



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.*

# SENIORS ON THE MOVE



## It's National Volunteer Appreciation Month!

We are fortunate to have a wonderful group of volunteers who generously give their time to our senior centers. We could not do it without you.

Volunteering helps seniors stay active and engaged in their communities. There are several benefits to volunteering, including reducing symptoms of depression and preventing isolation. Seniors who volunteer also report feeling like they have more time and money, as well as improved intergenerational relationships. Volunteering can also promote mental health, potentially even preventing dementia. Overall, volunteering is a great way for seniors to give back and improve their well-being.

We want to thank all the volunteers that help us at all the centers. We are truly grateful for all your help! If anyone is interested in volunteering, please let your senior center supervisor know!

Volunteer Appreciation Week begins April 21 and the centers have volunteer appreciation gatherings each day during the week. See the highlights and calendars section for each center to see what your center has planned!



Gibsonburg Senior Center volunteers — Pat W., Linda H. and Pat H. Thank you for all you do!

## A special thank you from Senior Site Supervisor Polly at Gibsonburg Senior Center

The Gibsonburg Senior Center has many outstanding volunteers that are always willing to jump in and help wherever there is a need. Pat W., Linda H., Pat H., Kathy B., and Sue F. assist at the center in various capacities. Each person helps with everything from food services to assisting with programming to completing paperwork. Thank you, ladies, for all you do!

**Volunteer Appreciation Breakfast at  
Fremont Senior Center  
April 23 at 9 a.m.**

# Sandusky County Seniors Birthdays

## **April 1**

Shirley Meek

Donald Wineland

## **April 2**

Reynold Hirt

Nyle Spaulding

## **April 3**

Tina Hansen

Phyllis Ward

James Yeckley

## **April 4**

Thomas Hoffert

## **April 5**

Alfred Darling

Geneva Flahiff-Melchor

Anne Humberger

James Laurer

Juanita Patynko

## **April 6**

Emma Barnard

Pamela Beaber

Shirley Castillo

Danny Ferguson

Cynthia Levorchick

Donald Riehl

## **April 7**

Starla Bentley

Patricia Bristley

Sarah Iannello

## **April 8**

Herman Foos

Margene Frey

Patricia Metcalf

## **April 9**

Alice Reineck

## **April 10**

Tim Henderson

## **April 11**

Charles Sweeney

Earl Wammes

## **April 12**

Robert Siefke

Mary Villarreal

## **April 13**

Susan Bolen

Perry Gibson

Gloria Root

## **April 14**

Lavonne Babione

Franklin Bibler

## **April 17**

Saundra Kauffman

Teresa Roth

Justa Smith

## **April 18**

Sue Burmeister

Paulette Cutcher

Jerry Shaffer

## **April 19**

Vicki Barnes

Victor Kline

Samuel Starks

## **April 20**

Laurie Armbruster

Alvin Neitzke

## **April 21**

Audrey Braden

Gladys Milleson

Ashley Mullins

## **April 22**

Sandra Anderson

Connie Jeanette

Debra Smith

## **April 23**

Betty Autullo

Ron Reardon

## **April 24**

Constance Claycomb

Susan Hoffman

Ada Kastor

Jeanne Luther

Terry Myers

## **April 25**

William Baker

William Lash

Gary Overmyer

## **April 26**

Rose Michel

MaryAnn Missig

Susanne Wing

## **April 27**

Herman Bates

Dean Pfefferle

Judy Wagner

## **April 28**

Kathy Berger

Linda Linder

Louise Parmer

Pauline Wollenslegel

## **April 29**

Lois Bartson

Arlene Fleming

Dale Frantz

Lynda Wilbert

## **April 30**

Sandra DeVries

Linda Dunfee

Rebecca Rodriguez

Kathleen Schoenfeld

## Our Sympathies

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

Robin Glass, Ralph Conn,  
Virginia Balduff, and Kathy Stine.

**Follow us on Facebook!**  
**Join our Sandusky County  
Seniors group on Facebook to  
keep updated on all that's  
happening. An admin will  
approve your request to join.**



