



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.

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.

SENIORS ON THE MOVE



Brenda teaching the Stretch & Tone class. See the Fremont Senior Center calendar to see when you can attend a Stretch & Tone class!

Senior Centers focus on American Heart Month

American Heart Month is celebrated in February to raise awareness about heart disease and how to prevent it. So, what can you do?

- Eat healthy: Eat a healthy diet with vegetables, whole grains, lean meats, low-fat dairy, and healthy fats.
- Be active: Try to get at least 150 minutes of moderate physical activity each week.
- Manage your weight: Maintain a healthy weight for you.
- Check your numbers: Get your blood pressure and cholesterol checked regularly.

Visit cdc.gov/heartdisease or heart.org for more information.



WEAR RED DAY IS
February 6

Put your heart into it at your center this month!

FREMONT
Feb. 6—Heart Disease Trivia
Feb. 13—Valentine's Breakfast

GIBSONBURG
Feb. 3—Heart Health Bingo with OSU Ext.
Feb. 6—Heart Health Trivia and Games

CLYDE
Feb. 5—Heart Health Recipes with OSU Ext.
Feb. 6—Heart Disease Video Presentation
Feb. 13—Valentine's Box Decorating, Exchange, and Desserts

check times on center calendars

Sandusky County Seniors Birthdays

February 1

Clarabelle Kline
Janet Provenzale
Alyce Schmidt
Esmeralda Vittitow

February 2

Sue Schlea
Annette Swartz

February 3

Santos Bocanegra
Mary Gillmor
Lela Hoffman

February 4

Dave Blay
Rose Shull
Sandra Sloan
Harold Vincent
Thelma Washington

February 5

George Gardner
Debbie Snider

February 6

Calvin Fought
Jeanne Haubert
Tom Light Sr.

February 7

Marjorie Hatfield
Jerry Thome
Yolanda Torres

February 8

Donna Fisher

Rafael Monge-Hernandez

Barb Reisbauch
Carolyn Smallets
Helen Tonkin

February 9

Susan Leidy

February 10

Dennis Clabaugh

Barbara Estep

Sandra Hoover

Marilyn Kovaleski

Paul Missler

Anita Rattliff

February 11

John Hoffman

Rosemary Wensinger

February 12

Joyce Nowak

Sharon Weller

February 13

Kay Hoffman

Vickie Husk

Marilyn Strecker

February 14

Rhonda Kaple

John Setzler

James Webb

Gepka Wilson

February 15

Kathy Brunnet

Rozella Foos

Crystal Johnson

February 16

Lynn Kyrce
Wayne Pesnell
Steve Rich

Angela Wetzell

Ada Williams

February 17

Sandra Beard

Ronald Burel

Ruth Hay

Linda Younker

February 18

Rita Dorobek

Michelle Keys

Julia Poyser

February 19

Frances Benlein

Katie Humburg

Jayne Largent

Rhonda Perkins

Kathy Stine

February 20

Delia Clark

Edward McKenzie

Eileen Siesel

February 21

Kathy Baker

Kayla Brock

February 22

Shirley Hammer

Terri Lombardo

Helen Webb

February 23

Iris Claar
Cheryl Florian

Barb Gormley

Dave Post

Anna Shetzer

Carol Van Fleet

Sharon Wonderly

February 24

Janet Morley

Sandra Ross

Sandra Smith

February 25

Marlene Bleckinger

Charlene Logsdon

February 26

Marlene Hoffman

Clara Rinebold

February 27

Marilyn Clark

Pamela Conley

Buddy Kindred

Rachel Widman

February 28

Lila Bender

Duane Cook

Charles Schlepp

Robin Weller

Our Sympathies

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

Christina Moreno, Betty Hamilton, Walter Grieger, Margaret Bates, Lester Bigelow,
Evelyn Dendinger, Diana Rose, and Margaret Channels.

YMCA Diabetes Prevention Program still accepting participants

The Diabetes Prevention Program through the Sandusky County YMCA began Wednesday, Jan. 15, 8:30 a.m.-9:30 a.m. at the Fremont Senior Center. The program is one year in length. The class will meet for once a week for the first six months of the course.

Addison Schneider, a health department nurse, will be teaching this class. Individuals will sign up through the YMCA. Potential participants will need to call and schedule an appointment with Angie Schroeder at the YMCA at 419-332-9622 to fill out the questionnaire to make sure the participant qualifies as prediabetic status or are at risk for diabetes.

Participants will receive their information via a packet of materials from the CDC and YUSA with each class.

