



Great Lakes
COMMUNITY ACTION
PARTNERSHIP

Sandusky County
Senior Centers

Fremont
1101 Castalia St.
419-334-8383, opt. 1

Clyde
900 N Woodland Ave.
419-547-8052

Gibsonburg
100 Meadow Ln.
419-637-7947

MISSION

The mission of GLCAP Senior programs is to develop quality services that promote general well-being, independent living, and socialization opportunities for mature adults in Sandusky County.

SENIORS ON THE MOVE



Let's Celebrate Older Americans Month!

Older Americans Month is a time to honor the contributions and achievements of older adults, celebrating their role in enriching our communities through wisdom, experience, and active participation. By recognizing this month, we express gratitude but also raise awareness about the importance of inclusivity, wellness, and lifelong learning for older generations.

Clyde:

On May 22 at noon, join us for a time to celebrate, reminisce and enjoy a sweet treat. Please share with us how you personally benefit from the Older Americans Act (OAA).

Fremont:

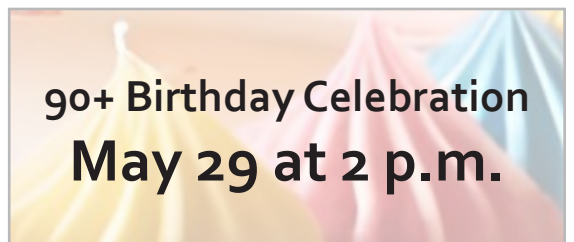
On May 22 at 10 a.m., let's celebrate Older Americans Month by writing and saying how the OAA has personally helped you!

Gibsonburg:

On May 21 at noon, the 2025 theme is "Flip the Script on Aging," which focuses on transforming how society perceives and approaches aging. Join us for a time to celebrate, reminisce and enjoy a sweet treat.

Fremont Senior Center to host birthday party for those over 90

GLCAP Senior Services would like to extend a very special invitation. We are hosting a celebration in honor of individuals who have reached the remarkable age of 90 and beyond. It will be a chance to celebrate the incredible wisdom and experiences that come with age while observing Older Americans Month. This gathering promises to be a joyous occasion filled with delightful conversations, light refreshments, door prizes and the warmth of friendship. We will be celebrating on Thursday, May 29, starting at 2 p.m. at the Fremont Senior Center location. Please feel free to bring along a guest—be it a family member or a dear friend. Kindly RSVP by Tuesday, May 27, by 2 p.m. to the Fremont Senior Center. Your presence would mean the world to us, and we can't wait to celebrate with you!



Sandusky County Seniors Birthdays

May 1

Vernard Englehart
Jim Hiser
John Krytus
Sherry Walden

May 2

Larry Gerwin
Robert Goehring
Gene Hensley
Kathleen Hollabaugh

May 3

David Zender

May 4

Rita Claypool
Walter Lamson
Randolph Rohm

May 5

Clarence Heilman
Dori Lemke
Gloria Quinones
Marcia Rohrbacher

May 6

Delores Tommer

May 7

Linda Burns
Nellie Martin

May 9

Debra Burns
Barb Collier
Jacqueline Drown

Michael Koebel

May 11

James Behrendsen
Alberta Durnwald
Anita Kupka

May 12

Thomas Brown

May 13

Robin Richter
Timothy Saunders

Donnie Vallance

Carol Wineland

May 14

Charles Abel
Virginia Childers
Danny Griffith

Samuel Jones, Jr.

Roger Miller

Cheryl Patterson

Ruth Rakes

Paula Schoenfeld

May 15

Joan Godfred

Diane Johnson

Chrstie O'Brien

May 16

Dorothy Borys

Jeffrey Pasch

Kay Rohrbacher

David Teal

Willie Valentine, Jr.

