand care experience. Sign up is required, as appts. are limited.

## **Crafting with Karen: Fall Wreath**

**Monday, Oct. 7 at 10 a.m.**

Karen will guide us to create a fall wreath. The cost will be \$15. Please sign up at the Clyde Senior Center and pay by Oct. 1. Visit the center to see a preview of the wreath.

## **Monthly Evening Meal and Activity**

**Wednesday, Oct. 9, 3:30 - 6 p.m.**

In 2024, we have been visiting the movies for Lights, Camera, Action, Eat. This month we will experience the Halloween must-see movie "Hocus Pocus." Check out the menu and if you are interested, please call or stop by the senior center before Tuesday, Oct. 8, at 2 p.m. to make a reservation. We will be having a cauldron craft at 3:30 p.m. before the meal. The craft is limited to 10 people, so make sure to RSVP.

## **Aging into Medicare**

**Thursday, Oct 10 at 12:30 p.m.**

Tammy Vitaz with Medical Mutual will be here to help answer questions concerning the upcoming Medicare changes going into effect soon.

## **Oktoberfest at Fremont Senior Center**

**Oct. 14 from 10:30 a.m. until 12:30 p.m.**

Free event open to all Sandusky County Seniors. The Clyde and Gibsonburg Seniors Centers will be closed so seniors can come together and enjoy this fun-filled event. Enjoy some fall fun and games and delicious Oktoberfest food prepared by our own kitchen. Please join us for lunch behind the Fremont Senior Center under the pavilion, weather permitting. Otherwise, you are welcome to eat inside if that is where you feel most comfortable. The activities will take place in the back of the production area. Games include Pumpkin Tic - Tac - Toe; Hula Hoop Toss over Pumpkins; A bit of a twist with Bobbing for Apples; Trivia fun and a Door Prize drawing! Enjoy time spent together with friends from all our senior centers! The menu: Bratwurst, Sauerkraut, Potato Pancakes,

Strawberries, Pretzel/Mustard, Black Forest Cake (In a Mug for Congregate), Sparkling Apple Juice (Congregate) Please RSVP by Oct. 9 by 2 p.m.

## **Toenail Clinic**

**Oct. 16 at 1 p.m.**

Joni Widman, RN, is present to trim toenails monthly. The cost is \$15. Appointment slots fill fast; call for more details and/or to reserve.

## **Reminisce with Nelcy "Fall"**

**Thursday, Oct. 17 at 1 p.m.**

Reminisce with Nelcy from the Clyde library about Fall Weather. Please bring your memories and pictures to share. We would love to post your favorite pictures.

## **Healthy Aging**

**Oct. 29 at 10:30 a.m.**

Erica from Rehab of Northwest Ohio will be helping us explore options to help us age the healthy way for the mind and body!

**Book Club: "The Little Old Lady That Broke All the Rules" Began Sept. 30 at 12:30 p.m. and continues in October 30 at 1 p.m.**

Please join us on our new adventure: a book club. Our first in the series is a hilarious mystery "The Little Old Lady That Broke All the Rules" by author Catharina Ingelman-Sundberg. Martha Andersson may be seventy-nine-years-old and live in a retirement home, but that doesn't mean she's ready to stop enjoying life. So, when the new management of Diamond House starts cutting corners to save money, Martha and her four closest friends—Brains, The Rake, Christina and Anna-Gretta (a.k.a. The League of Pensioners)—won't stand for it. Fed up with early bed-times and overcooked veggies, this group of feisty seniors sets about to regain their independence, improve their lot, and stand up for seniors everywhere.

*\*Registration is required due to limited materials.*

## **Halloween Party & Anchored Band**

**Oct. 31 at 12:30 p.m.**

Please join us for a costume party and costume contest while we rock out with our favorite Monster Mash Band "Anchored".

## **Corn Hole**

**Wednesdays in Oct. at 12:15 p.m.**

Please join us for corn hole game with prizes. Show off your skills and have a wonderful time with plenty of laughs and skill levels!