The classes are designed to help reduce the risk for diabetes, and the goal is to teach the participants to

reduce their body weight by 7% and increase their physical activity by at least 150 minutes (about 5 hours) per week within the first half of the program.



CHECK THIS OUT! Senior Site Council made and donated these items to Heartbeat Hope Medical.

Tax preparation vouchers available to eligible seniors

To meet the need locally for tax preparation assistance, GLCAP will provide low-income seniors age 60+ a voucher to offset the cost if they use a tax preparation business located in Sandusky County. Businesses willing to accept the voucher (intent to pay) and bill GLCAP are Fremont and Clyde Liberty Tax, Holland CPA, and S&S CPA, Inc. Appointments are required. Seniors will need to come to the center to sign the voucher. Call 419-334-8383 for more information and eligibility requirements. There is a limited supply of vouchers available and are provided on a first-come, first-served basis.

GLCAP celebrates Ohio Loves Transit Week

In Sandusky County in 2023, TRIPS, our local transit system, provided 39,508 rides. In addition to curb-to-curb, demand-response service, TRIPS also offers the Fremont Shuttle, which follows a scheduled hourly route throughout the city with fixed stops at marked locations, 8 a.m.-6 p.m., Monday-Friday. GLCAP's Mobility Management program also helps educate the public on local transportation resources, in addition to coordination efforts to improve transportation access. This year, enjoy free fare on the Fremont Shuttle all day on Feb. 14!

For more information on Ohio Loves Transit Week or any of GLCAP's transportation programs, call Mobility Management at 419-333-5081, or visit glcap.org/trips or glcap.org/mobilitymanagement.

Fremont Senior Campus Highlights

Save the Date — Angie's Exercise Sampler and Breakfast is scheduled for March 26.

Tech Help with Willie — Feb. 3, 10, and 24 at 10 a.m. Volunteer Technology Assistant Willie Rogers has been assisting seniors with their electronic devices within the Sandusky County Senior Program since January 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.

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

Toenail Clinic — Feb. 5 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 at The Fremont Senior Center on Feb. 5 at 1 p.m. The book club will meet weekly about the book "The Silver Ladies of Penny Lane" by author Dee MacDonald. This is an absolutely hilarious feel-good novel. Sign up today by contacting the Fremont Senior Center.

Sequence — Feb. 5, 12, 19, and 26 at 12:30 p.m. This game requires a group of up to eight people to play. The first paired partners to get two lines on the board win!

Diamond Art — Feb. 5, 6, 12, 13, 19, 20, 26, and 27 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 artworks. Feel free to bring your own in to complete in the group. Please stop in or call to sign up.

Heart Disease Trivia with Lilly and Erica Reid from Rehabilitation of Hospital of Northwest Ohio — Feb. 6 at noon. February is Heart Disease month. Let's wear red on Feb. 6 and celebrate with some trivia.

Bingocize Nutrition — Starting Feb. 10 at 10 a.m. This is a 10-week evidence-based program that consists of meeting twice a week for a one-hour each time. Bingocize combines a bingo-like game with exercise and health education. This program has been shown to help increase older adults' functional fitness, health knowledge, and socialization. Please call the center to sign up or if you have additional questions by Feb. 6 by 2 p.m.

Monthly Evening Meal and Activity – Feb. 12, 3:30-6 p.m. Let's win big with GLCAP Senior Services in 2025. During our monthly evening meals over the next 12 months, we will experience different sports and sporting events. February is the start of the NASCAR season so

we're going to the races. Check out the menu and if you are interested, please call or stop by the senior center before Monday, Feb. 10, at 2 p.m. to make a reservation. We will play a game of 'Start Your Engines' at 3:30 p.m. before the meal. The Start Your Engines game will have you "racing" against your fellow drivers. Be the first one to cross the finish line by rolling the dice to win the race.

Valentine's Day Breakfast — Sponsored by Clyde Gardens Place on Feb 13 at 9:30 a.m. Please RSVP by Feb. 12 at 2 p.m.

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.

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

Hearing Testing & Hearing Aid Cleaning with Mandy from Hearing Life — Feb. 26 at 9 a.m.-4 p.m. Get your hearing checked and hearing aids cleaned free of charge with Mandy from Hearing Life.

Professional Pictures with Ken Dumminger — Feb. 27 from 10:15 a.m. til 4 p.m. (or until he's done). Ken is donating his time and materials to take your photo professionally here at the Fremont Center. No appointment necessary, just walk in and Ken will take your picture. When the proofs are in, he will drop them off so you can look at them and pick out your best picture.