Sharon Watson

May 17

Rita Brian
Deborah Velliquette
Rachel Wonderly

May 18

Allison Bolen
Ruth Meek
Charlie Stroup

May 19

Norma Henry

May 20

Lillian Grigsby

May 21

Rebecca White
Joann Widman
Christopher Young

May 22

Carol Brown

Vivian Perkins

Charlotte Taylor

May 23

Polly Dierksheide

Martha Glover

May 24

Daleen Askins

Henry Waugh

May 25

Pablo Castillo

Alice Holewinski

Ollie Meacham

Mary Pfefferle

Elidia Webb

May 26

Shirley Schmidt

May 27

Lula Lash
Clover Liggins
Jean Miller

Patty Schmidt

May 28

Ramona Young

May 29

Angie Endicott

Joyce Hammer

May 30

Steve Fox

Donna Kuhns

Candice McClain

Jean Obenauer

May 31

Lee Barnard

Raymond Darr

Vera DeFriece

Joyce Nolin

Cynthia Waggoner

Our Sympathies

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

Janet Rich, Carnetta Weber, Betty Kopcak,
Joan Brogdon, Joann Marok,
Gerald Schoenfeld, & Robert Fox.

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

Farmer's Market Cards give access to fresh produce



Vickie Smiley from the Area Office on Aging will be at the Fremont Senior Center on May 22, 10:30 a.m.-1 p.m., to educate and help seniors renew, or apply for Farmer's Market Cards (previously called "coupons") to use at the local farmer's markets to purchase produce.

Last year was the first year the cards were issued, which replaced the paper coupons. As a reminder, you do need to apply every year for your Farmer's Market Card.

If you have moved, you will need to call the Area Office on Aging to give them your new address as you will be getting an application in the mail. If you receive an application in the mail you can call your local senior center to help you fill it out and get it sent in. Your local senior center can send in your application online to get it processed quicker.



Congregate meals sponsored by Casa Fiesta for Cinco De Mayo!

Each senior center will be celebrating Cinco De Mayo in their own ways, but all will be receiving a congregate meal sponsored by Victor from Casa Fiesta Fremont. Make a reservation for your congregate meal at your center by Thursday, May 1. Thank you Victor from Casa Fiesta for sponsoring this meal for our seniors in all three locations!

CLYDE: Cinco De Mayo Party, Loteria (Mexican Bingo) and Costume Contest: May 5 at 10:30 a.m. To celebrate Cinco De Mayo, we will be playing Mexican Bingo! Meal at 11:30 a.m.

FREMONT: Cinco De Mayo Bingo: May 5 at 10:30 a.m. Let's have some fun and play some Cinco De Mayo Bingo as we celebrate the day with Kim from Orchard Grove! Prizes will be awarded! Congrate meal to start at 11:30 a.m.

GIBSONBURG: Cinco de Mayo Fiesta: May 5, 10:30 a.m. Join the fun as we celebrate with music, dancing and the dice game 'All Aboard for Mexico.'



Victor from Casa Fiesta is sponsoring our congregate meal meal May 5



Fremont Senior Campus Highlights

Diabetes Prevention Program: 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.

Active Living Every Day: Continues Monday May 5-July 14 on Mondays from 1:30-2:30 p.m. Active Living Every Day is a 12-week program, which consists of a 1-hour meeting weekly. It is a program sponsored by the Area Office on Aging of Northwestern Ohio. It is an evidence-based behavior change program. Participants learn the skills they need to become and stay physically active. If you would like to sign up or have questions, please call the center.

Walk With Ease: Starting May 5 at 8 a.m. The Arthritis Foundation Walk with Ease program starts Monday, May 5. This program helps participants dealing with arthritis, fibromyalgia, and chronic pain to reduce pain, increase balance, and improve overall health. We will meet at the Senior Center on Monday, Tuesday, and Wednesdays, unless otherwise noted on the calendar. Please RSVP by May 1 to ensure we have enough materials prepared for all participants.

Happy Cinco De Mayo! May 5 at 11:30 a.m. To celebrate Cinco De Mayo, we are very fortunate to have Victor from Casa Fiesta sponsoring our congregated meal on May 5 at 11:30 a.m. Reservations are required.

Cinco De Mayo Bingo: May 5 at 10:30 a.m. Let's have some fun and play some Cinco De Mayo Bingo as we celebrate the day with Kim from Orchard Grove! Prizes will be awarded!

Fruit and Floral Arrangement: May 7 at 10 a.m. Let's Celebrate Mother's Day as we make a flower arrangement together, adding our own little touches to our bouquets. Sponsored by Holly Caudill from Stein Hospice and Holly Dagg from Commons of Providence. Please call and make your reservations today! Space is limited.

