

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.



TRIPS to shuttle seniors on a holiday lights tour again

Experience the magic of the holiday season with our Christmas Wonderland Lights Tour of the Sandusky County Fairgrounds! Join us aboard the TRIPS bus for a festive evening filled with dazzling lights, holiday cheer, and memories to treasure. This enchanting tour is the perfect way to celebrate the season with friends while enjoying the beauty of a winter wonderland.

Tours will depart from and return to your local senior center on the dates listed below. Pick up times will be determined and shared with site supervisors after sign-ups close on Dec. 12. With limited seating of 10 individuals per tour, we encourage you to secure your spot early for this delightful adventure. Whether you're a lover of sparkling lights, holiday music, or simply looking for a joyous evening out, this is an event you won't want to miss!

- Clyde Senior Center—Dec. 17**
- Gibsonburg Senior Center—Dec. 18**
- Fremont Senior Center—Dec. 19**

To reserve your place, sign up with your senior center's site supervisor today. Don't wait—spaces will fill quickly for this popular holiday tradition.



December Evening Meal AT ALL THREE CENTERS!

In 2024, we have been visiting the movies for Lights, Camera, Action, Eat. This month we will experience the iconic movie "The Grinch". Check out the menu and call or stop by your senior center before Tuesday, Dec. 10, at 2 p.m. to make a reservation. We will be making Grinch Growing Hearts at 3:30 p.m. before the meal.

Wednesday, December 11
4:30 – 6:00 p.m.

RSVP by 2 p.m.
Tuesday, December 10

- Green Eggs and Ham (Spinach, Eggs, Ham, Cheese)
- Who Potato Hash
- Roasted Tomatoes
- Fruit Kabobs
- Cindy Lou's Cinnamon Rolls
- Max's Hot Chocolate

Sandusky County Seniors Birthdays

December 2

Sharon "Jane" Leonard
Sharon Sumpter

December 3

Kathleen Stierwalt
Raymond "Ray"
Wammes

December 4

Carol Becker
Marcus Roach
Millie Sidoti

December 5

Sharon Carmel
Nancy Francis
Judy Gerber
Margaret Harmon
Kim Orwig
Linda Whitaker

December 6

Gary DeShelter
Vonnie Maines

December 7

Barb Derflinger
Margie Howard
Becky Isner
Constance Longanbach
Smoky Overmyer

December 8

Kathy Brooks

Kurtis Hensley

Hal Lovins
Pat Wiczorek

December 9

Steven Webb

December 11

Thomas Bennison
Kathryn Collins
Marilynn Draeger

Judy Williams

December 12

Rick Wagner
Karen Wammes
Tina Whitman

December 13

Bette Buffington
Linda Snyder

December 14

Edie Gray
Christina Juan
Kevin Polter

December 15

Caryn Priestas
Ruth Bliss
Mike Hill

Gina Rich

December 16

Marlene Hill
Susie Missig

December 17

Jeanne Hayes
Art Maines
Christine Marker
Melinda Tucker

December 18

Ruth Durnwald

December 19

Rey Garcia
Betty Shew

December 20

Robert Platt
Gloria Witte

December 21

Janette Karr
Blanche McCormick
Gayle McEachin

December 22

Lee Klohn
Stephanie Monrean
Barb Mooney
Raymond Palyshka

December 23

Diana Clinebell

December 24

Susan Gedert
Mike Reineck
Michael Sloan
Leroy Stratton

Fina Trevino

December 25

Bill Armstrong
Millie Fetterman
Ricki Heishman
Dan Lundgard
Carol Michaels
Prudy Nitschke

December 26

Martha Lantz
Vernon Neidlen
Mary Shaw

December 27

Marty Crocker

December 28

Ernest Howard
Jane Shaw

December 29

Gladys Anstead
Kim Posey
Brenda Sandwisch

December 30

Doris Horner
Donna House
Alan Stull

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 Al Stokes, Myrna Casler, Maria Barrera, Jesus Quinones Sr., Audrey Veleba and Kenneth "Pat" Posey.

Thank you to the Fremont Company

Feed the World like Family is the purpose of the Fremont Company, family owned and operated for nearly 120 years manufacturing tomato-based sauces, fermented and pickled vegetables and other foods. Known locally for their sauerkraut. Thank you for the generous donation of over \$800 by employees to GLCAP Meals on Wheels.

Winners for GLCAP Senior Calendar Photo Contest

The results are in for this year's GLCAP Senior Calendar Photo Contest! GLCAP Senior Programs would like to thank Nicole Laughlin, graphic designer, and photographer, for being this year's judge.

"Wow on pictures!" Laughlin said, along with listing the 1st, 2nd, and 3rd place winners. She also added the nine honorable mentions and gave comments on the picks. There were 38 photos submitted!