Crafting with Karen-Busted out Canvas — Feb. 27 at 1:15 p.m. Come pick from many options of snowmen, snowflakes, or cardinals that Karen Franks will have to make the "Busted out" canvas craft. Please RSVP by Feb. 17 at 2 p.m. A sign-up sheet will be at the Fremont Senior Center. Cost of \$8 is due at the time of sign-up.

Walk with Brenda — Need a walking buddy? Get up and take a break from sitting and walk with Brenda every Thursday beginning at 10:30-11 a.m. inside the Fremont Senior Center. Walk for as long as you'd like during the 30 minutes. It doesn't matter if you are fast or slow. No registration required!

Quilting/Knitting/Crochet/Embroidering Classes — These classes are available if you want to learn, 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 Fremont 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

February 2025

Monday	Tuesday	Wednesday	Thursday
3 8:30 a.m. Zumba Gold (Angie) 9:15 a.m. Movement Made Easier (Angie) 10 a.m. Embroider w/ Sandy 10 a.m. Tech Help w/ Willie 10:30 a.m. Bingo w/ Kim from Orchard Grove Noon Euchre 12:30 p.m. Cross Stitching	4 8:30 a.m. Circuit (Angie) 9:30 a.m. Knitting and Crochet with Sandy 10 a.m. Stretch & Tone w/ Brenda Noon: Prize Bingo w/ Kari Arnold from Herman Funeral Home 1:15 p.m. Chair Volleyball 1:15 p.m. Skip-Bo/Phase 10	5 8:30 a.m. Tai Chi (Angie) 8:30 a.m. Diabetes Prevention Program 9:15 a.m. Senior Stretch (Angie) 9 til Noon. Toenail Clinic with Joni Widman Noon Bridge 12:30 p.m. Sequence game 12:30 p.m. Diamond Art 1:00 pm "The Silver Ladies of Penny Lane" Book Club	6 8:30 a.m. Cardio & Strength (Angie) 10:30 a.m. Walk w/Brenda Noon. Heart Disease Trivia with Lilly and Erica Reid 12:30 p.m. Pinochle 12:30 p.m. Diamond Art National Wear Red Day! Please wear red!
10 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 with Lilly Noon Euchre 12:30 p.m. Cross Stitching	11 8:30 a.m. Circuit (Angie) 9 a.m. Adult Coloring 9:30 a.m. Quilting w/ Sandy 10 a.m. Stretch & Tone Noon: Prize Bingo w/ Kelly Dority from Bridge HH 1:15 p.m. Chair Volleyball 1:15 p.m. Skip-Bo/Phase 10	12 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 with Lilly Noon Bridge 12:30 p.m. Bunco 12:30 p.m. Sequence game 12:30 p.m. Diamond Art 1 p.m. "The Silver Ladies of Penny Lane" Book Club 3:30 p.m. Daytona 500 Race 4:30 p.m. Monthly Eve Meal (RSVP by Feb. 10 at 2 p.m.)	13 8:30 a.m. Cardio & Strength (Angie) 9:30 a.m. Valentine's Day breakfast with Clyde Gardens Place (RSVP by 2/12 at 2 p.m.) 10:30 a.m. Walk w/Brenda 12:30 p.m. Pinochle 12:30 p.m. Diamond Art
17 Center Closed Presidents' Day	18 8:30 a.m. Circuit (Angie) 9:30 a.m. Quilting w/ Sandy 10:00 a.m. Stretch & Tone w/ Brenda 10 a.m. Bingocize Nutrition w/Lilly Noon: Prize Bingo w/ Christina Montgomery from Bridge HH 1:15 p.m. Chair Volleyball 1:15 p.m. Skip-Bo/Phase 10	19 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 with Lilly Noon Bridge 12:30 p.m. Bunco 12:30 p.m. Sequence Board game 12:30 p.m. Diamond Art 1 p.m. "The Silver Ladies of Penny Lane" Book Club	20 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
24 8:30 a.m. Zumba Gold (Angie) 9:15 a.m. Movement Made Easier (Angie) 10 a.m. Tech Help w/ Willie 10:00 a.m. Bingocize Nutrition with Lilly 10:30 a.m. Sequence game Noon Euchre 12:30 p.m. Cross Stitching	25 8:30 a.m. Circuit (Angie) 9:30 a.m. Knitting and Crochet w/ Sandy 10 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	26 8:30 a.m. Diabetes Prevention Program Class 8:30 a.m. Tai Chi (Angie) 9:15 a.m. Senior Stretch (Angie) 9 a.m.-4 p.m. Hearing Life with Mandy 10 a.m. Bingocize Nutrition with Lilly Noon Bridge 12:30 p.m. Sequence game 12:30 p.m. Diamond Art 1 p.m. "The Silver Ladies of Penny Lane" Book Club	27 Happy Birthday!! 8:30 a.m. Cardio & Strength (Angie) 10:15 a.m. Professional Pictures With Ken Dumminger 10:30 a.m. Walk w/Brenda 11:30 Birthday Lunch 12:30 p.m. Bingo w/ JoAnn Sinclair from Countryside 12:30 p.m. Pinochle 12:30 p.m. Diamond Art 1:15 p.m. Crafting with Karen: Busted out Canvas craft

