



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.

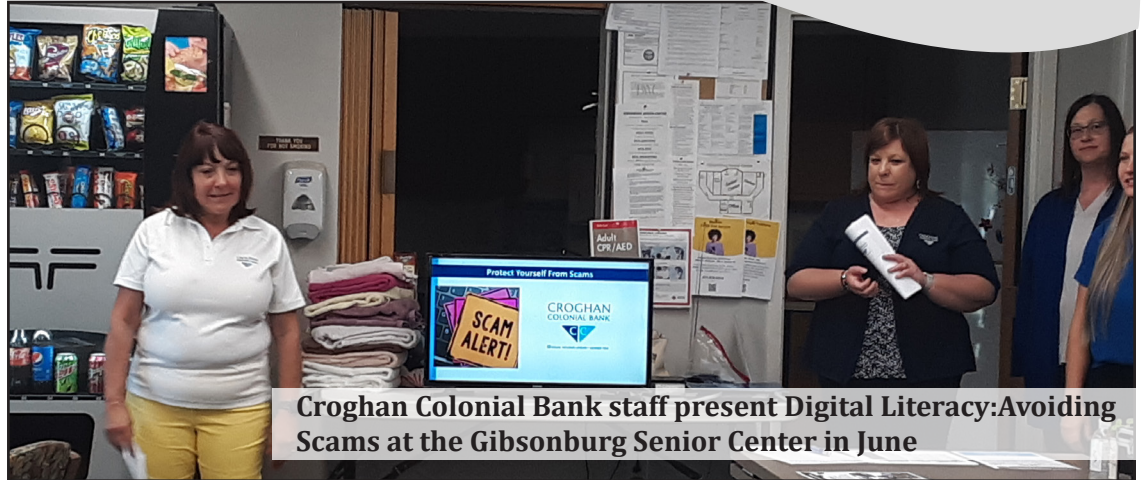
AD PRICING

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.

The Sandusky County Senior Services Newsletter

July 2024

SENIORS ON THE MOVE



Croghan Colonial Bank staff present Digital Literacy: Avoiding Scams at the Gibsonburg Senior Center in June

Lots of events and programs offered to seniors this summer

Digital Literacy & Avoiding Scams

The advent of the digital era has transformed the way we live, work and connect with the world. From online shopping to virtual communication, nearly every aspect of our lives has become intertwined with the digital realm. While the convenience and efficiency brought about by the technology revolution are undeniable, it also comes with its own set of challenges, most notably the escalating threat of online fraud. Learn how to protect yourself with information sessions at Fremont and Clyde Senior Center.

Fremont Senior Center

July 9 at 2 p.m. Scammers and Bank Fraud with Croghan Colonial Bank. Join bank staff as they provide us with information on what we need to look for and who we need to call if we suspect a scam or fraud. RSVP by July 8.

Clyde Senior Center

July 22 at 10:30 a.m.

Preventing Abuse & Exploitation with Sandusky County Adult Protective Services (APS)

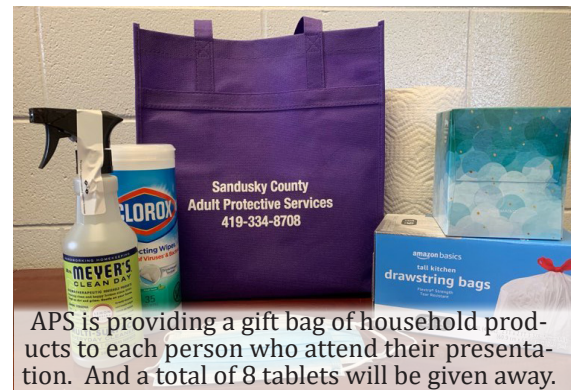
Everyone is invited to join us to learn what services Sandusky County Adult Protective Service can provide for seniors in the county. Angela Wheeler will also educate us on signs of senior abuse and exploitation, as well as preventative measures to take. She will be sharing information about their services for seniors and answering questions.

Participation will allow you a chance to win a free tablet and gift cards. APS staff will assist the winners with learning how to use the Kroger grocery order and pickup app. RSVP a day in advance with the senior center.

Fremont Senior Center
July 11 at 10:30 a.m.

Gibsonburg Senior Center
July 18 at 10:30 a.m.

Clyde Senior Center
July 18 at 12:30 p.m.



APS is providing a gift bag of household products to each person who attend their presentation. And a total of 8 tablets will be given away.

JULY 3rd PICNIC

10 a.m.-1 p.m. at Walsh Park, Fremont. RSVP by June 28 at any of the senior centers. Live band, chair volleyball tournament, cornhole, and prizes!