The first-place winner was Luray Caverns — Geology's Hall of Fame by Kathy Berger. Laughlin said, "The stalactites reflecting in cave water gave it an element of dimension. The lighting made the portrait pop with detail! It definitely has an eerie beauty to it!" In second place was Carol Buehler's "Reflections." "The reflection and vibrancy of the clouds complete the composition of the photo. Makes this landscape picture appear open and not confined," Nicole said. The third-place pick was "Pick A Pumpkin," by Anne Humberger. Nicole said, "The simplicity, variety, and the pattern of this photo complement each other very well."

Kathy Berger's first prize basket was donated by Countryside Manor, 1865 Countryside Drive, Fremont.

Honorable mentions included in the calendar include, Annette Swartz — Haunting Shadows and Blue Skies; Seattle Pike Market — Kathy Berger; Beach Glass Bounty — Anne Humberger; Hens and Chicks — Lynne Russell; Just Hanging Around — Brenda Stang; Reflection — Lynne Russell; Big Snooze — Linda Ladd; Tree Topper — Shirley Castillo; Wisconsin Dells Georgous Sandstone — Kathy Berger. Thank you to everyone who submitted this year!

Calendars are available to purchase for \$10. See Brenda if you would like a copy.



Brenda and Kathy pose with Kathy's winning photo and first prize



2nd Place
Carol Buehler's, "Reflections"



3rd Place
Anne Humberger's, "Pick a Pumpkin"

Senior Helping Hands can help with outdoor lights

The Senior Helping Hands program is dedicated to creating safer and more accessible environments for Seniors in Sandusky County. As part of this initiative, we are replacing outdoor light fixture bulbs around entrance ways and steps, ensuring better visibility during early morning and evening hours to reduce the risk of trips and falls. Additionally, we are installing sturdy grab bars and handrails around steps and

entrances, providing extra stability and support to prevent slipping, especially during icy conditions. These simple yet impactful measures are designed to enhance safety and peace of mind, helping seniors maintain their independence while navigating their homes with confidence during the winter months. For more information or to schedule a visit, call 419-332-8499.

Fremont Senior Campus Highlights

Cookies and Card Making — Dec. 2 at 10:30 a.m. We would love for you to join us and help make cards for the children that are spending their holidays in the hospital this year. Cookies will be provided.

Tech Help with Willie — Dec. 2, 9, 16, 23, and 30 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.

Skip-Bo/Phase 10 — Dec. 3, 10, 17, and 31 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 — Dec. 4, 9 a.m.-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.

Christmas Bingo, Trivia, and Ugly Sweater Contest Activity with JoAnn SinClair — Dec. 4 starting at 10:30 a.m. Join JoAnn SinClair as we play Christmas bingo and trivia. Make sure you wear those ugly sweaters for the ugly sweater contest!

Sequence — Dec. 4, 11, and 18 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 — Dec. 4, 5, 11, 12, 18, and 26 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 to do as a group. Please stop in or call to sign up.

Taylor with Ability Center — Dec. 5 at 10 a.m. Do you know what the Ability Center offers for seniors? Did you know you can borrow a walker or shower chair at no cost? Come and learn from Taylor about what the Ability Center has to offer to you or someone you may know in need. Stop in or call to sign up by Dec. 4. at 2 p.m.

Christmas Bulb Tree — Dec. 10 at 1:30 p.m. Let's color Christmas bulbs and make a Christmas tree! Can't wait to see all the pretty ornaments we can make.

No-Sew Blanket making w/ Pat Gerber — Dec. 12 at 10:30 a.m. Join Pat Gerber and make some no-sew blankets to donate to those in need for the winter. We can use your helping hands. Remember many hands make light work!

Decorating Christmas Cookies — Dec. 16 at 12:30 p.m. Let's get creative and festive and decorate Christmas cookies! Cookies and materials are sponsored by Jessica

Sumser with Firelands HH, Holly Dagg of Bethesda, and Holly Caudill of Stein Hospice. You must RSVP to decorate and take home 1 dozen Christmas cookies. Please call the center or stop in to sign up.

Hearing Testing & Hearing Aid Cleaning with Mandy — Dec. 18, 9a.m.-4 p.m. Come get your hearing checked and hearing aids cleaned free of charge with Mandy from Hearing Life.

Christmas Candy Game with Lilly — Dec. 23 at 10:30 a.m. This is a fun one! The goal is to roll the dice and get a double. Once you roll a double, you will try to unwrap the Saran-wrapped ball of treats before the next person rolls a double and gets the chance to unwrap.

Bringing in the New Year — Dec. 31 at noon. Join us for toasting in the New Year. We will have sparkling grape juice to toast with friends to bring in the new year.

COMING SOON
YMCA Diabetes
Prevention Classes to be held
at Fremont Senior Center.
Coming in January.