Gibsonburg Senior Center Highlights

Heart Health and Healthy Prize Bingo – Feb. 3, 10:30 a.m.

Ruby from OSU extension office will be here to talk about ways to stay healthy. We'll take a look at super foods as well as some heart-healthy recipes. Then we will play Healthy Bingo with prizes!

Trivia – Feb. 5, at 10:30 a.m.

Come have some fun and see what trivia questions Christy from Bridge Hospice has for us. She will be here to test our knowledge and have prizes.

Heart Month Trivia and Games – Feb. 6, 10:30 a.m.

Join us as we celebrate Heart Health Month. Wear something red and we'll have some fun with trivia and games.

Bingocize: Exercise Only – Starts Feb. 10, 10:30 a.m.

Over the next 10 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. If you're interested in joining or have any questions, contact the senior center.

Monthly Evening Meal and Activity – Feb. 12, 3:30 p.m. - 6 p.m.

Let's Win Big with GLCAP Senior Services in 2025. During our monthly evening meals over the next 12 months, we will experience different sports and sporting events. February is the start of the NASCAR season so we're going to the races. Check out the menu and if you are interested, please call or stop by the senior center before Monday, Feb. 10, at 2 p.m. to make a reservation. We will play a game of 'Start Your Engines' at 3:30 p.m. before the meal. The Start your Engines game will have you "racing" against your fellow drivers. Be the first one to cross the finish line by rolling the dice to win the race.

Intro to Alzheimer's and Prize Dementia Bingo – Feb. 24, 10:30 a.m.

Dakota Stone from the local Alzheimer's Association chapter will be here to give an introductory presentation about Alzheimer's and Dementia. She will then call bingo with prizes to help review.



Gibsonburg seniors toast to the new year at the Noon Year's Eve Party!

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

February 2025

Monday	Tuesday	Wednesday	Thursday
3 10:30 a.m. Heart Health Month and Healthy Prize Bingo w/ Ruby from OSU Extension	4 10:30 a.m. Prize Bin- go w/ Katie from Ohio Living Home Health & Hospice	5 10:30 a.m. Trivia w/ Christy from Bridge Hospice	6 10:30 a.m. Heart Health Trivia and Games
10 10:30 a.m. Bingocize	11 10:30 a.m. Bingocize	12 10:30 a.m. Valentine's Craft 3:30 p.m. "Start Your Engines" game 4:30 p.m. Evening Meal RSVP by Feb. 10 @ 2 p.m.	13 10:30 a.m. Valentine's Day Scattergories
17 Center Closed Presidents' Day	18 10:30 a.m. Adult Coloring	19 10:30 a.m. Bingocize	20 10:30 a.m. Bingocize
24 10:30 a.m. Intro to Alzheimer's and Prize Dementia Bingo w/ Dakota from Alzheimer's Association	25 10:30 a.m. Bingo w/ Joann from Countryside Manor	26 10:30 a.m. Bingocize	27 Birthday Day! 10:30 a.m. Bingocize

JOIN US FOR PRIZE BINGO!

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

· Tuesday, Feb. 4, 10:30 a.m.

with Katie from Ohio Living Home Health & Hospice

· Tuesday, Feb. 24, 10:30 a.m.

with Joann from Countryside Manor

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 Feb. 3 or 24 at 1 p.m. for a tour.

Comfort Care and Hospice Myths w/ Rafaela from Heartland Hospice: Feb. 3 at 10 a.m. Join us to learn about comfort care and hospice myths and facts, as well as ways to become a volunteer!

Men's Group: Starting Feb. 5 and 19 at 9:30 a.m. Please join us for coffee and conversation. This group will meet two times per month—just for the men to gather, bond, and form fellowship. Please sign up at the senior center.