Sandusky County Seniors Birthdays

July 1

Deb Carnicom
Lois Magarle
Dick Reno

July 2

JoAnne Comer
Vera Showalter

July 3

Joyce Rogers
Barb Ward

July 4

David Ablondi
Ann Chapman
Marsha Cook
Sue Robbins
Bill Worthington

July 5

Edward Eberly
Marcia McIntire
Viola Purdy

July 6

Pat Cutcher
Linda Gegorski
Pam Pelphrey
Bill Ripple
Teeny Webb

July 7

Brenda Martinez
Ken Pitts
James Smallets

July 8

Willie Carter
Ruth Esker
Tammy Hill

Linda Mierke

July 9

Jan Hendricks

July 10

Gini Bibler
John Derucki
Beverly Kimball
Judith Koebel
Dave Raby

July 11

Gustavo Garcia
Phyllis Hahn
Jim Morley

July 12

Maria Barrera
Shirley Hall
Betty Hamilton
Debra Stacy

July 13

Gloria Carter
Don Luettker

July 14

Susie Angelone
Vickie DeLaHaMaide
Barbara Densmore
Judy Emrich

July 15

Sandy Peacock
Cathy Tillman
Nancy Bilbrey
Cora Heidelberg
Louise Heidelberg

July 16

Marion Huss

July 17

Andrea Burkett
Judy Long
Jerry Miller

July 18

Dorothy Darr
Susan Hughes
John Shiets

July 19

Nancy Dodson
Jerry Lagrou
Hector Lozano
Ross McCormick

July 20

Lynn Frankart
Peg Mackey
Lori Walker

July 22

Kevin Adams
Bob Marker
Jan Stephens

July 23

Gerald Fisher
Linda Huether
Janet Linkey
Robert Moyer
Loretta Wisniewski

July 24

Bobby Goble
Isa Jay
Juanita Martin
Rex Naegele
Janet Webb

July 25

Paula Albright
Linda Eppley
Joanne Nye

July 26

Marie Ayres
Sharon Mitchell

July 27

Elvia Bockbrader
Diane Mehling
Ted Merrill

July 28

Brenda Kuieck
Lee Oberhauser
Peggy Pleasnick
Sharon Sherrard

July 29

Norma Beamer
Martha Overmyer
Ann Rusin

July 30

Kathy Woodruff
Bob Humberger
John Lonsway
Carol Maye
Marilyn Wilson

July 31

Bobby Gardner
Joanne Marok
Liz Osborne

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 James Buehrle Jr., Owen Chase II, Vincent Golembiowski, and Joseph Garlock.

Thank you

Erica Reid for donating the pool noodles for noodle drumming and Courtney Squires for donation of prizes for June Casablanca Trivia.

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.

Senior Helping Hands: Bringing Comfort to the Community

As the summer heat intensifies, the need for air conditioning becomes more than just a luxury—it's a necessity. For homes without central air conditioning, we often use window units to help keep us cool during these hot summer months. Unfortunately, window unit air conditioners are heavy and can be dangerous to carry and install. Senior Helping Hands has taken up the mantle to ensure that everyone can enjoy a cool, comfortable living environment.

If you need assistance installing a window unit air conditioner that you already own, give Senior Helping Hands a call to come out and assist you. We will also set a time in the fall to take it back out and put it away for the winter.

Register with Senior Helping Hands anytime. We would like to make at least one minor safety improvement on our first visit! Call 419-332-8499 to get started.

Welcome Tom Huffman, Senior Helping Hands Chore Specialist

We would like to welcome Tom Huffman to the Sandusky County Seniors Team as the new Senior Helping Hands Chore Specialist.

Tom resides outside of Tiffin with his wife of 37 years, Deb. He has an adult son and daughter, as well as four grandchildren. Before working for GLCAP, Tom worked for a franchise management company in the food service industry and a railroad contract management company for over twenty years. Most recently, Tom worked with seniors and individuals with mobility challenges to provide medical equipment and devices to improve safety and accessibility. Throughout his life, Tom has conducted and overseen equipment and facilities maintenance and done home repair projects for friends and family.

When not working, Tom enjoys spending time with his grandchildren—especially outside. He is a life-long hunter, trapper, and fisherman which are all passions he enjoys passing on to his children and grandchildren. Tom looks forward to meeting seniors and providing them with an extra hand with safety and accessibility modifications in their homes.



Senior Helping Hands
419-332-8499

Beat the heat with the Summer Crisis Program

From July 1 to Sept. 30, the Summer Crisis Program can step in to lend a helping hand. Whether you need assistance with your electric bills, repairs for your central air conditioning, or even help purchasing a new air conditioning unit or fan, this program can help eligible residents of the county. For more information, go to glcap.org/summercooling or call 1-800-775-9767.

Fremont Senior Campus Highlights

Continuation of Bingocize — Continuing July 1 at 9 a.m. 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 and health knowledge, while offering socialization opportunities. Call the center to inquire.

Active Living Every Day — Continuation on Wednesdays at 10 a.m. Active Living Every Day will continue this month. It is a 12-week program that consists of a 1-hour meeting weekly. It is an evidence-based behavior change program sponsored by the Area Office on Aging of Northwestern Ohio. Participants learn the skills they need to become and stay physically active. If you would like to inquire about the program, please call the center.