Last year, Ruthie Williams decorated Christmas cookies during a cookie decorating activity

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

December 2024

Monday	Tuesday	Wednesday	Thursday
2 8:30 a.m. Zumba Gold (Angie) 9:15 a.m. Movement Made Easier (Angie) 10:00 a.m. Embroidery w/ Sandy 10:00 a.m. Tech Help w/ Willie 10:30 a.m. Cookies and Cards for Kids Noon Euchre	3 8:30 a.m. Circuit (Angie) 9:30 a.m. Quilting w/ Sandy 11:00 a.m. Stretch & Tone w/ Brenda Noon: Prize Bingo w/ Melissa Rhodes from Parkview 1:15 p.m. Chair Volleyball 1:15 p.m. Skip-Bo/Phase10	4 8:30 a.m. Tai Chi (Angie) 9:00 a.m.- noon Toenail Clinic w/ Joni Widman 9:15 a.m. Senior Stretch (Angie) 10:30 a.m. Christmas bingo, trivia, & ugly sweater contest w/ JoAnn Sinclair Noon Bridge 12:30 p.m. Sequence 12:30 p.m. Diamond Art	5 8:30 a.m. Cardio & Strength (Angie) 10:00 a.m. Taylor w/ Ability Center 12:30 p.m. Pinochle 12:30 p.m. Diamond Art
9 8:30 a.m. Zumba Gold (Angie) 9:15 a.m. Movement Made Easier (Angie) 10:00 a.m. Tech Help w/ Willie 10:30 a.m. Bingo w/ Kim from Orchard Grove Noon Euchre	10 8:30 a.m. Circuit (Angie) 9:00 a.m. Adult Coloring 11:00 a.m. Stretch & Tone w/ Brenda Noon: Prize Bingo w/ Kelly Dority 1:15 p.m. Chair Volleyball 1:15 p.m. Skip-Bo/Phase 10 1:30 p.m. Christmas Bulb Tree	11 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. Grinch's Growing Heart Craft 4:30 p.m. Evening Meal (RSVP by Dec. 10 at 2 p.m.)	12 8:30 a.m. Cardio & Strength (Angie) 10:30 a.m. Making No-Sew Blankets w/ Pat Gerber 12:30 p.m. Pinochle 12:30 p.m. Diamond Art
16 8:30 a.m. Zumba Angie 9:15 a.m. Movement Made Easier (Angie) 10:00 a.m. Embroidery w/ Sandy 10 a.m. Tech Help Willie Noon Euchre 12:30 p.m. Decorate Christmas Cookies	17 8:30 a.m. Circuit (Angie) 9:30 a.m. Quilting 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. SkipBo/Phase10	18 8:30 a.m. Tai Chi (Angie) 9:15 a.m. Senior Stretch (Angie) 9:00 a.m.- 4 p.m. Hearing Life with Mandy Noon Bridge 12:30 p.m. Bunco 12:30 p.m. Sequence 12:30 p.m. Diamond Art	19 Happy Birthday!! 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
23 8:30 a.m. Zumba Gold (Angie) 9:15 a.m. Movement Made Easier (Angie) 10:00 a.m. Tech w/ Willie 10:30 a.m. Christmas Candy Game w/ Lilly Noon Euchre	24 Christmas Eve Center Closed	25 Christmas Day Center Closed	26 8:30 a.m. Cardio & Strength (Angie) 10:30 a.m. Adult Coloring 12:30 p.m. Pinochle 12:30 p.m. Diamond Art
30 8:30 a.m. Zumba Gold (Angie) 9:15 a.m. Movement Made Easier (Angie) 10:00 a.m. Tech Help w/ Willie 10:30 a.m. Sequence board game Noon Euchre	31 8:30 a.m. Circuit (Angie) 9:30 a.m. Knitting and Crochet w/ Sandy 11:00 a.m. Stretch & Tone w/ Brenda Noon: Toasting the New Year Noon: Prize Bingo w/ Jessica Sumser from Firelands HH 1:15 p.m. Chair Volleyball 1:15 p.m. Skip-Bo/Phase 10	 <p>TOASTING THE NEW YEAR! Raise a glass with friends for the new year! Dec. 31 at Noon</p>	

Gibsonburg Senior Center Highlights

Christmas Wreath creations - Crafting with Karen – Dec. 2, 10:30 a.m.

Join us while we make beautiful Christmas wreaths with Karen Franks. RSVPs are required and money is due by Nov. 21 at 10 a.m. Please contact the center with any questions.

Bingocize: Nutrition Workshop – Continues Dec. 3, 10:30 a.m.

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 center.

Cookies and Cards Party – Dec. 3, 12:30 p.m.

Join us as we decorate cards to send to the families at the Ronald McDonald House in Toledo, Ohio during this holiday season. We'll enjoy cookies as we spread some holiday cheer.

Book Club – Dec. 5 and 19, 12:30 p.m.

We will be continuing our Book Club and will finish Tall Tails Secret Book Club written by CeeCee James this month. A mysterious mansion, a suspicious death, and a cat too smart for its own good... If you are interested in joining, contact the center to receive your copy and reading schedule.

Free Take-Home Snowy Mason Jar Craft – Dec. 10, 10:30 a.m.

Holly from Stein Hospice and Holly from Bethesda Care Center are teaming up to bring us a fun craft to celebrate the winter season.