Healthy Heart Cooking w/ Ruby from OSU Extension: Feb. 5 at 10 a.m. Please join us to learn some wonderful recipes and ingredient information for Heart Healthy Recipes with Ruby Randolph from OSU extension.

BEMER Chair Massage presentation w/Tim: Feb. 6 at 10 a.m. Come to learn about the health benefits of the BEMER Chair with a free presentation with Tim Reno. BEMER devices are designed to temporarily increase blood circulation in healthy muscles and stimulate muscles to improve and facilitate performance

Heart Disease Prevention: Feb. 6 at noon Join Donna for a video presentation on ways to prevent heart disease. Please wear red to promote heart disease awareness!

Knit & Crochet w/Sandy: Feb. 10 at 9 a.m. Join Sandy as she shares her knitting and crochet skills. There is no previous experience needed. This class can accommodate new knitters and all skill levels.

Crafting w/Karen: Feb. 10 at 10 a.m. Karen will be guiding us on making a pop-out snowman canvas. Please sign up and pay at the Clyde senior center by Feb. 4.

Hand Massages or Nail File or Polish w/Lucy: Feb. 10 from 9 a.m.-noon. There are limited reservations. Please sign up at the senior center.

Health Advance Directives w/Legal Aid of Western Ohio: Feb. 11 at 10:30 a.m. Join us for the first session in our monthly three-part series with important legal information for seniors. Health advance directives will teach how you can let someone else make healthcare decisions when you cannot.

Toenail Clinic w/Joni: Feb. 12 starting at 1 p.m. Joni will be taking appointments to trim toenails and give a brief foot massage. Please sign up by stopping in or calling the senior center.

Monthly Evening Meal and Activity: Feb. 12 from 3:30 - 6 p.m. Let's Win Big with GLCAP Senior Services in 2025. During our monthly evening meals over the next 12 months, we will experience different sports and sporting events. February is the start of the NASCAR season so we're going to the races. Check out the menu and if you are interested, please call or stop by the senior center before Feb. 10, at 2 p.m. to make a reservation. We will play a game of 'Start Your Engines' at 3:30 p.m. before the meal. The game will have you "racing" against your fellow drivers. Be the first one to cross the finish line by rolling the dice to win the race.

Valentine Exchange and Valentine's Day Box Judging: Feb. 13 at noon. Bring your decorated valentine boxes and do a valentine exchange! Boxes will be judged that day for a chance to win some fun prizes and valentine desserts!

Reminisce with Nelcy — Automobiles: Feb. 13 at 1 p.m. Reminisce about automobiles with Nelcy from the Clyde library! Please bring a treasured memento to take us down memory lane and share your favorite automobile memories!

Book Club: "The Little Old Lady That Broke All the Rules": Continues Feb. 20 at noon. Please join us as we continue our 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 79 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 set about to regain their independence, improve their lot, and stand up for seniors everywhere.

Black History Month Presentation W/Cassandra from NAACP: Feb. 25 at 10 a.m. Join us for an informative presentation on black history and updates and events from Fremont Unit 3217.

Scooter Demo with Greg: Feb. 26 at 10 a.m. Join Greg for a hands-on demonstration from the Mobility Scooter Center and learn about their new location in Fremont!

Sing-alongs: Feb. 3, 10, and 24 at noon. Come croon some fun tunes with us. No talent required; just the desire to sing some of your favorite oldies.

Movies: Feb. 5, 19, and 26 at 12. See calendar for times.