Monthly Evening Meal and Activity — July 10, 3:30-6 p.m. Our theme for 2024 is "Lights, Camera, Action, Eat." This month we will highlight the movie series Pirates of the Caribbean. Check out the menu and if you are interested, please call or stop by the senior center before Tuesday, July 9, at 2 p.m. to make a reservation. We will be playing 'Cannonball Toss' at 3:30 p.m. before the meal.

LRC with Amanda Rhiel — July 23 at 2 p.m. Join Amanda for a fun game of Left, Right, Center. Some people play with quarters, but we will be playing with chips and see what prizes we can win!

Crafting with Karen: Summer/Nautical Wreath — July 25 at 2 p.m. Get ready for summer as we make a summer or nautical wreath, guided by Karen Franks. Sign-up and pay at the front desk by July 11. Cost is \$15.

Queen Bee Movie — July 30 at 1:30 p.m. While her house undergoes repairs, fiercely independent senior Helen temporarily moves into a nearby retirement community, where she encounters lusty widows, cutthroat bridge tournaments, and a hotbed of bullying "mean girls." Join us to watch the movie "Queen Bee" and enjoy some light refreshments and snacks with Pat Gerber.

Skip-Bo/Phase 10 — July 2, 9, 16, 23, 30 at 1:15 p.m. Interested in learning how to play these card games? Learn a new hobby and spend some time with others. Call for more details and to sign up.

Sequence — July 10, 17, 24 and 31 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 wins!

Toenail Clinic — Aug. 7, 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.

Quilting/Knitting/Crochet/Embroidering Classes. Whether 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.

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



Our Walk with Ease participants

MONTHLY EVENING MEAL

Pirates of the Caribbean
July 10

4:30 p.m. – 6:00 p.m.

RSVP by 2 p.m. Tuesday, July 9

Caribbean Jerk Pork Tenderloin
Sparrow's Sweet Potato
Captain's Sautéed Kale
Coconut Rice
Tropical Fruit
Buried Treasure Parfait Cup

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

July 2024

Monday	Tuesday	Wednesday	Thursday
<p>1 8:30 a.m. Zumba Gold (Angie) 9 a.m. Bingocize with Lilly 9:15 a.m. Movement Made Easier (Angie) 10:30 a.m. Bingo with Kim from Orchard Grove Noon Euchre</p>	<p>2 8: a.m. Aquatics w/Brenda 8:30 a.m. Circuit (Angie) 9 a.m. Bingocize with Lilly 9:30 a.m. Quilting with Sandy 11 a.m. Stretch & Tone w/Brenda Noon Prize Bingo w/ Melissa Rohde from Parkview 1:15 p.m. Chair Volleyball 1:15 p.m. Skip-Bo/Phase 10</p>	<p>3 Center open 1-4 p.m. Senior Picnic at Walsh Park, 10 a.m.-1 p.m.</p>	<p>4 Center Closed 4th of July</p>
<p>8 8:30 a.m. Zumba Gold (Angie) 9 a.m. Bingocize with Lilly 9:15 a.m. Movement Made Easier (Angie) 9:30 a.m. Embroidering w/Sandy Noon Euchre</p>	<p>9 8:30 a.m. Circuit (Angie) 9 a.m. Adult Coloring 9 a.m. Bingocize with Lilly 9:30 a.m. Knit/Crochet w/Sandy 11 a.m. Stretch & Tone w/Brenda Noon Prize Bingo w/ Courtney Squires 1:15 p.m. Chair Volleyball 1:15 p.m. Skip-Bo/Phase 10 2 p.m. Scammers/Bank Fraud with Croghan Colonial Bank</p>	<p>10 8:30 a.m. Tai Chi (Angie) 9:15 a.m. Senior Stretch (Angie) 10 a.m. Active Living w/Brenda Noon Bridge 12:30 p.m. Sequence board game 3:30 p.m. Pirates of the Caribbean — Cannonball Toss 4:30 p.m. Monthly Evening Dinner (RSVP by July 9 at 2 p.m.)</p>	<p>11 8:30 a.m. Cardio & Strength (Angie) 10:30 a.m. Angela Wheeler from Sand. Co. APS-Senior Presentation 12:30 p.m. Pinochle</p> <p>*Deadline for Summer/Nautical Wreath with Karen: \$15</p>
<p>15 8:30 a.m. Zumba Gold (Angie) 9 a.m. Bingocize w/ Lilly 9:15 a.m. Movement Made Easier (Angie) 9:30 a.m. SCSCO meeting Noon Euchre</p>	<p>16 8:30 a.m. Circuit (Angie) 9 a.m. Bingocize w/ Lilly 9:30 a.m. Quilting with Sandy 11 a.m. Stretch & Tone w/Brenda Noon: Prize Bingo w/ Christine Montgomery from Bridge HH 1:15 p.m. Chair Volleyball 1:15 p.m. Skip-Bo/Phase 10</p>	<p>17 8:30 a.m. Tai Chi (Angie) 9:15 a.m. Senior Stretch (Angie) 10 a.m. Active Living with Brenda Noon Bridge 12:30 p.m. Sequence 1 p.m. Bug repellent candles with Holly from Stein Hospice</p>	<p>18 8:30 a.m. Cardio & Strength (Angie) 10:30 a.m. House Bingo 12:30 p.m. Pinochle</p>
<p>22 8:30 a.m. Zumba Gold (Angie) 9 a.m. Bingocize w/ Lilly 9:15 a.m. Movement Made Easier (Angie) 9:30 a.m. Embroidering w/Sandy Noon Euchre</p>	<p>23 8:30 a.m. Circuit (Angie) 9:00 a.m. Bingocize w/ Lilly 9:30 a.m. Knit/Crochet w/Sandy 11 a.m. Stretch/Tone Brenda Noon: Cardo Bingo w/Leslie from Valley View 1:15 p.m. Chair Volleyball 1:15 p.m. Skip-Bo/Phase 10 2 p.m. LRC w/Amanda Rhiel</p>	<p>24 8:30 a.m. Tai Chi (Angie) 9:15 a.m. Senior Stretch (Angie) 10 a.m. Active Living with Brenda Noon Bridge 12:30 p.m. Sequence Board game</p>	<p>25 Happy Birthday!!</p> <p>8:30 a.m. Cardio & Strength (Angie) 11:30 a.m. Birthday Lunch 12:30 p.m. Bingo with Countryside 12:30 p.m. Pinochle 2 p.m. Crafting with Karen: Summer/Nautical Wreath</p>
<p>29 8:30 a.m. Zumba Gold (Angie) 9 a.m. Bingocize w/ Lilly 9:15 a.m. Movement Made Easier (Angie) Noon Euchre</p>	<p>30 8:30 a.m. Circuit (Angie) 9 a.m. Bingocize w/ Lilly 9:30 a.m. Quilting w/Sandy 11 a.m. Stretch/Tone Brenda Noon: Prize Bingo w/ Jessica Sumser from Firelands HH 1:15 p.m. Chair Volleyball 1:15 p.m. Skip-Bo/Phase 10 1:30 p.m. Queen Bee Movie w/Pat Gerber</p>	<p>31 8:30 a.m. Tai Chi (Angie) 9:15 a.m. Senior Stretch (Angie) 10 a.m. Active Living with Brenda Noon Bridge 12:30 p.m. Sequence Board game</p>	