Christmas Cookie Decorating – Dec. 16, 10:30 a.m.

Holly from Stein Hospice, Holly from Bethesda Care Center, and Jessica from Firelands Home Health are sponsoring a Christmas cookie decorating activity. We will have cutout cookies for you to frost, decorate, and then take home to enjoy. Please RSVP to the center by Dec. 11 at 10 a.m. to reserve your dozen. Space is limited to 10 spots.

Healthy Holidays – Dec. 17, 10:30 a.m.

Ruby from OSU extension office will be here to give us some pointers on how to eat healthily throughout the holiday season. We'll share tips, ideas, and recipes as we try not to add on extra holiday weight.

Holiday Fun – Dec. 23, 10:30 a.m.

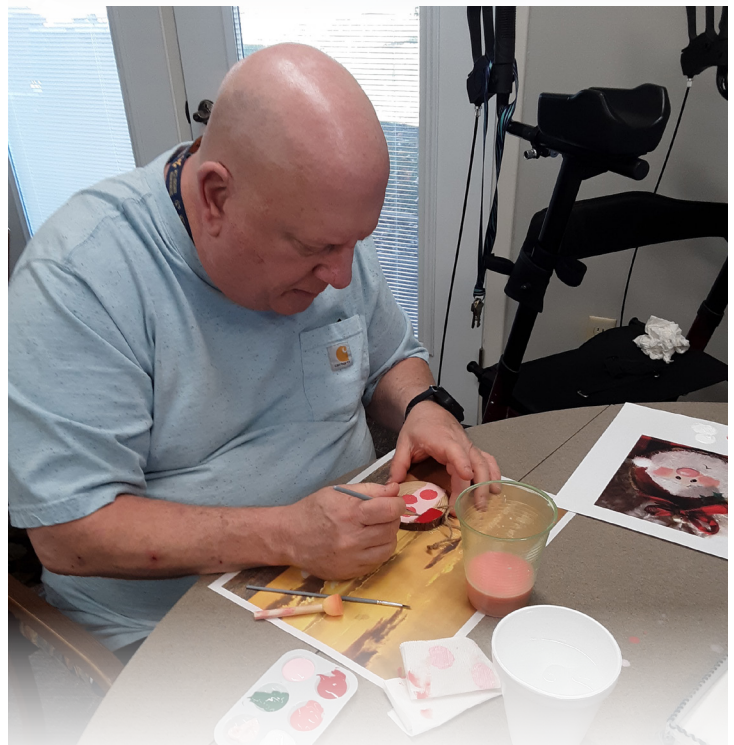
It's time to have a little fun and play some games along with staff from Village Caregiving. Come see what they have planned and enjoy each other's company.

Noon Year's Eve Party – Dec. 31, 10:30 a.m.

Join us along with Trustwell Living for some refreshments and games as we ring in the new year at the noon hour.



Last year, Carol from the Gibsonburg Senior Center shows off her ornaments she made with supplies brought from St. Catherine's of Fostoria.



Gibsonburg Senior, Ron, paints his Santa ornament provided from St. Catherine's of Fostoria last year.

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

December 2024

Monday	Tuesday	Wednesday	Thursday
2 10:30 a.m. Christmas Wreath w/ Karen RSVP by 11-21-24 w/ payment	3 10:30 a.m. Bingocize 12:30 p.m. Cookies and Cards party	4 10:30 a.m. Christmas Jeopardy	5 10:30 a.m. Bingocize 12:30 p.m. Book Club
9 10:30 a.m. Jingle Bell Prize Bingo	10 10:30 a.m. Snowy Mason Jar craft w/ Holly from Stein Hospice and Holly from Bethesda Care Center 12:30 p.m. 'Christmas Music' Name that Tune	11 10:30 a.m. Bingocize 3:30 p.m. Grinch's Heart Craft 4:30 p.m. Evening Meal RSVP by Dec. 10 @ 2 p.m.	12 10:30 a.m. Bingocize 12:30 p.m. Diamond Art-Christmas Ornaments
16 10:30 a.m. Cookie Decorating sponsored by Holly from Stein Hospice, Holly from Bethesda Care Center, and Jessica from Firelands Home Health RSVP Dec. 11 @ 2 p.m. limited space	17 10:30 a.m. Healthy Holidays w/ Ruby from OSU extension 12:30 p.m. Christmas Ornament Activity	18 10:30 a.m. Bingocize Sandusky County Winter Wonderland w/ TRIPS RSVP by Dec. 12 @ 10 a.m. limited space	19 Birthday Day 10:30 a.m. Bingocize 11:30 a.m. Birthday Lunch 12:30 p.m. Book Club
23 10:30 a.m. Holiday Fun w/ Village Caregiving	24 Christmas Eve Center Closed	25 Christmas Day Center Closed	26 10:30 a.m. Pajama Party w/ Board Games
30 10:30 a.m. Prize Bingo w/ Joann from Countryside Manor	31 10:30 a.m. Noon Year's Eve Party w/ Trustwell Living	December Evening Meal Wednesday, December 11, 4:30 – 6:00 p.m. RSVP by 2 p.m. Tuesday, December 10 Green Eggs and Ham, (Spinach, Eggs, Ham, Cheese), Who Potato Hash, Roasted Tomatoes, Fruit Kabobs, Cindy Lou's Cinnamon Rolls, Max's Hot Chocolate	



In the gentle glow of Christmas lights, seniors reminisce,
 Their laughter and stories weaving warmth, a holiday bliss.
 Amidst frosted windows, their spirits dance in delight,
 Cherishing the love and memories that make the season bright.