## A special thank you to the volunteers at the Clyde Senior Center from Senior Site Supervisor Donna Key

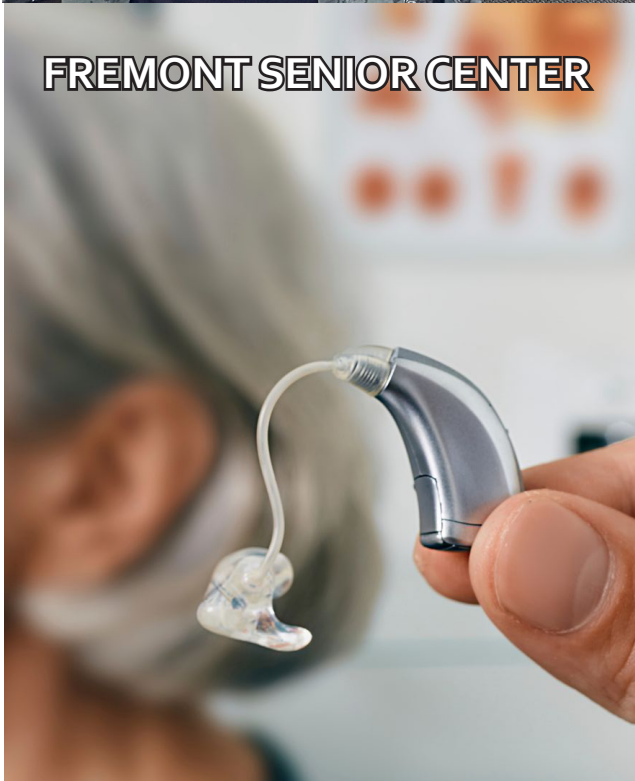
Cheryl Romeo volunteers by scheduling and oversees the Toenail clinic. Deb Snider, Anne Barger, and Bobby Goble: these three are such a wonderful asset to our dining room. They keep the meals flowing and are always wonderful to have at any event. Melanie Carroll and Carol Vanfleet are a mother/daughter combo and they make everything special! They beautifully decorate our facility for every event and make sure the guests are joining in and participate in the fun!



**FREMONT SENIOR CENTER**

## Hearing Testing and Hearing Aid Cleaning April 30 from 9 a.m.-4 p.m.

Need to get your hearing check or get your hearing aids cleaned? Mandy Parsons from Hearing Life will be here to test hearing and clean hearing aids. Please call the senior center to make an appointment.



# Fremont Senior Campus Highlights

**Diabetes Prevention Program:** Class continues Wednesdays at 8:30 a.m. Please see the newsletter article for the Diabetes Prevention Program through the Sandusky County YMCA for more information. This is a year-round program.

**Toenail Clinic:** April 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.

**In-Person Book Club:** Continues on April 2 at 1 p.m. The book club will meet weekly about the book "My Grandmother Asked Me to Tell You She's Sorry" by Fredrik Beckman. It is a story about life and death and one of the most important human rights: the right to be different. It is told with comic accuracy as the author's previous novels. Sign up today by contacting the senior center.

**Bingocize:** Continues April 7 at 10 a.m. Bingocize (Nutrition sessions) continue this month. This is a 10-week evidence-based program that consists of meeting twice per week for 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.

**Tech Help with Willie:** April 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 the center to reserve a time.

**Skip-Bo/Phase 10:** April 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.

**Monthly Evening Meal and Activity:** April 9, 3:30 - 6 p.m. Let's Win Big with GLCAP Senior Services in 2025. During our monthly evening meals over the next few months, we will experience different sports and sporting events. "Fore!" means to watch out for a good time as we enjoy our evening together with golf. Check out the menu and if you are interested, please call or stop by the senior center before Monday, April 7, at 2 p.m. to make a reservation. We will have a putt-putt contest at 3:30 p.m. before the meal.

**Movie "Thelma" with Pat Gerber:** April 10 at 12:30 p.m. Come join us and Pat to watch the new release "Thelma". The 93-year-old grandmother loses money to a con artist, and she goes after him. Pat will be bringing pop and popcorn!

**Easter Egg Hunt:** April 17, Noon-12:30 p.m. Sign up and join us for a fun-filled Easter egg hunt on April 17 from noon to 12:30 p.m. Bring your Easter basket to find some eggs and see what goodies you find. Sign up at the senior center.

**Sequence:** April 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:** April 2, 3, 9, 10, 16, 17, 23, and 30 at 12:30 p.m. Join 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 in the group. Please stop in or call to sign up.

**Blood Pressure Clinic:** Birthday Day April 24 at 10:15 a.m. JoAnn Sinclair from Countryside will be here on birthday day from 10:15 a.m. -11:30 a.m. doing blood pressure checks.

**Calling all Cross Stitchers:** Join us here at the center on Mondays at 12:30 p.m. to sit and cross stitch. We would love to see you and what you're working on.

**Volunteer Week:** This week is a special time for us to thank our volunteers for all they have done. Invitations will be sent out to our volunteers to join us for these events. We are so thankful and appreciative of the time and effort our volunteers give!

**Donuts and Coffee:** Monday, April 21, at 9 a.m.

**Pizza Party with Pat Gerber** (RSVP by April 21 at 2 p.m.): Tuesday, April 22, at 2:30 p.m.

**Breakfast at Fremont Senior Center:** Wednesday, April 23, at 9 a.m.

**Volunteer Recognition and Certificate Presentation:** Thursday, April 24, at 10 a.m.

**Hearing Testing and Hearing Aid Cleaning:** April 30 from 9 a.m. to 4 p.m. Need to get your hearing check or get your hearing aids cleaned? Mandy Parsons from Hearing Life will be here to test hearing and clean hearing aids. Please call the senior center to make an appointment.

**Calling all walkers!** Need a walking buddy? Get up and take a break from sitting and walk with Brenda every Thursday beginning at 10:30 until 11 a.m. inside the Fremont Senior Center. Walk for as long as you'd like during the 30 minutes. It doesn't matter the pace! No registration required!