Toenail Clinic: May 7 from 9 a.m. to noon. Joni Widman, RN, is present to trim toenails monthly. The cost is \$15. Appointment slots fill fast; call for more details and/or to reserve.

In-Person Book Club: Continues on May 7 at 1 p.m. The book club meets weekly to discuss the book "The Little Old Lady Behaving Badly". In the third hilarious, unforgettable installment in internationally best-selling author Catharina Ingelman-Sundberg's League of Pensioners series, Martha and the League's latest escapade has them headed for the French Riviera in what is sure to be the most daring caper of the summer.

Martha and her friends are sitting comfortably in Sweden—a little too comfortably. Determined to do more for their fellow pensioners—and jazz things up for themselves—they're up to their usual antics: bank robberies, money laundering, and figuring out how to disappear in a garbage-truck-cum-getaway-car. They have their sights set on building a resort village for seniors, but that's going to take money. Lots of money. Sign up today by contacting the senior center.

Tech Help with Willie: May 5, 12, and 19 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 Center

every Monday morning. We all appreciate him volunteering in this way. Call the center to reserve a time.

Skip-Bo/Phase 10: May 6, 13, 20, and 27 at 1:15 p.m. Interested in learning how to play these card games? Learn a new hobby and spend some time with others. Call for more details and to sign up.

Monthly Evening Meal and Activity: May 14, 3:30 - 6 p.m. Let's Win Big with GLCAP Senior Services in 2025. During our monthly evening meals over the next few months, we will experience different sports and sporting events. Let's head south to the Kentucky Derby which is the first leg of the Triple Crown. Feel free to wear your hats. Check out the menu and if you are interested, please call or stop by the senior center before Monday, May 12, at 2 p.m. to make a reservation. We will have a Kentucky Derby Fact or Fiction game at 3:30 p.m.

Movie: "A Man Called Otto" with Pat Gerber: May 22 at 1:45 p.m. Join Pat to watch the Movie "A Man Called Otto". When a lively young family moves in next door, grumpy widower Otto Anderson meets his match in a quick-witted, pregnant woman named Marisol, leading to an unlikely friendship that turns his world upside down. Pat will bring pop and popcorn!

Blood Pressure Clinic: Birthday Day (on May 22) from 10:15 a.m. - 11:30 a.m. JoAnn Sinclair from Countryside will be at the center on birthday day doing free blood pressure checks!

Hearing Testing and Hearing Aid Cleaning: May 28 from 9 a.m. to 4 p.m. Need to get your hearing check or get your hearing aids cleaned? Mandy Parsons from Hearing Life will be here to test hearing and clean hearing aids. Please call the senior center to make an appointment.

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

Sequence: May 7, 14, 21, and 28 at 12:30 p.m. This game requires a group of up to 8 people to play. The first paired partners to get 2 lines on the board win!

Diamond Art: May 1, 5, 7, 8, 12, 14, 15, 19, 21, 28, and 29 at 12:30 p.m. Join us to make some diamond art, which is a craft hobby that involves placing tiny resin "diamonds" onto a pre-printed adhesive canvas to create a sparkling, mosaic-like image. It combines the principles of paint-by-numbers and cross-stitch to produce intricate, glittering artwork. Feel free to bring your own in to complete in the group. Please stop in or call to sign up.

Quilting/Knitting/Crochet/Embroidering Classes: 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.

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

Fremont Senior Campus Events Calendar

Senior Center Specialist Lilly Riehl

1101 Castalia St., Fremont, Ohio. Lunch at 11:30 a.m.
 (Lunch reservations required by calling 419-334-8383, opt. 1 by 10 a.m. one day prior)
 Open Monday through Thursday from 8 a.m.-4 p.m.
 Unless otherwise specified