# 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\*\*\*

## October 2024

Monday	Tuesday	Wednesday	Thursday
See page 14 for evening meal details	1 9:30 a.m. Video Workout 10 a.m. Bingo w/Jessica from Firelands HH 12:30 p.m. Pinochle	2 10 a.m. Video Workout 10:30 a.m. Spooktacular Super Supper w/ Ruby from OSU Extension 12:15 p.m. Corn Hole 12:30 p.m. Cards /Uno	3 10 a.m. Video Workout 10:30 a.m. Halloween Trivia w/Prizes w/ Holly from Bethesda Care and Holly from Stein Hospice 12:30 p.m. Canasta
7 10 a.m. Video Workout 10 a.m. Hand Massages w/ Lucy (Sign-up required) 10 a.m. Fall Wreath w/Karen 1 p.m. Welcome Orientation 12:30 p.m. Dominoes	8 10 a.m. Video workout 10:30 a.m. Bingo W/Melissa Rhodes w/Parkview Care 12:30 p.m. Pinochle	9 10 a.m. Video Workout 10:30 a.m. Bingo w/Christine from Blanchard Valley 12:15 p.m. Corn Hole 12:30 p.m. Cards /Uno 3:30 p.m. Hocus Pocus Craft 4:30 p.m. Evening Meal	10 10 a.m. Video Workout 10:30 a.m. Bingo w/ Beau-Independent Broker 12:30 p.m. Aging into Medicare w/ Tammy Vitaz
14 Closed Join us at Oktoberfest at Fremont Senior Center	15 10 a.m. Video Workout 10:30 Bingo w/ Joann from Countryside 12:30 p.m. Pinochle	16 10 a.m. Video Workout 10:30 a.m. Bingo w/Wesley from Courtyard Living 12:15 p.m. Corn Hole 12:30 p.m. Cards/Uno 1 p.m. Toenail Clinic (sign-up required)	17 10 a.m. Video Workout 10:30 a.m. Sweet Dice Game 1 p.m. Reminisce (Fall) w/ Nelcy from Clyde Library
21 10 a.m. Video Workout 10 a.m. Polish and File w/ Lucy (sign-up required) 10:30 a.m. Bingo w/Jennifer from Devoted 12:30 p.m. Dominoes 1 p.m. Welcome Orentation	22 10 a.m. Video Workout 10:30 a.m. Connected By Candace Jewelry 12:30 p.m. Pinochle	23 10 a.m. Video Workout 10:30 a.m. Bingo w/Lisa from Clyde Gardens 12:15 p.m. Corn Hole 12:30 p.m. Cards/Uno	24 Birthday Day! 10 a.m. Video Workout 10:30 a.m. In-house Bingo 11:30 a.m. Birthday Meal 12:30 p.m. Canasta
28 10 a.m. Video Workout 10:30 a.m. Bingo (In- house) 12:30 p.m. Dominoes	29 10 a.m. Video Workout 10:30 a.m. Healthy Aging w/ Erica from Rehab of NW Ohio 12:30 p.m. Pinochle	30 10 a.m. Video Workout 10:30 a.m. Hole in the Bucket Game 12:15 p.m. Corn Hole 1 p.m. Book Club: The Little Old Lady series 12:30 p.m. Cards/Uno	31 10 a.m. Video Workout 10:30 a.m. Halloween Trivia Game w/Prizes 12:30 p.m. Halloween Party **Anchored Band Performance**

# Sandusky County Senior Center Happenings

**Walk with Ease at Clyde Senior Center**



**Card clubs at Clyde Senior Center**



**Gibsonburg Senior, Ron working on his fall craft provided by Erica from Rehab Hospital of NWO**



**Gibsonburg seniors enjoyed a performance by the musical group Open Hearts during September's Monthly Evening Meal**



**Gibsonburg seniors singing along and dancing in their seats as the musical group Open Hearts performs 50's and 60's.**



# Sandusky County Senior Center Happenings



Seniors at Fremont Senior Center enjoying a game of Sequence

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# Sandusky County




## NOODLE DRUMMING

See Senior Center  
calendars for dates and times




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### 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.



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## SPRING CREEK

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401 N Broadway ST. Green Springs, OH 44836

[springcreekcare.com](http://springcreekcare.com)