**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.

The library is open! 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 shop.

\*If anyone is interested in helping Sandy crochet scrubbers for the senior store, please contact the senior center.



# 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\*\*\*

## April 2025

Monday	Tuesday	Wednesday	Thursday
	1 8:30 a.m. Circuit (Angie) 9:30 a.m. Knitting and Crochet w/ Sandy 11 a.m. Stretch & Tone w/ Brenda Noon: Prize Bingo w/ Deb Stratton 1:15 p.m. Chair Volleyball 1:15 p.m. Skip-Bo/Phase	2 8:30 a.m. Tai Chi (Angie) 8:30 a.m. Diabetes Prevention Program 9-noon Toenail Clinic with Joni Widman 9:15 a.m. Senior Stretch (Angie) 10 a.m. Bingocize with Lilly Noon Bridge Noon-3 p.m. Open Pool Table 12:30 p.m. Sequence game 12:30 p.m. Diamond Art 1 p.m. Book Club	3 8:30 a.m. Cardio & Strength (Angie) 10:30 a.m. Walk w/ Brenda 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 a.m. Tech Help w/ Willie 10 a.m. Bingocize: Nutrition w/ Lilly 10:30 a.m. Bingo w/ Kim from Orchard Grove Noon Euchre 12:30 p.m. Cross-Stitching 1:30 p.m. Tai Chi w/ Brenda	8 8:30 a.m. Circuit (Angie) 9 a.m. Adult Coloring 9:30 a.m. Quilting w/ Sandy 11 a.m. Stretch & Tone Noon: Prize Bingo w/ Kari Arnold from Herman Funeral Home sponsor 1:15 p.m. Chair Volleyball 1:15 p.m. Skip-Bo/Phase	9 8:30 a.m. Diabetes Prevention Program Class 8:30 a.m. Tai Chi (Angie) 9:15 a.m. Senior Stretch (Angie) 10 a.m. Bingocize: Nutrition w/ Lilly Noon Bridge Noon-3 p.m. Open Pool Table 12:30 p.m. Sequence game 12:30 p.m. Diamond Art 1 p.m. Book Club 3:30 p.m. Putt-Putt Contest 4:30 p.m. Monthly Evening Meal (RSVP by April 7 at 2)	10 8:30 a.m. Cardio & Strength (Angie) 10:30 a.m. Walk w/ Brenda 12:30 p.m. Pinochle 12:30 p.m. Diamond Art 12:30 p.m. Movie: "Thelma" w/ Pat Gerber
14 8:30 a.m. Zumba Gold (Angie) 9:15 a.m. Movement Made Easier (Angie) 9:30 a.m. Bingocize: Nutrition w/ Lilly 10 a.m. Tech Help w/ Willie 10 a.m. Embroider w/ Sandy Noon Euchre 12:30 p.m. Cross-Stitching	15 8:30 a.m. Circuit (Angie) 9:30 a.m. Knitting and Crochet w/ 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	16 8:30 a.m. Diabetes Class 8:30 a.m. Tai Chi (Angie) 9:15 a.m. Senior Stretch (Angie) 10 a.m. Bingocize: Nutrition w/ Lilly Noon Bridge Noon-3 p.m. Open Pool Table 12:30 p.m. Bunco 12:30 p.m. Sequence game 12:30 p.m. Diamond Art 1 p.m. Book Club	17 8:30 a.m. Cardio & Strength (Angie) 10:30 a.m. Walk w/ Brenda Noon-12:30 p.m. Easter Egg Hunt 12:30 p.m. Pinochle 12:30 p.m. Diamond Art
21 VOLUNTEER APPRECIATION WEEK! 8:30 a.m. Zumba Gold (Angie) 9:15 a.m. Movement Made Easier (Angie) 9 a.m. Vol event: Donuts and coffee 10 a.m. Tech Help w/ Willie Noon Euchre 12:30 p.m. Cross-Stitching	22 8:30 a.m. Circuit (Angie) 9:30 a.m. Quilting w/ Sandy 11 a.m. Stretch & Tone w/ Brenda Noon: Prize Bingo w/ Pat Gerber with Alzheimer's Association 1:15 p.m. Chair Volleyball 1:15 p.m. Skip-Bo/Phase 10 2:30 p.m. Vol event: Pizza Party (RSVP by April 21 at 2 p.m.)	23 8:30 a.m. Diabetes Class 8:30 a.m. Tai Chi (Angie) 9 a.m. 9:15 a.m. Senior Stretch (Angie) 9 a.m. Volunteer Breakfast 10:15 a.m. Angie's Breakfast Noon Bridge Noon-3 p.m. Open Pool Table 12:30 p.m. Sequence game 12:30 p.m. Diamond Art 1 p.m. Book Club	24 Birthday Day! 8:30 a.m. Cardio & Strength (Angie) 10 a.m. Volunteer Recognition and cert. pres. 10:30 a.m. Walk w/ Brenda 10:15-11:30 a.m. BP Checks w/ JoAnn Sinclair from Countryside 11:30 Birthday Lunch 12:30 p.m. Bingo w/ JoAnn Sinclair from Countryside 12:30 p.m. Pinochle 12:30 p.m. Diamond Art
28 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 w/ Willie 10:30 a.m. Sequence Noon Euchre 12:30 p.m. Cross stitching	29 8:30 a.m. Circuit (Angie) 9:30 a.m. Knitting and Crochet w/ Sandy 11 a.m. Stretch & Tone w/ Brenda Noon: Prize Bingo w/ Jessica Sumser from Firelands HH 1:15 p.m. Skip-Bo/Phase 10	30 8:30 a.m. Diabetes Class 8:30 a.m. Tai Chi (Angie) 9 a.m.-4 p.m. Hearing Test w/ Mandy 9:15 a.m. Senior Stretch (Angie) Noon Bridge Noon-3 p.m. Pool table open 12:30 p.m. Diamond Art 1 p.m. Book Club	