May 2025

Monday	Tuesday	Wednesday	Thursday
<p>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.</p>			<p>1 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</p>
<p>5 HAPPY CINCO DE MAYO! 8 a.m. Walk with Ease with Lilly 8:30 a.m. Zumba Gold (Angie) 9:15 a.m. Movement Made Easier (Angie) 10 a.m. Tech Help w/ Willie 10:30 a.m. Cinco De Mayo Bingo w/ Kim from Orchard Grove Noon: Euchre 12:30 p.m. Diamond Art 1:30 p.m. Active Living Every Day</p>	<p>6 8 a.m. Walk with Ease with Lilly 8:30 a.m. Circuit (Angie) 9 a.m. Adult Coloring 9:30 a.m. Quilting w/ Sandy 10 a.m. Chess 11 a.m. Stretch & Tone Noon: Prize Bingo w/ Kari Arnold from Herman Funeral Home 1:15 p.m. Chair Volleyball 1:15 p.m. Skip-Bo/Phase</p>	<p>7 8 a.m. Walk with Ease with Lilly 8:30 a.m. Diabetes Prevention Program 8:30 a.m. Tai Chi (Angie) 9-Noon: Toenail Clinic with Joni 9:15 a.m. Senior Stretch (Angie) 10 a.m. Fruit and Floral Arrangements w/ Holly from Stein Hospice and Holly from Commons of Providence Noon: Bridge Noon-3 p.m. Open Pool Table 12:30 p.m. Sequence Board game 12:30 p.m. Diamond Art 1 p.m. Book Club</p>	<p>8 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</p>
<p>12 8 a.m. Walk with Ease with Lilly 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. Embroider w/ Sandy Noon: Euchre 12:30 p.m. Diamond Art 1:30 p.m. Active Living Every Day</p>	<p>13 8 a.m. Walk with Ease with Lilly 8:30 a.m. Circuit (Angie) 9:30 a.m. Knit and Crochet w/ Sandy 10 a.m. Chess 11 a.m. Stretch & Tone w/ Brenda Noon: Prize Bingo w/ Melissa Rhodes of Good Shepherd 1:15 p.m. Chair Volleyball 1:15 p.m. Skip-Bo/Phase</p>	<p>14 8 a.m. Walk with Ease with Lilly 8:30 a.m. Diabetes Prevention Program 8:30 a.m. Tai Chi (Angie) 9:15 a.m. Senior Stretch (Angie) Noon: Bridge Noon-3 p.m. Open Pool Table 12:30 p.m. Bunco 12:30 p.m. Sequence Board game 12:30 p.m. Diamond Art 1 p.m. Book Club 3:30 p.m. Kentucky Derby Fact or Fiction 4:30 p.m. Monthly Evening Meal (RSVP by May 12 at 2 p.m.)</p>	<p>15 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</p>
<p>19 8:30 a.m. Zumba Gold (Angie) 9:15 a.m. Movement Made Easier (Angie) 9 a.m. SCSCO Meeting 10 a.m. Tech Help w/ Willie Noon Euchre 12:30 p.m. Diamond Art 1:30 p.m. Active Living Every Day</p>	<p>20 8:30 a.m. Circuit (Angie) 9:30 a.m. Quilting w/ Sandy 10 a.m. Chess 11 a.m. Stretch & Tone w/ Brenda Noon: Prize Bingo w/ Christina Montgomery 1:15 p.m. Chair Volleyball 1:15 p.m. Skip-Bo/Phase 10</p>	<p>21 8:30 a.m. Diabetes Prevention Program 8:30 a.m. Tai Chi (Angie) 9:15 a.m. Senior Stretch (Angie) Noon: Bridge Noon-3 p.m. Open Pool Table 12:30 p.m. Sequence Board game 12:30 p.m. Diamond Art 1 p.m. Book Club: "A Little Old Lady Who Was Behaving Badly"</p>	<p>22 Happy Birthday! 8:30 a.m. Cardio & Strength (Angie) 10 a.m. Celebrating Older Americans Month 10:30 a.m. Walk w/ Brenda 10:30 a.m. Vickie Smiley from Area Office on Aging for Farmer's Market Coupons 10:15-11:30 a.m. Blood pressure Checks w/ JoAnn Sinclair from Countryside 11:30 a.m. Birthday Lunch 12:30 p.m. Bingo w/ JoAnn Sinclair from Countryside 12:30 p.m. Pinochle 12:30 p.m. Diamond Art 1:45 p.m. Movie: "A Man Called Otto" with Pat Gerber</p>
<p>26 Closed Happy Memorial Day</p>	<p>27 8:30 a.m. Circuit (Angie) 9:30 a.m. Knit and Crochet w/ Sandy 10 a.m. Chess 11 a.m. Stretch & Tone w/ Brenda Noon: Prize Bingo w/ Jessica Sumser from Firelands HH 1:15 p.m. Chair Volleyball 1:15 p.m. Skip-Bo/Phase</p>	<p>28 8:30 a.m. Diabetes Prevention 8:30 a.m. Tai Chi (Angie) 9 a.m.-4 p.m. Hearing Test w/ Mandy from Hearing Life 9:15 a.m. Senior Stretch (Angie) Noon: Bridge Noon-3 p.m. Open Pool Table 12:30 p.m. Sequence Board game 12:30 p.m. Diamond Art 1 p.m. Book Club</p>	<p>29 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 2 p.m. 90 Plus Birthday Party</p>