419-639-2626



# Card Club & Game Winners

## **Clyde Center** *Canasta*

8/15—Cheryl Romeo, Gerald Schalk, Sandy Kauffman

8/22—Sherry Yates, Deb Snider, Carol Van Fleet

8/22—Sherry Yates, Deb Snider, Carol Van Fleet

8/29—Game 1 Gerald Schalk, Dave Blay, Mary Moyer

8/29—Game 2 Deb, Carol Van Fleet, Cheryl Romeo, Mary Moyer

8/29—Game 3 Bob Goble, Dave Blay, Gerald Schalk

## *Dominoes*

8/19—Winners 1st Gerald 2nd Dave 3rd Sheri 4th Ruth 5th Mary

8/26—Winners 1st Gerald 2nd Linda 3rd Mary 4th Sherry

## *Pinochle*

8/6—Cheryl Romeo, Carol Van Fleet, Debra Stacy, Dave Blay

8/13—Cheryl Romeo, Sherry Yates, Dave Blay

8/20—Carol Van Fleet, Deb Snider, Sherry Yates

8/27—Team Cheryl Romeo and Dave Blay

## **Fremont Center** *Euchre*

8/5—1st Lee Myers, 2nd Nancy McKeever

8/12—1st Dutch Neitzke, 2nd Sharon Neason, 3rd Nancy Park

8/19—1st Dutch Neitzke, 2nd Lee Myers

8/26—1st Nancy Park, 2nd Bobbie Domanski, 3rd Deb Stratton

## *Pinochle Winners*

8/1—1st Shirley Mehling, 2nd Kay Hall, 3rd Sandy DeVries

8/8—1st Lee Myers, 2nd Anne Humberger, 3rd Mary Pfefferle


8/15—1st Dutch Neitzke, 2nd

Lee Myers

8/22—1st Dutch Neitzke, 2nd Nancy Park

8/28—1st Mary Pfefferle, 2nd Isa Jay

9/5—1st Shirley Mehling, 2nd Mary Kucha, 3rd Isa Jay



**CARD CLUBS**

Check you senior center calendar and find the right card game for you!



Seniors at Fremont Senior Center enjoying a game of Bridge



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## MONTHLY EVENING MEAL

Wednesday, Oct. 9

4:30 - 6 p.m.

RSVP by 2 p.m. Tuesday, Oct. 8

- Sanderson Sister's Stew (beef and vegetable stew)
- Roasted Butternut Squash
- Billy's Finger Vegetables
- Apple Slices with Caramel Sauce
- Binx's Breadsticks
- Cauldron Cakes
- "Put a Spell on You" Punch





# GLCAP Sandusky County Senior

## Menu for October 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. <b>NON-SENIOR GUEST/STAFF: 6.75</b>	
<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	
*One Trip Salad Bar at the Fremont Senior Center open on <b>Wednesdays</b> by reservation only. Dine in only, no carry-out.	1. Beefy Goulash, Diced Carrots, Succotash, Pears, Cornbread, Yogurt Cup <b>Salad:</b> Chef Salad w/ Chicken	2. Chicken Marsala, Au Gratin Potatoes, Peas w/ Pearl Onions, Tropical Fruit, Wheat Bread, Lemon Bar	3. Lasagna Roll Up w/ Meat Sauce, Italian Vegetables, Tossed Salad, Cherry Crisp, Garlic Bread <b>Salad:</b> Chef Salad w/ Turkey Ham	Box Lunch out on Thursday 10/3/24: Roast Beef Sandwich	
7. Swedish Meatballs over Parslied Noodles, Harvard Beets, Green Beans, Peaches, Wheat Bread	8. BBQ Pork Riblett, Sweet Potatoes, Brussels Sprouts, Applesauce, Wheat Bread <b>Salad:</b> Garden Salad / Cheese Stick	9. Broccoli and Cheddar Stuffed Chicken Breast, Baby Carrots, Creamed Spinach, Mandarin Oranges, Wheat Bread, Brownie	10. Garlic Tilapia over Rice Pilaf, Roasted Red Potatoes, Normandy Blend Vegetables, Pineapple, Wheat Bread <b>Salad:</b> Chef Salad w/ Chicken	Box Lunch out on Thursday 10/10/24: Chicken Bacon Ranch Pasta	
14. Bratwurst, Potato Pancakes, Sauerkraut, Strawberries, Pretzels, Gingersnap Cookie	15. Taco Skillet (Beef, Beans, Rice), Fiesta Corn and Beans, Tossed Salad, Blueberry Crisp, Tortilla <b>Salad:</b> Chef Salad w/ Turkey Ham	16. Chicken Florentine, Baby Bakers, Diced Carrots, Mixed Fruit, Garlic Bread, Rice Krispy Treat	17. Shepherd's Pie, Butter Beans, Stewed Tomatoes, Apricots, Fruited Gelatin Salad, Wheat Bread <b>Salad:</b> Garden Salad / Cheese Stick	Box Lunch out on Thursday 10/17/24: Ham and Cheese Sandwich	
21. Mushroom Steak, Baked Potato, Squash Blend Vegetables, Pears, Wheat Bread	22. Orange Chicken over Brown Rice, Stir Fry Vegetables, Egg Roll, Orange Juice, Wheat Bread <b>Salad:</b> Chef Salad w/ Chicken	23. Turkey and Cheese on Bun 3-Bean Salad, Broccoli and Cheddar Soup, Blueberries, Pudding	24. <b>Birth Day!</b> Baked Meatloaf, Mashed Potatoes and Gravy, Nantucket Blend Vegetables, Fresh Melon, Roll, Cake, Ice Cream <b>Salad:</b> Chef Salad w/ Turkey Ham	Box Lunch out on Thursday 10/24/24: Egg Salad / Croissant	
28. Stuffed Peppers, Chessy Potatoes, Mixed Vegetables, Strawberry Applesauce, Wheat Bread	29. Tuna Noodle Casserole, Harvard Beets, Steamed Broccoli, Mandarin Oranges, Cottage Cheese, Banana Muffin <b>Salad:</b> Garden Salad / Cheese Stick	30. Beef Tips over Mashed Potatoes, Peas and Carrots, Peach Crisp, Biscuit, Cookie	31. Philly Cheesesteak Meatballs, Green Beans, Potato Bites, Pineapple, Sub Bun <b>Salad:</b> Chef Salad w/ Chicken	Box Lunch out on Thursday 10/31/24: Greek Chicken Pasta	