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 Dec. 2 or 17 at 1 p.m. for a tour.

Fireplace Memories—On Dec. 2, bring a photo of a holiday memory to place on our fireplace during the holiday season.

Healthy Holidays w/ Ruby from OSU Extension —Wednesday, Dec. 4 at 10:30 a.m. Please join us for some wonderful recipes and ingredient information

Holiday Movies — Wednesday, Dec. 4 and 18 at 12:15 p.m. “It’s a Wonderful Life” on the 4 and “Miracle on 34th Street” on the 18.

Crafting: Snowman — Monday, Dec. 9 at 10 a.m. Donna will guide us to create a candy dish snowman. Please sign up at the Clyde Senior Center.

Clyde High School Choir — Monday, Dec. 9 at 1:30 p.m. Please enjoy this wonderful free event. This is truly a wonderful community-involved event.

Reindeer Races — Thursday, Dec. 12 at 10:30 a.m. Please come cheer on the prancing, dancing reindeer as they head to the North Pole. Pick a winning reindeer for a prize!

Cookie Decorating w/ Holly & Holly — Monday, Dec. 16 at 10 a.m. Holly from Bethesda Care & Holly from Stein Hospice will be bringing cutout Christmas cookies for us to ice and decorate! Please join us for a fun traditional holiday activity that will be sure to get you in the Christmas mood.

Holiday Music w/ “Open Hearts” — Monday, Dec. 16 at 12:15 p.m. Please join us for a joyful afternoon listening to the sweet music for the holidays with the musical group “Open Hearts”.

Reminisce with Nelcy — Thursday, Dec. 19 at 1 p.m. Reminisce about Christmas with Nelcy from the Clyde library! Please bring a treasured memento to take us down memory lane with you and relive the holiday moments.

Holiday Karaoke — Thursday, Dec. 26 at 10:30 a.m. Join us as we rock around the Christmas tree singing some of our favorite Christmas tunes!

Metro Silver Sneakers video workouts—Almost daily! Video workouts from YouTube are chosen by residents/attendees. They can be low or high-intensity workouts. Attendees decide!



The group Open Hearts will perform holiday music Dec. 16 at 12:15 p.m. at Clyde Center.



Clyde Christmas tree Crafting with Karen!



Donna helping seniors with hydropainting pumpkins.

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

December 2024

Monday	Tuesday	Wednesday	Thursday
<p>2 **bring a photo for our fireplace** 10 a.m. Video workout 10:30 a.m. Cookies and Cards for Kids 12:30 p.m. Dominoes 1 p.m. Welcome Orientation</p>	<p>3 9:30 a.m. Video workout 10 a.m. Bingo w/Jessica from Firelands HH</p>	<p>4 10 a.m. Video workout 10:30 a.m. 'Healthy Holidays' w/ Ruby from OSU Extension 12:15 p.m. Movie: "It's a Wonderful Life"</p>	<p>5 10 a.m. Video workout 10:30 a.m. Bingo w/ Beau (Independent Broker) 12:30 p.m. Canasta</p>
<p>9 9 a.m. Knit & Crochet w/ Sandy 10 a.m. Video workout 10 a.m. Snowman Craft w/ Donna 12:30 p.m. Dominoes 1:30 p.m. Holiday Music w/ Clyde High School Choir</p>	<p>10 10 a.m. Video workout 10:30 a.m. Bingo 12:30 p.m. Pinochle</p>	<p>11 10 a.m. Video workout 10:30 a.m. Bingo w/ Christine from Blanchard Valley 12:30 p.m. Cards/Uno 1 p.m. Toenail Clinic 3:30 p.m. Grinch Heart craft 4:30 p.m. Evening Meal</p>	<p>12 10 a.m. Video workout 10:30 a.m. Reindeer Races 12:30 p.m. Canasta</p>
<p>16 9:30 a.m. Video Workout 10 a.m. Cookie Decorating w/ Holly from Bethesda and Holly from Stein Hospice 12:15 p.m. Holiday Music with 'Open Hearts' 12:30 p.m. Dominoes</p>	<p>17 10 a.m. Video workout 10:30 a.m. Bingo w/ Joann from Countryside 12:30 p.m. Pinochle 1 p.m. Welcome Orientation</p>	<p>18 10 a.m. Video workout 10:30 a.m. Indoor Snowball Fight 12:15 p.m. Movie: "Miracle on 34th Street"</p>	<p>19 Birthday Day! 10 a.m. Music w/ Memory Hall 10:30 a.m. Bingo aw/ Trustwell Living 11:30 a.m. Birthday lunch 1 p.m. Reminisce "Christmas" w/ Nelcy from Clyde Library</p>
<p>23 9 a.m. Knit & Crochet w/ Sandy 10 a.m. Video workout 10:30 a.m. Holiday Trivia 12:30 p.m. Dominoes</p>	<p>24 Christmas Eve Center Closed</p>	<p>25 Christmas Day Center Closed</p>	<p>26 10 a.m. Video workout 10:30 a.m. Holiday Karaoke 12:30 p.m. Canasta</p>
<p>30 10 a.m. Video workout 10:30 a.m. Prize Reverse Bingo 12:30 p.m. Dominoes</p>	<p>31 10 a.m. Video workout 10:30 a.m. New Years Eve Prize Bingo 12:30 p.m. Pinochle</p>	<p>December Evening Meal Wednesday, December 11, 4:30 – 6:00 p.m. RSVP by 2 p.m. Tuesday, December 10 Green Eggs and Ham, (Spinach, Eggs, Ham, Cheese), Who Potato Hash, Roasted Tomatoes, Fruit Kabobs, Cindy Lou's Cinnamon Rolls, Max's Hot Chocolate</p>	