Gibsonburg Senior Center Highlights

Bingocize — Continues July 1, 10:30 a.m.

This is a 10-week evidence-based program that consists of meeting twice a week for a 1-hour each time. Bingocize continues Monday, July 1 where it 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. If you would like additional information, please call the center.

Take-Home Summer Craft — July 9, 10:30 a.m.

Lisa from Trustwell Living (Clyde Gardens) will be offering a free Summer Fun take-home craft. Let's get creative and have some fun.

Monthly Evening Meal and Activity — July 10, 3:30-6 p.m.

Our theme for 2024 is "Lights, Camera, Action, Eat". This month we will highlight the movie series Pirates of the Caribbean. Check out the menu and if you are interested, please call or stop by the senior center before Tuesday, July 9, at 2 p.m. to make a reservation. We will be having a "Cannonball Toss" at 3:30 p.m. before the meal.

Saxophone Serenade — July 11, 10:30 a.m.

Saxophone player Benjamin Rosales will be here to share his talent and play some music for our entertainment.

Active Living — Continues July 11, 12:30 p.m.

Active Living is a 12-week program that consists of a 1-hour meeting weekly. It is an evidence-based behavior change program sponsored by the Area Office on Aging of Northwestern Ohio. Participants

learn the skills they need to become and stay physically active. If you would like to inquire about the program, please call the center.

Cool Ideas for Summer — July 16, 10:30 a.m.

Join Ruby from OSU extension as she discusses ways to stay cool this summer with our meals. Find out what different tasty things you can enjoy while keeping yourself hydrated.

Christmas in July Party — July 25, 10:30 a.m.

Why only celebrate Christmas once a year? Join us for a party while we play Christmas music, Name that Tune, and some reindeer games.



Left: Gibsonburg Seniors enjoy live harp music while painting sponsored by Seniors Helping Seniors. Right: Gibsonburg Seniors show off their Summer Flower craft sponsored by Erica from Rehab Hospital of NWO