# Gibsonburg Senior Center Highlights

**Bingocize: Exercise Only.** Continues April 3, 10:30 a.m. Continuing over the next few weeks we will combine bingo, education, and exercise to improve your health. Evidence shows social, cognitive, and physical improvements from participating in bingocize and the best part is that it's fun and provided at no cost. It's not too late to join. If you're interested in joining or have any questions, contact the center.

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

- Tuesday, April 1, 10:30 a.m. with Katie from Ohio Living Home Health & Hospice
- Tuesday, April 8, 10:30 a.m. with Holly from Stein Hospice
- Wednesday, April 16, 10:30 a.m. with Kari from Herman Funeral Homes
- Tuesday, April 22, 10:30 a.m. with Joann from Countryside Manor

**Cooking for 1 or 2:** April 7, 10:30 a.m. It's sometimes hard to fix a meal for just 2 people. Ruby from OSU extension will be here to share tips on how to try to make smaller portions.

**Monthly Evening Meal and Activity:** April 9, 3:30-6 p.m. Let's Win Big with GLCAP Senior Services in 2025. During our monthly evening meals over the next few months, we will experience different sports and sporting events. "Fore!" means to watch out for a good time as we enjoy our evening together with golf. Check out the menu and if you are interested, please call or stop by the senior center before Monday, April 7, at 2 p.m. to make a reservation. We will have a putt-putt contest at 3:30 p.m. before the meal.

**Wellness Clinic:** April 22, 10 a.m. Join us to get your blood pressure and pulse oxygen checked as well as other screenings by Joann from Countryside Manor.

**Canvas Painting & Snacks:** April 28, 10:30 a.m. Get creative with Jill from Seniors Helping Seniors.

She will be bringing paint, canvases, and easels, as well as a sweet treat to enjoy.

**Senior Benefits Presentation:** April 29, 10:30 a.m. Vickie from the Area Office on Aging will be bringing information about different assistance programs like farmer's market coupons as well as SNAP, HEAP, Ex Help, and ACP. If you would like to learn more about these programs or others they offer, join us.

**Cardo:** April 30, 10:30 a.m. Join the fun as Kelly from Edgewood Manor will be calling cards and handing out prizes to our winners. Cardo is a great twist on bingo and is an enjoyable time for all.

**Volunteer Week begins April 21, 2025!** This week is a special time for us to thank our volunteers for all they have done. Invitations will be sent out to our volunteers to join us for these events. We are so thankful and appreciative of the time and effort our volunteers give!

**Donuts and Beverages:** Monday, April 21, at 10 a.m.

**Cookies and Beverages:** Tuesday, April 22, at 10 a.m.

**Catered appreciation breakfast at the Fremont Senior Center:** Wednesday, April 23, at 9 a.m.

**Volunteer Recognition and Certificate Presentation:** Thursday, April 24, at 11 a.m.



Gibsonburg Senior Center volunteers last year at the volunteer breakfast. Thank you!

# 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\*\*\*

## April 2025

Monday	Tuesday	Wednesday	Thursday
	1 10:30 a.m. Bingo w/ Katie from Ohio Living Home Health & Hospice	2 10:30 a.m. Trivia w/ Christy from Bridge Hospice	3 10:30 a.m. Bingocize
7 10:30 a.m. Cooking for 1 or 2 w/ Ruby from OSU extension	8 10:30 a.m. Bingo w/ Holly from Stein Hospice	9 10:30 a.m. Bingocize 3:30 p.m. Putt-Putt 4:30 p.m. Evening Meal RSVP by April 7 @ 2 p.m.	10 10:30 a.m. Bingocize
14 10:30 a.m. Free Take Home Spring Craft	15 10:30 a.m. Bingocize	16 10:30 a.m. Bingo w/ Kari from Herman Funeral Homes	17 10:30 a.m. Bingocize
21 Volunteer Appreciation Week! 10:30 a.m. Boggle word game	22 10 a.m. Wellness Clinic w/ Joann 10:30 a.m. Bingo w/ Joann from Countryside Manor	23 9 a.m. Volunteer Breakfast at Fremont Sr. Ctr. 10:30 a.m. Golf card game	24 Birthday Day! 10:30 a.m. Apples to Apples game 11:30 a.m. Birthday lunch
28 10:30 a.m. Canvas Painting & Snacks w/ Jill from Seniors Helping Seniors	29 10:30 a.m. Senior Benefits w/ Vickie from Area Office on Aging	30 10:30 a.m. Cardo w/ Kelly from Edgewood Manor	

## Volunteer Week Begins April 21

Monday, April 21 — Donuts and beverages at 10 a.m.