Advertising

Life is better with a mobility scooter!

COMING SOON

But Call NOW!

**MOBILITY SCOOTER
CENTER**

119 E. State St. • Fremont, Ohio

419-765-4555



- SALES
- SERVICE
- PARTS
- **BATTERIES**
- RENTALS
- DELIVERY & CONSIGNMENTS



wishes you happy holidays!



419-332-6709

1800 W. State Street, Fremont

www.PTSrehab.com

Do You Find Medicare Confusing?

We have “real-live” local, licensed agents to help you understand your options!

4 BENEFITS OF WORKING WITH A LICENSED AGENT

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



Steve Gulas
419-341-1792 Cell



Chuck DeVore
419-346-2915 Cell



Amanda Rhiel
419-635-7348 Cell

 Follow Us on Facebook!

WE REPRESENT MANY COMPANIES OFFERING:

- Medicare Supplement Plans
- Medicare Advantage Plans
- Part D prescription drug plans

Not connected with or endorsed by any government or Federal Medicare Program.

134 E. 2nd St. • Port Clinton

419-732-3111

www.bolteinsurance.com

Call to speak with a licensed agent




Fremont & Fostoria
419-334-8121/419-435-3482
Your complete eye care source
www.eyecentersofnwo.com




SPRING CREEK

NURSING AND REHABILITATION CENTER

401 N Broadway ST. Green Springs, OH 44836

springcreekcare.com

419-639-2626



AN AFFILIATE OF HOSPICE OF THE WESTERN RESERVE

800-625-5269
steinhospice.org

ADD US ON FACEBOOK!



Stay in touch by joining our Sandusky County Seniors Facebook group, available at facebook.com/groups/sanduskycountyseniors.

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

Sandusky County Senior Centers

THANK YOU, VETERANS!

Ceremonies were held at Fremont, Clyde, and Gibsonburg senior centers honoring veterans in November. Special thanks to Stein Hospice and Bethesda Care Center in Fremont and Countryside Manor in Gibsonburg for hosting.



Veteran James shakes hands with Holly and Holly from Stein Hospice and Bethesda Care Center.



Veteran Les receiving a pin from Holly, in recognition of his military service.



Meals on Wheels Driver and veteran Andy receiving his pin during the veteran's pinning ceremony.



Veteran Bill awaits his pin during the veteran's pinning ceremony.



Clyde Senior Center offers breakfast to veterans Art, James, and Terry. Donna is holding Robert's certificate as he was unable to attend.



Joann from Countryside Manor offers breakfast to Manny, a Gibsonburg Senior and veteran, in appreciation of his service.

Card Club & Game Winners

Clyde Center

Canasta

10/3—Game 1: Cheryl Romeo, Mary Waugh, Game 2: Gerald Schalk, David Blay

10/10—Game 1: 1st Gerald Schalk, 2nd Tammy Schalk, Game 2: 1st Cheryl Romeo Carol VanFleet, 2nd Gerald Schalk, Tammy Schalk

10/24—Game 1: 1st Gerald Schalk, Mary Waugh, Cheryl Romeo, 2nd Sherry Yates, Carol VanFleet, Sam Jones, Game 2: 1st Sherry Yates, Carol VanFleet, Bobby Gobel, 2nd Gerald Schalk, Mary Waugh, Cheryl Romeo, Game 3: 1st Sherry Yates, Carol VanFleet. Sam Jones, 2nd Gerald Schalk, Mary Waugh, Cheryl Romeo