Gibsonburg Senior Center Highlights

Cinco de Mayo Fiesta: May 5, 10:30 a.m. Join the fun as we celebrate with music, dancing and the dice game 'All Aboard for Mexico.' Make a reservation for lunch by Thursday, May 1, for a meal donated by Victor from Casa Fiesta.

Walk with Ease: Starts May 5, 12:30 p.m. Gibsonburg Senior Center will be offering the Arthritis Foundation Walk with Ease program starting Monday, May 5. This program helps participants dealing with arthritis, fibromyalgia, and chronic pain to reduce pain, increase balance, and improve overall health. We will meet at the Senior Center on Monday, Tuesday, and Wednesdays unless otherwise noted on the calendar. Please RSVP to the center by May 1 at 1 p.m. to ensure we have enough materials for everyone.

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

- Tuesday, May 6, 10:30 a.m. with Katie from Ohio Living Home Health & Hospice
- Wednesday, May 14, 10:30 a.m. with Melody from Bethesda Care Center
- Tuesday, May 20, 10:30 a.m. with Lori from First Health Hospice
- Tuesday, May 27, 10:30 a.m. with Joann from Countryside Manor

Mother's Day Celebration: May 8, 10:30 a.m. Everyone (ladies and gentlemen) is invited to come and join us for light refreshments, socializing, and games. Let's celebrate the influential women in our lives.

Salad Exploration: May 12, 10:30 a.m. May is salad month, so join Ruby from OSU extension to find out more on how to keep salads interesting while staying healthy.

Having the Best Relationship with Your Doctor: May 13, 10:30 a.m. In the present day, most of us are under the care of multiple doctors. Tim from Heartland Hospice will be here to discuss different ways to help us build trust and rapport with them.

Monthly Evening Meal and Activity: May 14, 3:30 - 6 p.m. Let's Win Big with GLCAP Senior Services in 2025. During our monthly evening meals over the next few months, we will experience different sports and sporting events. Let's head south to the Kentucky Derby which is the first leg of the Triple Crown. Feel free to wear your special hat. Check out the menu and if you are interested, please call or stop by the senior center before Monday, May 12, at 2 p.m. to make a reservation. We will have a Kentucky Derby Fact or Fiction game at 3:30 p.m. before the meal.

Older Americans Month Celebration: May 21, Noon. Every May, the United States observes Older Americans Month as a time to recognize the contributions of older adults. The 2025 theme is "Flip the Script on Aging," which focuses on transforming how society perceives and approaches aging. Join us for a time to celebrate, reminisce and enjoy a sweet treat.

90's Plus Party: May 29, 2 p.m. GLCAP Senior Services would like to extend a very special invitation. We are hosting a celebration in honor of individuals who have reached the remarkable age of 90 and beyond. We will be celebrating on Thursday, May 29, starting at 2 p.m. at the Fremont Senior Center location. Please feel free to bring along a guest—be it a family member or a dear friend. RSVP by Tuesday, May 27 by 2 p.m. to the Fremont Senior Center.