Tuesday, April 22 — Cookies and beverages at 10 a.m.

Wednesday, April 23 — Catered appreciation breakfast at Fremont Senior Center at 9 a.m.

Thursday, April 24 — Volunteer recognition and certificate presentation at 11 a.m.

# 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 April 7 or 28 at 1 p.m. for a tour.

**Bingocize:** Exercise Only – Continues April 2 at 9 a.m. Continuing over the next few weeks we will combine bingo, education, and exercise to improve your health. Evidence shows social, cognitive, and physical improvements from participating in bingocize and the best part is that it's fun and provided at no cost. It's not too late to join. If you're interested in joining or have any questions, contact the center.

**Knit & Crochet w/ Sandy:** Monday, April 7 and 21, at 9 a.m. Learn knitting or crocheting skills for the skilled or beginner some supplies available to start your next project.

**Heartbeat 'Baby Shower':** April 8 at 10 a.m. Join Marisa from Heartbeat and the seniors as they 'shower' expectant mothers with some necessities for baby care; desserts and door prizes will be provided.

**Easter Basket Craft:** April 9 at 10:30 a.m. Join Donna to plan and start creating our Easter Baskets to be judged. Some supplies will be provided, but you may bring items to personalize your basket. Please sign up at the center.

**Monthly Evening Meal and Activity:** April 9, 3:30-6 p.m. Let's Win Big with GLCAP Senior Services in 2025. During our monthly evening meals over the next few months, we will experience different sports and sporting events. "Fore!" means to watch out for a good time as we enjoy our evening together with golf. Check out the menu and if you are interested, please call or stop by the senior center before Monday, April 7, at 2 p.m. to make a reservation. We will have a putt-putt contest at 3:30 p.m. before the meal.

**Cooking for 1 or 2:** April 10 at 10:30 a.m. Ruby from OSU Extension will give us some tips on cooking smaller portions with wonderful recipes and ingredient information.

**Reminisce about Cats w/ Nelcy from the Clyde Library:** April 10 at 1 p.m. Reminisce about cats with Nelcy from the Clyde library! Please bring a treasured memento to take us down memory lane with you and share your favorite cat memories.

**Hand Massages or Nail File w/ Lucy:** April 14, from 9 to 11 a.m. Lucy will be providing her wonderful hand massages and filing nails. There are limited slots; please sign up at the senior center.

**Crafting with Karen:** Monday, April 14, at 10 a.m. Join Karen as she walks you through a fun Easter wreath with step-by-step guidance. This is perfect for the beginner or skilled crafter.

**Planning your Will w/ Legal Aid of Northwest Ohio:** April 22 at 10:30 a.m. Join staff from Legal Aid of Northwest Ohio as they share information about and educate on wills and senior legal safety.

**Book Club: "The Little Old Lady Who Struck Lucky Again":** Starting Monday, April 28, at 12:30 p.m. Join us as we progress into a book this month. Our second in the series is a hilarious mystery "The Little Old Lady Who Struck Lucky Again!" by author Catharina Ingelman-Sundberg. Martha Anderson and the League are at it again. Trading their senior home for the bright lights of the Strip, they're ready to take Vegas for all its worth!

**Movies:** Wednesdays in April at Noon.

April 2 — "Bliss" (Romantic)

April 16 — "The Last Bus" (Comedy)

April 23 — "Senior Entourage" (Comedy)

April 30 — "Boynton Beach Club" (Rom Com)

Popcorn and treats will be provided!

**Volunteer Week begins April 21!** This week is a special time for us to thank our volunteers for all they have done. Invitations will be sent out to our Volunteers to join us for these events. We are so thankful and appreciative of the time and effort our volunteers give!