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

February 2025

Monday	Tuesday	Wednesday	Thursday
<p>3 10 a.m. Video Workout 10:30 a.m. Comfort Care Myths w/ Rafaela from Heartland Hospice 12 p.m. -12:30 Sing-along 12:30 p.m. Dominoes 1 p.m. Orientation</p>	<p>4 9:30 a.m. Video Workout 10 a.m. Bingo w/Jessica Firelands H &H 12:30 p.m. Pinochle</p>	<p>5 9:30 a.m. Men's Group 10 a.m. Ruby w/OSU Extension Healthy Heart Recipes 12:15 p.m. Movie (Dirty Dancing)</p>	<p>6 9:30 a.m. Video Workout 10 a.m. BEMER Chair Massage Demo w/ Tim 12 p.m. Heart Disease Video Presentation w/ Donna 12:30 p.m. Canasta</p>
<p>10 9 a.m. Knit & Crochet w/ Sandy 10 a.m. Video Workout 10 a.m. Craft w/ Karen: Snowman canvas art 9 a.m. -12 p.m. Hand Massages or File and Polish w Lucy (Reservation required) Noon-12:30 p.m. Sing-along 12:30 p.m. Dominoes</p>	<p>11 10 a.m. Video Workout 10:30 a.m. Health Advance Directives w/ Legal Aid of Western Ohio 12:30 p.m. Pinochle</p>	<p>12 10 a.m. Video Workout 10:30 a.m. Bingo 12:30 p.m. Cards 1 p.m. Toenail Clinic w/ Joni Widman 3:30 p.m. "Start Your Engines" Game 4:30 p.m. Monthly Evening Meal (RSVP by Feb. 10 at 2 p.m.)</p>	<p>13 10 a.m. Video Workout 10:30 a.m. Bingo w/ Kelly from Edgewood Manor Noon Valentine Exchange & Valentine's box judging and desserts 12:30 p.m. Canasta 1 p.m. Nelcy from Clyde Library-Reminisce: Automobiles</p>
<p>17 Center Closed Presidents' Day</p>	<p>18 10 a.m. Video Workout 10:30 a.m. Bingo w/Joann from Countryside 12:30 p.m. Pinochle</p>	<p>19 9:30 a.m. Men's Group 10 a.m. Video Workout 10:30 a.m. Bingo w/ Shannon Albright 12:15 p.m. Movie (Grumpy Old Men)</p>	<p>20 10 a.m. Video Workout 10:30 a.m. Bingo 12 p.m. Book Club "The Little Old Lady That Broke All the Rules" 12:30 p.m. Canasta</p>
<p>24 10 a.m. Video Workout 10:30 a.m. Bingo w/Cameron from AOM Healthcare 12 p.m. -12:30 p.m. Sing-along 12:30 p.m. Dominoes 1 p.m. Orientation</p>	<p>25 9:30 a.m. Video Workout 10 a.m. Black History Month Presentation w/ Cassandra from the NAACP 12:30 p.m. Pinochle</p>	<p>26 10 a.m. Video Workout 10 a.m. Mobility Scooter Store Demo w/ Greg 12:15 p.m. Book Club 1 p.m. Movie: (Pretty Woman)</p>	<p>27 10 a.m. Video Workout 10:30 a.m. 'Poker' Bingo 11:30 a.m. Birthday Lunch 12:30 p.m. Canasta</p>

MEN'S GROUP BEGINS FEBRUARY 5 & 19

Please join us for coffee and conversation at 9:30 a.m. This group will meet two times per month- just for the men to gather, bond, and form fellowship. Please sign up at the senior center.

Sandusky County

Senior couple enhances home with GLCAP's Weatherization Program

After receiving a postcard in the mail last September about the Great Lakes Community Action Partnership (GLCAP) Home Weatherization Assistance Program (HWAP), a local senior couple were motivated to reach out to see if they qualified for the no-cost home energy-efficiency service. Four months later, a crew was at their house to insulate and provide other energy-efficiency upgrades.

This senior couple are among the many households in GLCAP's service region that are eligible for free HWAP services that provide attic, wall, and crawlspace insulation, energy-efficient furnace and water heater upgrades, health and safety testing, and other measures that prevent energy loss and make homes safer and more efficient.

The couple was pleased with the promptness and efficiency of the process. Their application was approved shortly after reaching out to GLCAP. Once approved, GLCAP staff visited the couple's home for an assessment. It was determined that a new furnace and central air conditioning unit were necessary for improved energy efficiency. The staff also identified areas needing insulation, specifically the attic and the crawlspace beneath the home.

They were also particularly impressed by the professionalism and flexibility of the GLCAP staff. Beyond providing weatherization services, the GLCAP staff took the time to educate the couple about the changes being made and why.

"Everyone we've dealt with, they know what

they're doing and they're very patient with our questions," the homeowner shared. He appreciated how Crew Leader Kyle Paulsen suggested an alternative solution when the couple was hesitant about cutting a hole in the ceiling to install attic insulation. "They listened to us. They worked with us. They found a different way to get the job done. We appreciated that."

Feeling informed and confident about the upgrades, they are looking forward to seeing the impact on their future energy consumption. The couple is grateful for the support and expertise provided by the program.

GLCAP HWAP offers its services at no cost for residents in Erie, Huron, Lorain, Ottawa, Sandusky, Seneca, and Wood County who are at or below 200% federal poverty guidelines. For instance, a household size of one must have an income of \$30,120 or less, while a household of two should not exceed \$40,880.

For more information or to apply, call 800-775-9767 or go to glcap.org/weatherization.