Dominoes

10/21—1st Gerald Schalk, 2nd Linda Moyer, 3rd Sherry Yates, 4th Chuck Kauffman

10/28—1st Gerald Schalk, 2nd Sherry Yates, 3rd Mary Waugh

Pinochle

10/1—Game 1: 1st Carol Van fleet, 2nd Mary Waugh, 3rd Sherry Yates, Game 2: 1st David Blay 2nd Carol VanFleet, 3rd Sherry Yates

10/8—Game 1: 1st Cheryl Romeo, David Blay, 2nd Deb Stacy, Linda Moyer, 3rd Deb Stacy, Linda Moyer, Game 2: 1st Cheryl Romeo/David Blay, 2nd Cheryl Romeo/David Blay

10/22—1st Game: Carol VanFleet

Cheryl Romeo, Debra Stacy, 2nd Game: Mary Waugh, Carol VanFleet, Sherry Yates

10/29—1st Game: 1st Deb Stacy, 2nd Mary Waugh, 2nd Cheryl Romeo, Carol Van fleet, 2nd Game: 1st Cheryl Romeo, 2nd Carol Vanfleet, 2nd Deb Stacy, Mary Waugh, 3rd Game: 1st Mary Waugh, 2nd Deb Stacy, 3rd Carol VanFleet, 4th Game: 1st Carol VanFleet/Cheryl Romeo, 2nd Deb Stacy/Mary Waugh, 5th Game: 1st Deb Stacy, 2nd Cheryl Romeo, 3rd Carol VanFleet

9/17—1st Game: 1st Debra Stacy /Cheryl Romeo, 2nd Game: Carol VanFleet/Sherry Yates, 3rd Game: 1st Debra Stacy, 2nd Carol VanFleet, 3rd Bobby Goble

Cards

10/7—1st Game: 1st Sandy Devries, 2nd Gerald Schalk, 3rd Linda Moyer

10/9—1st Sandy Devries, 2nd Gerald Schalk

Fremont Center

Bingo

10/15—Alyce Anne Schmidt

Bridge

10/16—1st Virginia Mittan, Phil Merz, 2nd Shirley Ratzmann, Ann Shetzer, 3rd Dave Stuber/Anne Humberger

10/23—1st Marilyn Clark/Shirley Ratzmann, 2nd Ann Shetzer Dutch Nietzke, 3rd Helen Tonkin/Phil Merz

10/30—1st Dave Stuber/Virginia

Mittan, 2nd Dutch Neitzke/Gloria Nitschke, 3rd Marilyn Clark/Carolyn Underwood

11/6—1st Carolyn Underwood/Gloria Nitschke, 2nd Virginia Mittan/Carol Smith, 3rd Dave Stuber/Becky Prasuhn

Euchre

10/14—1st Isa Jay, 2nd Nancy Park

10/21—1st Nancy McKeever, 2nd Dutch Neitzke

Pinochle

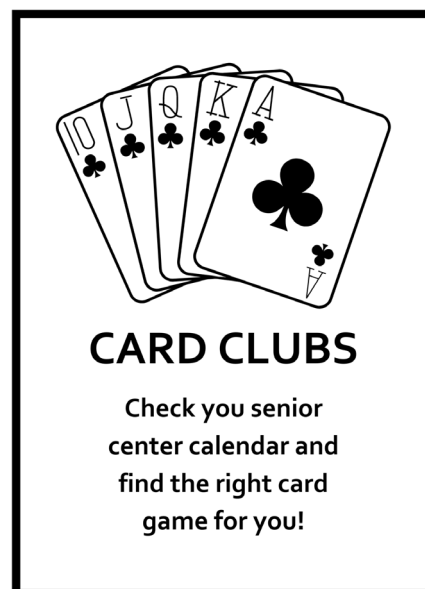
10/10—1st Anne Humberger, 2nd Mary Kucha

10/17—1st Shirley Mehling, 2nd Dutch Neitzke

10/24—1st Anne Humberger, 2nd Nancy McKeever

10/28—1st Lee Myers, 2nd Isa Jay, 3rd Dutch Neitzke

10/31—1st Nancy Park, 2nd Isa Jay, 3rd Connie Claycomb



Sandusky County

GLCAP staff celebrate special milestones this year

The Senior Services department was able to celebrate some very special milestones this year. Meals-on-Wheels Driver Andy Kruse celebrated 35 years with GLCAP. Andy is the meal driver for the Gibsonburg route. We were also lucky to celebrate Elidia Webb, a senior site supervisor sub and kitchen substitute. Elidia celebrated 30 years with the company before she retired in the middle of the year. Andy and Elidia were presented with their plaques at the all-staff training on Nov. 7. We have been very lucky to have both amazing people working with us over the years.