Gibsonburg senior Pat C. shows off her 3D flower bouquet she made for the All-Inclusive Art Event

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

May 2025

Monday	Tuesday	Wednesday	Thursday
Older Americans Month Celebration May 21 at Noon			1 10:30 a.m. Noodle Drumming
5 10:30 a.m. Cinco de Mayo Fiesta 12:30 p.m. Walk with Ease	6 10:30 a.m. Prize Bingo w/ Katie from Ohio Living Home Health & Hospice 12:30 p.m. Walk with Ease	7 10:30 a.m. Trivia w/ Christy from Bridge Hospice 12:30 p.m. Walk with Ease	8 10:30 a.m. Mother's Day Celebration
12 10:30 a.m. Salad Exploration w/ Ruby from OSU extension 12:30 p.m. Walk with Ease	13 10:30 a.m. Having the Best Relationship w/ Your Doctor w/ Tim from Heartland Hospice 12:30 p.m. Walk with Ease	14 10:30 a.m. Prize Bingo w/ Melody from Bethesda Care Center 12:30 p.m. Walk with Ease 3:30 p.m. Kentucky Derby Fact or Fiction 4:30 p.m. Evening Meal RSVP by May 12 @ 2p.m.	15 10:30 a.m. Noodle Drumming
19 10:30 a.m. Adult Coloring and Zentangles 12:30 p.m. Walk with Ease	20 10:30 a.m. Prize Bingo w/ Lori from First Health Hospice 12:30 p.m. Walk with Ease	21 10:30 a.m. Name that Tune 12:30 p.m. Walk with Ease Noon OAA Celebration	22 10:30 a.m. Left, Right, Center game 11:30 Birthday Lunch
26 Site Closed Happy Memorial Day	27 10:30 a.m. Prize Bingo w/ Joann from Countryside Manor 12:30 p.m. Walk with Ease	28 10:30 a.m. Fifty dice game 12:30 p.m. Walk with Ease	29 10:30 a.m. Puzzlemania 12:30 p.m. Walk with Ease



Mother's Day Celebration
May 8 at 10:30 a.m.

Clyde Senior Center Highlights

Welcome Orientation: If you are new to the Senior Center and would like to talk to someone and tour our facility, please feel free to stop on May 5 or 19 at 1 p.m. for a tour.

Walk With Ease Begins: May 5 at 9 a.m. The Arthritis Foundation Walk with Ease program starts Monday, May 5. This program helps participants dealing with arthritis, fibromyalgia, and chronic pain to reduce pain, increase balance, and improve overall health. We will meet at the Senior Center on Monday, Tuesday, and Wednesdays, unless otherwise noted on the calendar.

Knit & Crochet w/ Sandy: May 5 and 12 at 9 a.m. Learn knitting or crocheting skills for the skilled or beginner; some supplies are available to start your next project

Crafting with Karen Mother's Day Wreath: May 5 at 10 a.m. Join Karen as she walks you through a fun craft step-by-step guide to make a beautiful Mother's Day wreath. These activities are perfect for the beginner and skilled crafters!

Cinco De Mayo Party — Loteria (Mexican Bingo) and Costume Contest: May 5 at 10:30 a.m. To celebrate Cinco De Mayo, we will be playing Mexican Bingo! We are also very fortunate to have Victor from Casa Fiesta sponsoring our congregational meal on May 5 at 11:30 a.m. Reservations are required.

Cooking w/ Ruby from OSU Extension: May 7 at 10:30 a.m. Please join Ruby while she shares some wonderful recipes and ingredient information about how to spruce up a variety of salads.

Mother's Day Tea, Harpist, & Guest Speaker: May 8 at 12:30 p.m. This is a wonderful time for the ladies to enjoy an afternoon of tea and desserts while listening to the beautiful harp. Also, an inspirational speaker, Melody Blevins will be here to talk about mothers (having and being).

Reminisce with Nelcy: 'Farms': May 8 at 1 p.m. Reminisce about spring with Nelcy from the Clyde library! Please bring a treasured memento to take us down memory lane with you and share your favorite farm memories.