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

July 2024

Monday	Tuesday	Wednesday	Thursday
1 10:30 a.m. Bingocize	2 10:30 a.m. Bingocize	3 Center Closed Join us for Senior Picnic at Walsh Park, 10-1 RSVP by June 28 @ 10 a.m.	4 Center Closed Happy 4th of July
8 10:30 a.m. Bingocize	9 10:30 a.m. Take-home Summer Craft w/ Lisa from Trustwell Living	10 10:30 a.m. Bingocize 3:30 p.m. Cannonball Toss 4:30 p.m. Evening Meal RSVP by July 9 @ 2 p.m.	11 10:30 a.m. Saxophone Serenade w/ Benjamin Rosales 12:30 p.m. Active Living
15 10:30 a.m. Bingocize	16 10:30 a.m. Cool Ideas for Summer w/ Ruby from OSU extension	17 10:30 a.m. Bingocize	18 10:30 a.m. Abuse and Exploitation w/ Angela from Sand. Co. Adult Protective Services 12:30 p.m. Active Living
22 10:30 a.m. Bingocize	23 10:30 a.m. Dominoes	24 10:30 a.m. Bingocize	25 Birthday Day! 10:30 a.m. Christmas in July Party 12:30 p.m. Active Living
29 10:30 a.m. Bingocize	30 10:30 a.m. Bingo w/ Joann from Countryside Manor	31 10:30 a.m. Bingocize	

AD PRICING

1/8 - \$25.00 per issue

1/4 = \$50.00 per issue

1/2 = \$75.00 per issue

Full = \$125.00 per issue

Full payment must be received prior to ad publication.

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 July 8 or July 22 At 1 p.m.

Bingocize — Continues July 1 at 9 a.m. This is a 10-week evidence-based program that consists of meeting twice a week for a 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. Call the center for more information.

Knit, Crochet, or Embroider with Sandy — July 1 and 15 at 9:00 a.m. Join Sandy in these beginner classes. There is no experience necessary. Beginner project supplies will be provided. Please call the center if you would like more information.

Monthly Evening Meal and Activity — July 10 from 3:30 p.m. - 6 p.m. Our theme for 2024 is "Lights, Camera, Action, Eat." This month we will highlight the "Pirates of the Caribbean" series. Check out the menu and if you are interested, call or stop by the senior center before Tuesday, July 9, at 2 p.m. to make a reservation. We will be playing cannonball toss at 3:30 p.m. before the meal.

Noodle Drumming — July 10, 17, 24 & 31 at 12:30 p.m. Join us for an activity that is so much fun, you don't even realize you are working out. Bring a friend and enjoy the laughter and music!

Hole in the Bucket Game — July 11 & 24 at 10:30 a.m. Join us for a fun-filled team activity. With this activity you will be part of a team to try to collect as many balls as possible, it is a chair game so everyone can enjoy the competition. Bring a friend and show off your team skills and win some prizes while you're at it.

Crafting with Karen: Summer Wreath — July 15 at 10 a.m. Get ready for summer as we make a summer wreath, guided by Karen Franks. The cost will be \$15. Please sign up at the Clyde Senior Center and pay by July 5. Feel free to visit the center to see a preview of the wreath.

Cool Summer Treats — July 17 at 10:30 a.m. Join Ruby from OSU extension as she discusses ways to stay cool this summer with our meals. Find out

what different tasty things you can enjoy while keeping yourself hydrated.

Hand Massages with Lucy: July 18 at 10 a.m. Lucy Green will be providing hand massages in the sunroom. Please join us for a relaxing hand massage, which is great for stiff joints. Enjoy in a comfortable, private setting. Sign up is required by July 16.

Reminisce with Nelcy — July 18 at 1 p.m. Reminisce with Nelcy from the Clyde library about the topic of home. Bring your memories and pictures to share. We would love to post your favorite pictures.

Corn Hole: July 1, 8, 15 at 10:30 a.m. We are bringing back corn hole. Come check out the competition!

Tai Chi with Brenda — Continues Thursdays in July at 10 a.m. This is a fan-favorite here at Clyde. Tai Chi is a wonderful way to relax your body and mind. Tai Chi for Arthritis through AOoA ARPA Program helps seniors learn to relieve pain and improve their health in this class. It improves balance, both mentally and physically, thus significantly reducing the rate of falls. Additional benefits include improved relaxation, vitality, and posture.

Active Living: Continues Thursdays (July 11, 18, 25) at 9 a.m. Active Living Every Day will continue this month. It is a 12-week program, which consists of a 1-hour meeting weekly. It is an evidence-based behavior change program sponsored by the Area Office on Aging of Northwestern Ohio. Participants learn the skills they need to become and stay physically active. If you would like to inquire about the program, please call the center.

Metro Workout — Mondays through Wednesdays in July at 8:30 a.m.

A fun chair exercise, which is part of a Silver Sneakers Series that features upbeat music. You go at your own pace! Enjoy the time with friends. No sign up required; just come and join in!

Horse Races — July 30 at 10:30 a.m. We will be hosting a race with our favorite jockey, Pam. Join us and cheer on your horse as it 'runs' for the finish line!