HWAP on the job

HWAP staff installing a vent in the attic



Crew Leader Kyle Paulsen installing insulation in the couple's attic



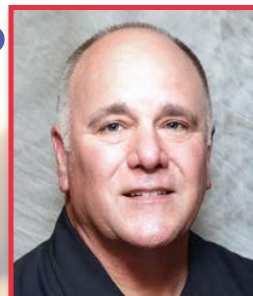
Crew Leader Kyle Paulsen installing a water heater wrap

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Jack & Marylou receiving their Community Christmas delivery from Sandusky County EMS



Jessica Sumser
Community Coordinator

Home Health Services
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Sandusky, Ohio 44870
firelands.com

C: 419-202-2311
P: 419-557-6590
F: 419-624-0655
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MARCH INTO HEALTH CHALLENGE

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; and 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 March 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 lead 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 Heartland Hospice.

Thank you to Heartland Hospice for partnering with us to benefit Sandusky County Seniors.

Below are 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, 2025, and March 31, 2025.
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 Fremont Senior Center address which is; 1101 Castalia Street, Fremont, OH 43420 or via e-mail at bskuieck@glcap.org

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

Fremont Senior Center Winners

Vicki Husk, pictured left, was the winner of the December birthday dinner wreath. Mary Pfefferle, pictured right, was the winner for the survey drawing and is pictured below with her prize. Tom Brown won the drawing for Brenda's Stretch & Tone class.



Card Club & Game Winners

Fremont Game Winners

Bingo

12/10—Coverall
Michelle Garcia, Terry Myers, Anastasia Radec-ki

12/17—Coverall
Glen Gilbert

12/19—Coverall
Tom Brown, Sherry Stroup

Bridge

12/11—1st Marilyn Clark, Phil Merz, 2nd Virginia Mittan, Becky Prasuhn, 3rd Helen Tonkin, Carole Pope

12/18—1st Dutch Nietzsche, Margery Smith
2nd Dave Stuber, Gloria Nitschke, 3rd Marilyn Clark, Philip Merz

Euchre

12/9—1st Gerald Schalk, 2nd Mary Kucha, 3rd Terry Myers, 3rd Lee Myers

12/16—1st Lee Myers,

2nd Nancy Park, 3rd Dutch Nietzsche

12/23—tie for 1st Mary P, Mary Kucha, tie for 2nd Terry Myers, Bobbie Domanski

12/30—1st Isa Jay, 2nd Dutch Nietzsche, 3rd Bobbie Domanski

Pinochle

12/5—1st Mary Pfefferle, 2nd Anne Humberger, 3rd none

12/12—1st Nancy Park, 2nd Anne Humberger

12/19—1st Nancy McKeever, 2nd Lee Myers

12/26—1st Larry Storey, 2nd Connie Claycomb

Clyde Game Winners

Canasta

12/5—**Game 1:** 1st Sam Jones, Bobby Goble, Tammy Schalk, Gerald Schalk. **Game 2:** 1st Sherry Yates, Dave Blay, Carol Vanfleet.

12/19—**Game 1:** Sherry Yates, Bobby Goble, Carol Vanfleet. **Game 2:** Bobby Goble, Sherry Yates, Carol Vanfleet.

12/26—**Game 1:** 1st Sherry Yates, Carol Vanfleet, Bobby Goble, 2nd David Blay, Gerald Schalk, Sam Jones.

Game 2: 1st Sherry Yates, Carol Vanfleet, Bobby Goble, 2nd David Blay, Gerald Schalk, Sam Jones. **Game 3:** 1st Bobby Goble, Gerald Schalk, 2nd Carol Vanfleet, Sherry Yates.

Pinochle

12/3—**Game 1:** 1st Carol Vanfleet, 2nd Cheryl Romeo, 3rd David Blay. **Game 2:** 1st Sherry Yates, 2nd David Blay, 3rd Cheryl Romeo. **Game 3:** 1st Cheryl Romeo, 2nd Linda Moyer, 3rd Sherry Yates. **Game 4:** 1st Cheryl Romeo, 2nd Sherry Yates, 3rd David Blay. **Game 5:** 1st Sherry Yates, 2nd Cheryl

Romeo, 3rd Carol Vanfleet.

12/10—**Game 1:** 1st Carol Vanfleet, 2nd Cheryl Romeo. **Game 2:** 1st Cheryl Romeo, 2nd Deb Stacy. **Game 3:** 1st Cheryl Romeo, 2nd Carol Vanfleet. **Game 4:** 1st Deb Stacy, 2nd David Blay.