**Donuts and Coffee:** Monday, April 21, at 9:30 a.m.

**Cookies and Coffee:** Tuesday, April 22, at 9:30 a.m.

**Breakfast at the Fremont Senior Center:** Wednesday, April 23, at 9 a.m.

**Volunteer Recognition and Certificate Presentation:** Thursday, April 24, at 10 a.m.



# 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\*\*\*

## April 2025

Monday	Tuesday	Wednesday	Thursday
	1 9:30 a.m. Video Workout 10 a.m. Bingo w/ Jessica from Firelands HH 12 p.m. Pinochle	2 9 a.m. Bingocize 10 a.m. Video Workout 10:30 a.m. Bingo w/ Cameron from AOMHC 12 p.m. Movie "Bliss" (Romantic) 12 p.m. Cards (Sunroom)	3 10 a.m. Video Workout 10:30 a.m. Elmwood Expansion Presentation w/ Amanda 12 p.m. Canasta
7 9 a.m. Bingocize 9 a.m. Knit & Crochet w/ Sandy 10 a.m. Video Workout 10:30 a.m. Bingo w/ Holly from Stine Hospice & Holly from Commons of Providence 12 p.m. Bunco 1 p.m. Site Tour & Orientation	8 10 a.m. Video Workout 10:30 a.m. Heartbeat 'Baby Shower' 12 p.m. Pinochle	9 9 a.m. Bingocize 10 a.m. Video Workout 10:30 a.m. Easter Basket Craft w/ Donna 1 p.m. Toenail Clinic w/ Joni 12 p.m. Cards (Sunroom) 3:30 p.m. Putt-Putt Contest 4:30 p.m. Evening Meal (Reserve by April 7 at 2 p.m.)	10 10 a.m. Video Workout 10:30 a.m. Recipes for Two w/ Ruby from OSU Extension 12 p.m. Canasta 1 p.m. Reminisce: "Cats" w/ Nelcy from the Clyde Library
14 9 a.m. Bingocize 9-11 a.m. Hand Massage or Nail Polish w/ Lucy (Sunroom) 10 a.m. Easter Craft w/ Karen 12 p.m. Bunco	15 10 a.m. Video Workout 10:30 a.m. Bingo w/ Joann from Countryside 12 p.m. Pinochle	16 9 am Bingocize 10 a.m. Video Workout 10:30 a.m. Bingo w/ Shannon (Independent Broker) 12 p.m. Movie: "The Last Bus" (Comedy) 12 p.m. Cards (Sunroom)	17 10:30 a.m. Easter Egg Hunt, Easter Party & Easter Basket Judging 12 p.m. Canasta
21 Volunteer Appreciation Week! 9 a.m. Knit & Crochet w/ Sandy 9 a.m. Bingocize 9:30 a.m. Volunteer donuts and coffee 10 a.m. Video Workout 10:30 a.m. Healthy Brain & Body w/ Pat Gerber 12 p.m. Bunco	22 9:30 a.m. Volunteer event: Cookies and coffee 10 a.m. Video Workout 10:30 a.m. Legal Aid of NWO: Wills and Senior Legal Safety 12 p.m. Pinochle	23 9 a.m. Bingocize 9 a.m. Volunteer event breakfast at Fremont Senior Center 10 a.m. Video Workout 10:30 a.m. Bingo 12 p.m. Movie: "Senior Entourage" (Comedy) 12 p.m. Cards (Sunroom)	24 Birthday Day 10 a.m. Volunteer Recognition & Certificate Presentation 10:30 a.m. Bingo w/ Tara from Med1Care 11:30 a.m. Birthday Lunch 12 p.m. Canasta
28 9 am. Bingocize 10 a.m. Video Workout 10:30 a.m. Bingo 12 p.m. Bunco 12:30 p.m. Book Club: "The Little Old Lady that Struck Lucky Again" 1 p.m. Site Tour & Orientation	29 10 a.m. Video Workout 10:30 a.m. Canvas Painting w/ Jill from Seniors Helping Seniors 12 p.m. Pinochle	30 10 a.m. Video Workout 10:30 a.m. Cardio Ball Drumming 12 p.m. Movie: "Boynton Beach Club" (Comedy) 12 p.m. Cards (Sunroom)	

# Sandusky County

## Clyde Highlights



Clyde crafting with Karen



Chair demo with Tim at Clyde



Clyde ball drumming



Ball drumming with Donna



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419-346-2915 Cell



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JOIN US FOR MOVIES AT THE CLYDE SENIOR CENTER!

Wednesdays in April at Noon

2nd- “Bliss” (Romantic)

16th- “The Last Bus” (Comedy)

23rd- “Senior Entourage” (Comedy)

30th- “Boynton Beach” (Rom Com)

Popcorn and treats will be provided!



**Jessica Sumser**  
Community Coordinator

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# Sandusky County



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they hear you®

  
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*of EXCELLENCE*  
FOR BEHAVIORAL HEALTH  
PREVENTION & PROMOTION

 **Department of**  
**Mental Health &**  
**Addiction Services**

 **SANDUSKY COUNTY**  
**PUBLIC HEALTH**

 **PREVENTION PARTNERSHIP**  
OF SANDUSKY COUNTY  
*Working towards a drug-free community*

## CHOOSE INFORMAL TIMES TO TALK AS SHE GETS OLDER.

**Look for new opportunities to start a conversation about alcohol.**

Having frequent talks with your child in a safe environment will show that you care and foster a more open and honest dialogue about the risks of underage drinking. For tips on how—and when—to begin the conversation, visit

[www.underagedrinking.samhsa.gov](http://www.underagedrinking.samhsa.gov)