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

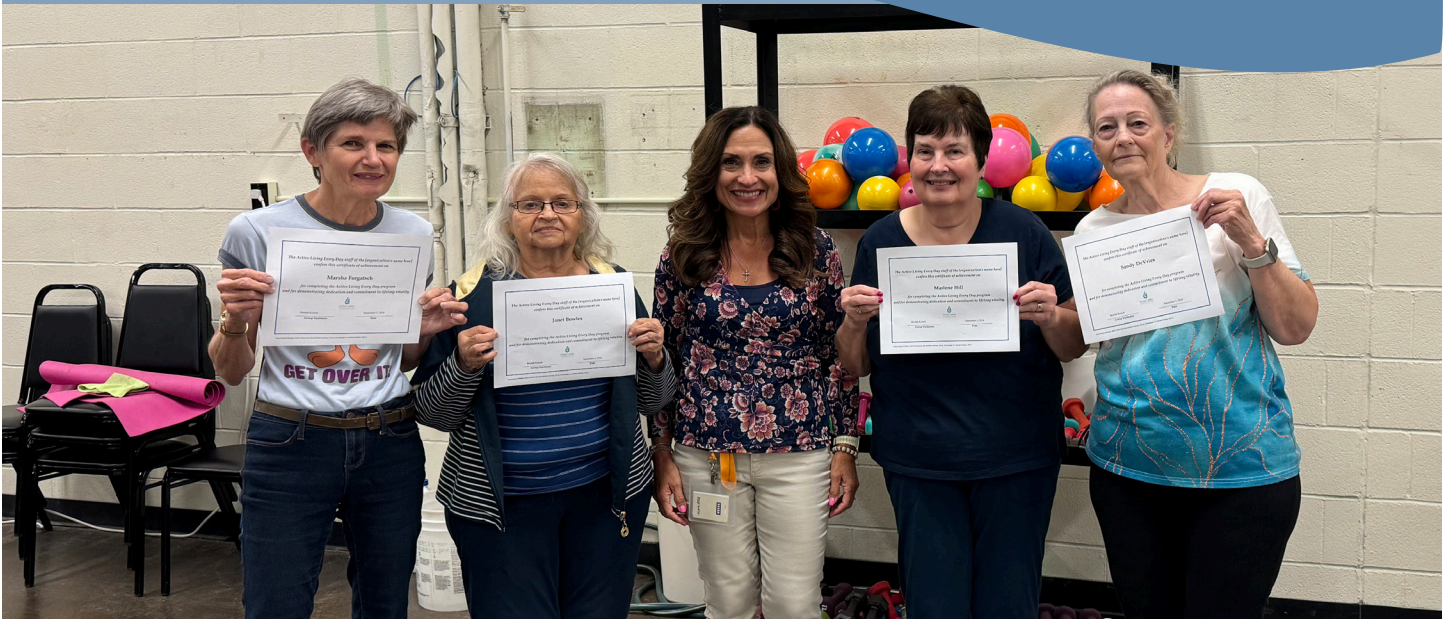
For Home Delivered Meal Cancellations, contact 419-332-4032. For ingredient content only, call GLCAP Food Service 419-333-1402.

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

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# SENIORS ON THE MOVE

October 2024



*Fremont Senior Center Active Living Every Day participants get their certificates of completion! Congrats!*