12/31— **Game 1:** 1st Linda Moyer, 2nd Carol Vanfleet, 3rd Cheryl Romeo. **Game 2:** 1st Bobby Goble, 2nd Carol Vanfleet, 3rd Cheryl Romeo. **Game 3:** 1st Carol Vanfleet, 2nd Sherry Yates, 3rd Bobby Goble. **Game 4:** 1st Bobby Goble, 2nd Linda Moyer, 3rd Sherry Yates.

Cards

12/2—Pegs & Jokers
Game 1: 1st Linda Moyer, 2nd Gerald Schalk.

Dominoes

12/2—1st Gerald Schalk, 2nd Linda Moyer, 3rd Sherry Yates.

Thank You!

Kindergarten class at Solomon Lutheran School in Woodville for the snowflake artwork given to seniors at the Gibsonburg Senior Center.

Tara Schell from Med1Care for the donation of gift baskets to the raffle winners from 2024 Monthly Evening Meals.

Cameron Burmeister from AOM Healthcare for the donation of craft supplies to make the snowman craft for January's Monthly Evening Meal.

Kai Ward for fixing the ends of the pool sticks for us.

Sandusky County Information

Seniors enjoy the Fremont Senior Center Noon Years Party



MONTHLY EVENING MEAL

Wednesday February 12,
NASCAR

4:30 – 6:00 p.m.

RSVP by 2 p.m. Tuesday, February 11

Revved Up BBQ Boneless Chicken Chunks
Victory Lane Vegetables
Pinwheel Pasta Salad
Super Blend Cole Slaw (Kale, Broccoli, Brussels
Sprouts, Cabbage)
Pretzel Speed Bumps
Stoplight Fruit Salad (Grapes, Pineapple,
Strawberries)
Various Spare Tires (Donuts), Dip Sticks
(Chocolate Covered Pretzels), and Mudflaps
(Rice Krispy Treats)

GLCAP Sandusky County Senior

Menu for February 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	
3. Philly Cheesesteak Meatballs, Garlic Green Beans, Potato Bites, Apricots, Sub Bun	4. Orange Chicken over Brown Rice, Stir Fry Vegetables, Egg Roll, Orange Juice, Wheat Bread	5. Pepperoni Calzone, Italian Tomatoes and Zucchini, Steamed Cauliflower, Strawberries, Lemon Bar	6. BBQ Pulled Pork on Bun, Sweet Potato Puffs, Brussels Sprouts, Pineapple	Box Lunch out on Thursday 2/6/25: Southwest Chicken Pasta	
10. Honey Dijon Chicken, Roasted Red Potatoes, Baked Beans, Applesauce, Wheat Bread, Cookie	11. Ham and Potato Skillet, Asparagus, Diced Carrots, Pears, Wheat Bread	12. Beef Stroganoff, Squash Blend Vegetables, Harvard Beets, Mandarin Oranges, Wheat Bread	13. Veal Parmesan, Italian Blend Vegetables, Tossed Salad, Cherry Crisp, Garlic Bread	Box Lunch out on Thursday 2/13/25: Roast Beef and Swiss Sandwich	
17. Closed Holiday	18. Cabbage Roll, Cheesy Potatoes, Baby Carrots, Blueberries, Wheat Bread	19. Chicken Alfredo, Stewed Tomatoes, Steamed Peas, Peaches, Garlic Roll, Yogurt Cup	20. Birthday Day! Pot Roast, Mashed Potatoes and Gravy, Asiago Tuscan Blend Vegetables, Strawberry Fluff, Roll, Cake, Ice Cream	Box Lunch out on Thursday 2/20/25: Egg Salad / Croissant	
24. Salisbury Steak, Baked Potato, Green Beans, Apricots, Wheat Bread, Brownie	25. Beef and Bean Burrito on Spanish Rice, Fiesta Corn, Tossed Salad, Apple Crisp	26. Turkey Breast, Mashed Potatoes and Gravy, Mixed Vegetables, Strawberry Applesauce, Wheat Bread	27. Sloppy Joe w/Bun, Maple Sweet Potatoes, Normandy Blend Vegetables, Pineapple, Cottage Cheese	Box Lunch out on Thursday 2/27/25: Chicken Bacon Ranch Pasta	
Holiday Frozen meals for HDM out on 2/10/25			*One Trip Salad Bar at the Fremont Senior Center open on Wednesdays by reservation only. Dine in only, no carry-out.		

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

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

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February 2025



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