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

July 2024

Monday	Tuesday	Wednesday	Thursday
<p>1 8:30 a.m. Metro Work Out 9 a.m. Bingocize 9 a.m. Embroider/knit/crochet w/ Sandy 10:30 a.m. Corn Hole 12:30 p.m. Dominoes</p>	<p>2 8:30 a.m. Metro Work Out 9 a.m. Bingocize 10 a.m. Bingo w/Jessica from Firelands HH 12:30 p.m. Pinochle</p>	<p>3 Center Closed Join us for Senior Picnic at Walsh Park, 10-1 RSVP by June 28 @ 10 a.m.</p>	<p>4 Center Closed Happy 4th of July</p>
<p>8 8:30 a.m. Metro Work Out 9 a.m. Bingocize 10 :30 a.m. Corn Hole 1 p.m. Welcome Orientation 12:30 p.m. Dominoes</p>	<p>9 8:30 a.m. Metro Work Out 10 a.m. Bingo w/ Melissa Rhodes 12:30 p.m. Pinochle</p>	<p>10 8:30 a.m. Metro Work Out 9 a.m. Bingocize 10:30 a.m. Bingo w/ Christine from Blanchard Valley 12:30 p.m. Cards/Uno 12:30 p.m. Noodle Drumming 3:30 p.m. Cannonball Toss 4:30 p.m. Monthly evening dinner</p>	<p>11 9 a.m. Active Living 10 a.m. Tai Chi w/Brenda 10:30 a.m. Hole in the Bucket 12:30 p.m. Canasta</p>
<p>15 8:30 a.m. Metro Work Out 9 a.m. Bingocize 9 a.m. Embroider/knit/crochet w/ Sandy 10 a.m. Craft w/ Karen: Summer Wreath 10:30 a.m. Corn Hole 12:30 p.m. Bingo w/ Shannon Albright</p>	<p>16 8:30 a.m. Metro Work Out 10:30 a.m. Bingo w/Joanne Countryside 12:30 p.m. Pinochle</p>	<p>17 8:30 a.m. Metro Work Out 9 a.m. Bingocize 10:30 a.m. Cool Summer Treats w/ Ruby from OSU Ext. 12:30 p.m. Cards/Uno 12:30 p.m. Noodle Drumming</p>	<p>18 9 a.m. Active Living 10 a.m. Hand Massages w/ Lucy in Sunroom (sign up required) 10 a.m. Tai Chi w/ Brenda 10:30 a.m. Bingo w/ Kim from Bellevue Care Center 12:30 p.m. Abuse and Exploitation w/ Angela from Adult Protective Services 1 p.m. "Home" w/ Nelcy from Clyde Library</p>
<p>22 8:30 a.m. Metro Work Out 9 a.m. Bingocize 10:30 a.m. Digital Literacy: Scam Prevention and Senior Awareness 12:30 p.m. Dominoes 1 p.m. Welcome Orientation</p>	<p>23 8:30 a.m. Metro Work Out 10:30 p.m. Bingo w/Kelly Edgewood Manor 12:30 Pinochle</p>	<p>24 8:30 a.m. Metro Work Out 9 a.m. Bingocize 10:30 a.m. Hole in the Bucket 12:30 p.m. Noodle Drumming</p>	<p>25 9 a.m. Active Living 10 a.m. Tai Chi w/ Brenda 10:30 a.m. Bingo w/ Candice from Seniors Helping Seniors 12:30 p.m. Canasta</p>
<p>29 8:30 a.m. Metro Work Out 9 a.m. Bingocize 10:30 a.m. Chair Volleyball 12:30 p.m. Dominoes</p>	<p>30 8:30 a.m. Metro Work Out 10:30 a.m. Horse Race w/ Pam 12:30 p.m. Pinochle</p>	<p>31 8:30 a.m. Metro Work Out 9 a.m. Bingocize 12:30 p.m. Cards /Uno 12:30 p.m. Noodle Drumming</p>	

Our seniors talk about Older Americans Month

Older Americans Month was in May and we asked seniors at the different centers how they benefit from senior services in Sandusky County. They had a few things to say!

GIBSONBURG SENIOR CENTER

Gibsonburg seniors have a lot to say when they are asked what they enjoy about their local senior center. They expressed that there are many benefits from using the Gibsonburg Senior Center. The list consists of having nutritious, delicious meals both for lunches and the monthly evening meals. Everyone agreed that socialization and meeting new people was important especially when it turns into lasting friendships. Some of the seniors stated that having a place and a schedule for exercise gets them motivated to keep moving and be active. Another reason some seniors enjoy

coming to the senior center is the different activities offered. Bingo is still a favorite past time but also playing other games they know as well as learning new ones. Doing crafts and helping decorate the center for holidays was also noted. Many seniors appreciate having guest speakers from the community coming to give informative presentations. Chris O. states, "Some special guests come by to talk to us about aging challenges." Therese L. sums up the general consensus, "All around, the Senior Center is a plus for me, as I have normally stay to myself and in my apartment."

FREMONT SENIOR CENTER

Fremont seniors enjoy many activities, including bingo, which is still a favorite and where they win nice gifts. Some of the seniors said they come for good food for good prices and enjoy eating with their friends. They like coming to socialize and having exercise class together keeps them

going and staying active. They like the different activities that are being offered. Then seniors have commented about how wonderful the staff are and how it's such a nice place to come. They enjoy meeting new people that come to the center for different things.