**#TalkTheyHearYou**

PEP20-03-01-013



**SAMHSA**  
Substance Abuse and Mental Health  
Services Administration

# Card Club & Game Winners

## **Fremont Winners** **Bridge**

2/5—1st Virginia Mittan, Helen Tonkin, 2nd Shirley Ratzmann, Phil Merz, 3rd Carol Smith, Ron Hill

2/12—1st Becky Prasuhn, Carol Pope, 2nd Helen Tonkin, Ron Hill, 3rd Shirley Ratzmann, Dutch Neitzke

2/19—1st Becky Prasuhn, Helen Tonkin, 2nd Virginia Mittan, Ron Hill, 3rd Fran Benlein, Philip Merz

2/26—1st Virginia Mittan, Marilyn Clark, 2nd Ron Hill, Carol Smith, 3rd Becky Prasuhn, Phil Merz

## **Euchre**

2/10—1st Pam Beacher, 2nd Dutch Neitzke, 3rd Lee Myers

2/24—1st Lee Myers, 2nd Dutch Neitzke, 3rd Pam Beacher, 4th Gerald Shalk

## **Pinochle**

2/6—1st Mary Kucha, 2nd Connie Claycomb

2/27—1st Connie Claycomb, 2nd Nancy Park

## **Clyde Game Winners**

### **Canasta: 2/6**

**Game 1:** 1st Sherry Yates, Cheryl Romeo, Carol Van Fleet; 2nd Bobby Goble, Sam Jones, Dave Blay

**Game 2:** 1st Sherry Yates, Cheryl Romeo, Carol Van Fleet; 2nd Bobby Goble, Sam Jones, David Blay

**Game 3:** 1st Bobby Goble, Dave Blay, Denise Richards; 2nd Sherry Yates, Carol Van Fleet, Cheryl Romeo

### **Canasta: 2/13**

**Game 1:** 1st Dave Blay, Sam Jones, Cheryl Romeo, 2nd Sherry Yates, Carol Van Fleet, Bobby Goble.

**Game 2:** 1st Dave Blay, Sam Jones, Cheryl Ro-

meo, 2nd Sherry Yates, Carol Van Fleet, Bobby Goble

### **Canasta: 2/20**

**Game 1:** 1st Sherry Yates, Carol Van Fleet, 2nd Bobby Goble, Dave Blay

**Game 2:** 1st Sherry Yates, Carol Van Fleet, 2nd Dave Blay, Bobby Goble

**Game 3:** 1st Sherry Yates, Carol Van Fleet, 2nd Bobby Goble, Dave Blay

### **Pinochle 2/4**

**Game 1:** 1st Dave Blay, 2nd Cheryl Romeo, 3rd Linda Moyer

**Game 2:** 1st Linda Moyer, 2nd Dave Blay, 3rd Cheryl Romeo

**Game 3:** 1st Carol Van Fleet, 2nd Sherry Yates, 3rd Cheryl Romeo

**Game 4:** 1st Sherry Yates, 2nd Linda Moyer, 3rd Carol Van Fleet

**Game 5:** 1st Sherry Yates, 2nd Linda Moyer, 3rd Carol Van Fleet

**Game 6:** 1st Cheryl Romeo, 2nd Linda Moyer, 3rd Bobby Goble

**Game 7:** 1st Linda Moyer, 2nd Carol Van Fleet, 3rd Bobby Goble

### **Pinochle 2/18**

**Game 1:** 1st Debra Stacy, 2nd Dave Blay, 3rd Carol Romeo

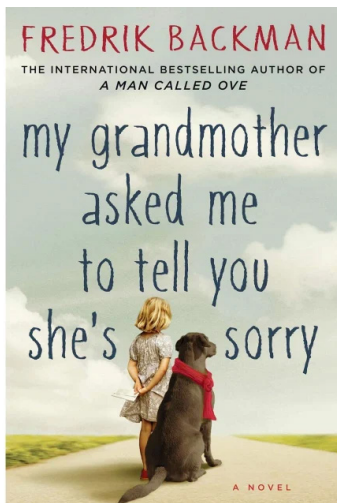
**Game 2:** 1st Sherry Yates, 2nd Debra Stacy, 3rd Cheryl Romeo

**Game 3:** 1st Cheryl Romeo, 2nd Carol Van Fleet, 3rd Debra Stacy

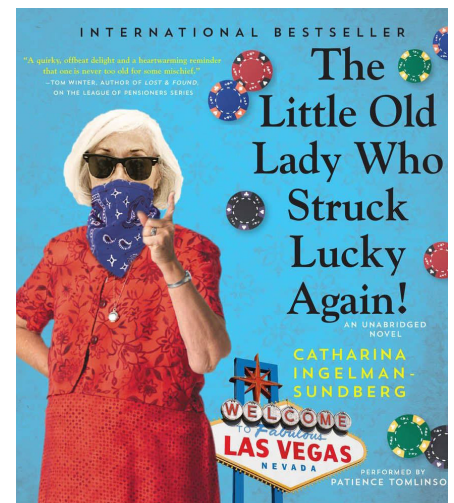
**Game 4:** 1st Carol Van Fleet, 2nd Debra Stacy, 3rd Sherry Yates

**Game 5:** 1st Sherry Yates, 2nd Carol Van Fleet, 3rd Cheryl Romeo

**Game 6:** 1st Debra Stacy, 2nd Carol Van Fleet, 3rd Dave Blay



**JOIN BOOK CLUB AT CLYDE & FREMONT CENTERS!**  
Check the highlights and calendars to see when Book Club meets at each location every month!