Meals on Wheels Driver Andy Kruse with Meals on Wheels Specialist Jenna Owens



Senior Site Supervisor/Kitchen Sub Elidia Webb with Senior Coordinator Justa Smith

Shelf Stable Meal Kits

Shelf stable meal kits have hit the homes of our home delivered meal consumers. We have sent out 220 five pack shelf-stable meal kits to home-bound seniors. These are to be used in case of bad weather, and we are unable to deliver our regular home delivered meal. All items are shelf stable and require very minimal preparation. Thanks to a grant from the United Way Emergency Food and Shelter Program in Sandusky County and the Area Office on Aging PASSPORT program.



December Evening Meal

Wednesday, December 11
4:30 – 6:00 p.m.

RSVP by 2 p.m.
Tuesday, December 10

Green Eggs and Ham
(Spinach, Eggs, Ham, Cheese)
Who Potato Hash
Roasted Tomatoes
Fruit Kabobs
Cindy Lou's Cinnamon Rolls
Max's Hot Chocolate

Join us for a Grinch heart craft
and movie at 3:30 p.m.!

GLCAP Sandusky County Senior

Menu for December 2024

(Menu subject to change without notice.)

**Chef Salads Available Tuesdays and Thursdays

**Low concentrated desserts substituted for modified meals.

		Serving Sizes: Entrée, Meat & Casserole – 3 oz./ 8 oz. Vegetable, Fruit & Dessert – ½ cup Bread/Bread Alternate - 1 slice or 2 oz. Milk – 8 oz. served with every meal		**Suggested Donation of \$3.00 per meal. NOTE: No older person shall be denied a nutrition service because of inability to contribute all or part of the cost of such service. Older participants shall determine for themselves what they are able to contribute toward the cost of the service. NON-SENIOR GUEST/STAFF: 6.75	
	Monday	Tuesday	Wednesday	Thursday	Friday
2.	Garlic Parmesan Chicken, Baby Bakers, Nantucket Blend Vegetables, Mixed Fruit, Wheat Bread	3. Ham and Potato Skillet, Baby Carrots, Collard Greens, Pears, Apple Cinnamon Muffin Salad: Chef Salad w/ Chicken	4. Spaghetti and Meatballs, Green Beans, Tossed Salad, Scalloped Peaches, Garlic Bread	5. BBQ Pork Patty, Sweet Potatoes, Steamed Broccoli, Pineapple, Wheat Bread Salad: Garden Salad / Cheese Stick	Box Lunch out on Thursday 11/5/24: Egg Salad on Croissant and Sides
9.	Cheeseburger on Bun, Baked Beans, Mixed Vegetables, Mandarin Oranges, Cookie	10. Beef Tacos, Spanish Rice, Refried Beans, Tossed Salad, Mango Salad: Chef Salad w/ Chicken	11. Beefy Chili, Spinach Salad, Potato Salad, Blueberries, Corn Bread, Lemon Bar	12. Chicken Kley, Mashed Potatoes and Gravy, Diced Carrots, Strawberry Applesauce, Wheat Bread Salad: Chef Salad w/ Turkey Ham	Box Lunch out on Thursday 11/12/24: Ham and Cheese Sandwich with Sides
16.	Baked Steak w/ Peppers and Onions, Au Gratin Potatoes, Peas w/ Pearl Onions, Pears, Wheat Bread	17. French Toast w/ Turkey Sausage, Hashbrown Cubes, Pea Salad, Cherry Crisp Salad: Chef Salad w/ Turkey Ham	18. Chicken Salad / Croissant, Cucumber Salad, Sweet Potato and Kale Soup, Apricots, Brownie	19. BirthDay Day! Baked Ham, Sweet Potatoes, Northwest Vegetable Blend, Melon, Dinner Roll, Cake, Ice Cream Salad: Garden Salad / Cheese Stick	Box Lunch out on Thursday 11/19/24: Chicken Bacon Ranch Pasta with Sides
23.	Cubed Steak, Mashed Potatoes and Gravy, Buttered Corn, Peaches, Wheat Bread, Cheesecake	24. Closed – Holiday	25. Closed – Holiday	26. Turkey Tetrazzini, Stewed Tomatoes, Italian Blend Vegetables, Strawberries, Yogurt Cup, Roll Salad: Garden Salad / Cheese Stick	Box Lunch out on Thursday 11/26/24: Roast Beef Sandwich with Sides
30.	Chicken Strips w/ Dipping Sauce, Potato Wedges, Mailibu Blend Vegetables, Tropical Fruit, Blueberry Muffin	31. Beef and Broccoli Stir Fry over Brown Rice, Oriental Blend Vegetables, Diced Carrots, Orange Juice, Wheat Bread Salad: Chef Salad w/ Chicken	*Holiday Frozen meals for HDM out on 12/17/24 for Christmas and 12/30/24 for New Year's Day	*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.

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

NON PROFIT ORG
US POSTAGE
paid
FREMONT, OHIO
Permit No 262

SENIORS ON THE MOVE

December 2024



*Exciting news! GLCAP Fremont Senior Center and our pool players are fixing up the pool sticks!
More information to come soon!*

www.glcap.org

A UNITED WAY AGENCY

Find us on 