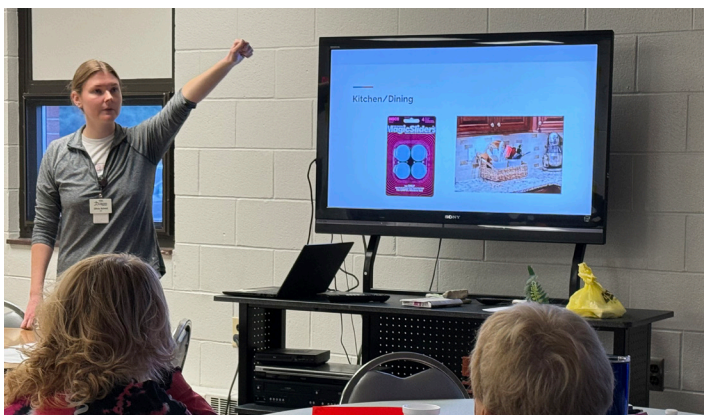
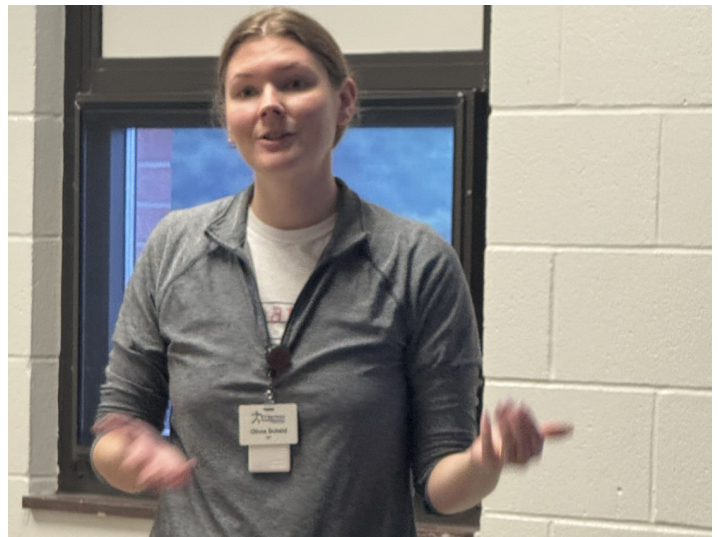
CLYDE SENIOR CENTER

Clyde seniors feel the connections they have made at the Senior Center have helped them with their general well-being. The seniors are very happy to have a place to meet new friends and neighbors. They also feel the food is always great, and they enjoy having someone to eat with daily. The Active Living and Walk with Ease programs have been instrumental in helping to regain the strength and balance of our seniors. These activ-

ities offer a fun safe way to get out and get moving. Bingo is always a favorite activity, and they enjoy the interaction with the hosts, The seniors feel it's always fun to join in a board game or cards in the afternoon. The educational activities are always informative and useful. The best thing about Clyde Senior Center is the staff is always friendly and caring, and make you feel welcomed.

Matter of Balance wrap up

Congratulations to our Matter of Balance participants who finished up their class on May 22. Matter of Balance is specifically designed to reduce the fear of falling and improve activity levels. Photos below include Olivia from PT Services and our participants. Keep an eye out in the newsletter for the next time the senior center will offer this class.



Sandusky County



OUR SERVICE:

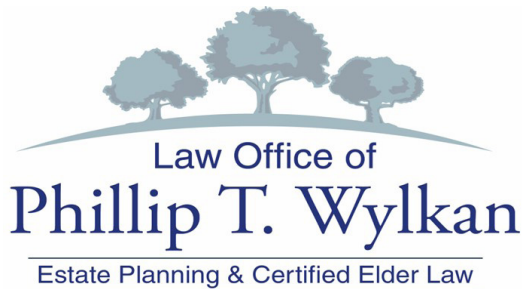
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ADD US ON FACEBOOK!



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

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



SPRING CREEK

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401 N Broadway ST. Green Springs, OH 44836

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Card Club & Game Winners

Fremont Game

Winners

Euchre

6/3

1st Lee Myers

2nd Mary Kucha

2nd Irene Feehan

Bridge

6/5

1st Becky Prasuhn

1st Al Stokes

2nd Helen Tonkin

2nd Paul Kaple

3rd Shirley Ratzmann

Pinochle

6/6

1st Lee Myers

2nd Isa Jay

3rd Mary Kucha

Clyde Game Winners

Phase 10

5/1 Winner Deb Snider

5/15 Winner Deb Snider

Mexican Train Dominoes

5/13 Winner Gerald Schalk

2nd place Linda Moyer

Five Crowns

5/23 Winner Gerald Schalk

2 games

Canasta

5/23 Winner 3 games

Sherry Yates, Mary Waugh, Bobby Goble, Gerald Schalk

Winner 5/16 2 games

Cheryl Romeo, Carol Van Fleet, Gerald Schalk

5/9 Winner 1 Game

Deb Snider, Sam Jones, Sherry Yates, Bobby Goble

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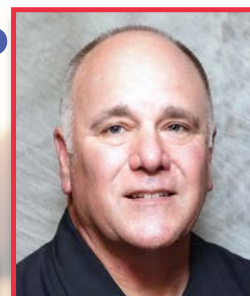
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Sandusky County

Hear what our seniors are saying about Walk with Ease

Our Walk with Ease participants were asked about their participation in the Walk with Ease program and this is what they had to say about it!