## NEW YEAR. NEW LOCATION!

Our Fremont PT Services clinic has moved!

Your hometown therapy provider for:

- Physical Therapy
- Occupational Therapy
- Speech Therapy
- Athletic Training
- Local Schools Partnerships
- One-on-one Personal Fitness
- Circuit Training
- Parkinson's Exercise Classes
- Home Health
- Industrial Workplaces

Our Fremont clinic has relocated to **400 W. State Street Suite 2**

We are excited to welcome everyone to our updated facility, and continue to be your hometown therapy provider!

### MONTHLY EVENING MEAL

Wednesday, April 9

Golf

4:30 p.m. – 6 p.m.

RSVP by 2 p.m. Monday, April 7

Hot Pimento and Ham Sandwich

Potato Wedges

Tomato Bisque

Carrot / Celery Flag Sticks and

Sand Trap Hummus

Fruit Parfaits

Peanut Butter Cookies



# GLCAP Sandusky County Senior Menu for April 2025

(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
*One Trip Salad Bar at the Fremont Senior Center open on <b>Wednesdays</b> by reservation only. Dine in only, no carry-out.	1. Turkey Tetrazzini, Stewed Tomatoes, Winter Blend Vegetables, Peaches, Garlic Bread <b>Salad:</b> Chef Salad w/ Chicken	2. BBQ Chicken Breast, Potato Bites, Mixed Vegetables, Fruit Cocktail, Wheat Bread, Lemon Bar	3. Kielbasa, Mashed Potatoes and Gravy, Sauerkraut, Cinnamon Applesauce, Corn Bread <b>Salad:</b> Garden Salad w/ Cheese Stick	<b>Box Lunch out on Thursday 4/3/25: Italian Pasta Salad with Ham and Sides</b>	
7. Chicken a La King over Biscuit, Au Gratin Potatoes, Steamed Broccoli, Mandarin Oranges, Cookie	8. Swedish Meatballs over Parslied Noodles, Harvard beets, Peas w/ Pearl Onions, Strawberries, Wheat Bread <b>Salad:</b> Chef Salad w/ Turkey Ham	9. Mushroom Steak, Baked Potato, Capri Blend Vegetables, Pears, Wheat Bread, Brownie	10. Egg and Cheese Omelet, Maple Sweet Potatoes, Spinach Souffle, Peaches, Bagel <b>Salad:</b> Chef Salad w/ Chicken	<b>Box Lunch out on Thursday 4/10/25: Chicken Salad on Croissant with Sides</b>	
14. Stuffed Peppers, Mashed Potatoes and Gravy, Baby Carrots, Apricots, Wheat Bread	15. Taco Skillet (Beef, Beans, Rice), Fiesta Corn, Tossed Salad, Blueberry Crisp, Tortilla Shell <b>Salad:</b> Chef Salad w/ Chicken	16. Roast Beef Sandwich on Bun, Cole Slaw, Loaded Potato Soup, Mixed Fruit, Pudding	17. Chicken Marsala, Cheesy Potatoes, Green Beans, Pineapple, Wheat Bread, Cottage Cheese <b>Salad:</b> Garden Salad / Cheese Stick	<b>Box Lunch out on Thursday 4/17/25: Ham and Cheese Sandwich with Sides</b>	
21. Macaroni and Cheese, Nantucket Blend Vegetables, Stewed Tomatoes, Tropical Fruit, Yogurt Cup	22. Smothered Pork Chop, Collard Greens, Scalloped Potatoes, Strawberries, Wheat Bread <b>Salad:</b> Chef Salad w/ Turkey Ham	23. Chicken Florentine, Baby Baker Potatoes, Italian Blend Vegetables, Mandarin Oranges, Garlic Bread	24. <b>BirthDay Day!</b> Baked Meatloaf, Mashed Potatoes and Gravy, Sicilian Blend Vegetables, Fruited Gelatin Salad, Roll, Cake, Ice Cream <b>Salad:</b> Chef Salad w/ Chicken	<b>Box Lunch out on Thursday 4/24/25: Southwest Chicken Pasta with Sides</b>	
28. Broccoli and Cheddar Stuffed Chicken Breast, Creamed Spinach, Peas and Carrots, Blueberries, Wheat Bread	29. Tuna Noodle Casserole, Harvard Beets, Green Beans, Peaches, Wheat Bread <b>Salad:</b> Garden Salad / Cheese Stick	30. Beef Tips over Mashed Potatoes, Steamed Broccoli, Cherry Crisp, Biscuit, Cookie			

**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

April 2025



*Thank you to our volunteers at the Fremont Senior Center!*