“ It has made me more conscious of how much I sit at home and not doing anything, so I have been getting up and doing things more often than just sitting in front of the TV. My pain level is down.”

“The warming up exercises are nice. I have less fatigue now than I did before this class.”

“My pain level is down; I can’t believe how much it went down.”

Ida turns 100!

HAPPY BIRTHDAY, IDA!
Ida, participant of the Meals on Wheels program, joyously celebrated her milestone 100th birthday in May with her family. The festivities continued when the senior center staff surprised her with her favorite carrot cake and warm birthday wishes, adding a special touch to her day.



MONTHLY EVENING MEAL

Pirates of the Caribbean
July 10
4:30 p.m. – 6:00 p.m.
RSVP by 2 p.m. Tuesday, July 9

Caribbean Jerk Pork Tenderloin
Sparrow's Sweet Potato
Captain's Sautéed Kale
Coconut Rice
Tropical Fruit
Buried Treasure Parfait Cup

<h2 style="text-align: center;">GLCAP Sandusky County Senior</h2> <h3 style="text-align: center;">Menu for July 2024</h3> <p style="text-align: center;">(Menu subject to change without notice.)</p> <p style="text-align: center;">**Chef Salads Available Tuesdays and Thursdays</p> <p style="text-align: center;">**Low concentrated desserts substituted for modified meals.</p>				<u>Serving Sizes:</u> 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	
1. Beefy Goulash Diced Carrots Succotash / Pears Corn Bread / Brownie	2. Chicken Farm, Green Beans, Roasted Red Potatoes, Strawberries, Garlic Bread Salad: Chef Salad w/ Turkey Ham	3. Chili Dog w/ Cheese, Baked Beans, Broccoli and Cauliflower, Fruit Salad, Apple Pie	4. Closed Holiday	Box Lunch out on Thursday 7/3/24: Italian Pasta Salad w/ Ham	
8. Turkey in Gravy over Mashed Potatoes, Mixed Vegetables, Cherry Crisp, Biscuit, Cookie	9. BBQ Riblett, Sweet Potatoes, Brussels Sprouts, Applesauce, Wheat Bread Salad: Chef Salad w/ Chicken	10. Chicken Marsala, Au Gratin Potatoes, Peas and Pearl Onions, Topical Fruit, Wheat Bread, Lemon Bar	11. Taco Skillet (Beef, Rice, Beans), Tossed Salad, Seasoned Black Beans, Scalloped Peaches, Tortilla Salad: Garden Salad / Cheese Stick	Box Lunch out on Thursday 7/11/24: Turkey and Cheese Sandwich	
15. Chicken Florentine, Baby Bakers, Diced Carrots, Mandarin Oranges, Wheat Bread, Cookie	16. Philly Cheesesteak Meatballs, Garlic Green Beans, Potato Bites, Mixed Fruit, Sub Bun Salad: Chef Salad w/ Chicken	17. Shepherd's Pie, Butter Beans Stewed Tomatoes, Apricots, Wheat Bread, Fruited Gelatin Salad	18. Orange Chicken over Brown Rice, Stir Fry Vegetables, Egg Roll, Orange Juice, Wheat Bread Salad: Garden Salad / Cheese Stick	Box Lunch out on Thursday 7/18/24: Italian Sub Sandwich	
22. Mushroom Steak, Baked Potato Squash Blend Vegetables, Pineapple, Wheat Bread, Brownie	23. Sausage Gravy over Biscuit, Hashbrown Cubes, Pea Salad, Blueberry Crisp Salad: Chef Salad w/ Turkey Ham	24. Broccoli and Cheddar Stuffed Chicken Breast, Baby Carrots, Creamed Spinach, Strawberries	25. BirthDay Day! Stuffed Peppers, Mashed Potatoes and Gravy, Nantucket Vegetables, Peaches, Garlic Roll, Cake, Ice Cream Salad: Chef Salad w/ Chicken	Box Lunch out on Thursday 7/25/24: Chicken Salad / Croissant	
29. Beef Tips over Mashed Potatoes, Peas and Carrots, Mixed Fruit, Biscuit, Cookie	30. Tuna Noodle Casserole, Harvard Beets, Green Beans, Pears, Muffin, Yogurt Cup Salad: Garden Salad / Cheese Stick	31. Pepperoni Calzone, Steamed Broccoli, Tossed Salad, Cinnamon Apples, Cheese Stick, Brownie	*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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SENIORS ON THE MOVE

July 2024



Fremont Senior Center seniors practicing chair volleyball for the chair volleyball tournament taking place at the July picnic!