Book Club — "The Little Old Lady Who Struck Lucky Again": May 12 at noon: Please join us as

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

Monthly Evening Meal and Activity: May 14, 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 few months, we will experience different sports and sporting events. Let's head south to the Kentucky Derby which is the first leg of the Triple Crown. Feel free to wear your Derby hats. Check out the menu and if you are interested, please call or stop by the senior center before Monday, May 12, at 2 p.m. to make a reservation. We will have a Kentucky Derby Fact or Fiction game at 3:30 p.m.

Energy Scams w/Amy from Senior Outreach Office of the Ohio Consumers Counsel: May 15 at 10:30 a.m. Each year, the OCC joins the Federal Trade Commission to help consumers understand their rights and avoid frauds and scams related to their utilities.

Older Americans Month Celebration: May 22, noon. Every May, the United States observes Older Americans Month as a time to recognize the contributions of older adults. Join us for a time to celebrate, reminisce and enjoy a sweet treat. Please share with us how you personally benefit from OAA.

Birthday Day: May 22, 10:30 a.m. please join us while we celebrate our May birthdays with live music with Anchored band, they play a nice assortment of music for your listening enjoyment.

Movies-Wednesdays at Noon:

May 7 - "The Bucket List" (Comedy/Drama)

May 14 - "Some Like it Hot" (Comedy)

May 21 - "Picture This" (Comedy)

May 30 - "Because I said So" (Rom Com)

Popcorn and treats provided!

Games:

Mondays: Card/Dice

Tuesdays: Pinochle

Wednesdays: Cards

Thursdays: Canasta

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

May 2025

Monday	Tuesday	Wednesday	Thursday
<p>Older Americans Month Celebration May 22 at Noon</p>			<p>1 10 a.m. Video Workout 10:30 a.m. Bingo w/ Lori from First Health Hospice Noon: Canasta</p>
<p>5 9 a.m. Walk with Ease 9 a.m. Knit & Crochet w/ Sandy 10 a.m. Video Workout 10 a.m. Crafting w/ Karen: Mother's Day Wreath 10:30 a.m. Cinco De Mayo Party/ Costume Contest & Bingo (Lotería) Noon: Cards/Dice 1 p.m. Welcome Orientation</p>	<p>6 9 a.m. Walk with Ease 10 a.m. Bingo with Jessica from Firelands HH Noon: Pinochle</p>	<p>7 9 a.m. Walk with Ease 9 a.m. Men's Group 10 a.m. Video Workout 10:30 a.m. Variety of Salad ideas w/ Ruby from OSU Extension Noon Movie: "The Bucket List" (Comedy Drama) Noon Cards</p>	<p>8 10 a.m. Video Workout 10:30 a.m. Bingo 12:30 p.m. Mother's Day Tea & Harpist & Inspirational Speaker Melody Blevins 1 p.m. Reminisce: Farms w/ Nelcy from the Clyde Library (No Canasta today)</p>
<p>12 9 a.m. Walk with Ease 9 a.m. Knit & Crochet w/ Sandy 10 a.m. Video Workout 10:30 a.m. Bingo w/ Rachel from Buckeye Hospice Noon Book Club: "The Little Old Lady who Struck Lucky Again!" Noon: Cards/Dice</p>	<p>13 9 a.m. Walk with Ease 10 a.m. Video Workout 10:30 a.m. Bingo w/ Beau, Independent Insurance Provider Noon: Pinochle</p>	<p>14 9 am Walk with Ease 10 a.m. Video Workout 10:30 a.m. Kentucky Derby Horse Race Noon Movie: "Some Like It Hot" (Comedy) Noon: Cards 3:30 p.m. Kentucky Derby Fact or Fiction 4:30 p.m. Monthly Evening Meal</p>	<p>15 10 a.m. Video Workout 10:30 a.m. Energy Scams w/ Amy from Senior Outreach of the Ohio Consumers Counsel Noon: Canasta</p>
<p>19 9 a.m. Walk with Ease 10 a.m. Video Workout 10:30 a.m. Bingo w/Kim from Bellevue Health Noon: Cards/Dice 1 p.m. Welcome Orientation</p>	<p>20 9 a.m. Walk with Ease 10 a.m. Video Work out 10:30 a.m. Bingo w/Joann from Countryside Noon: Pinochle</p>	<p>21 9 a.m. Walk with Ease 10 a.m. Video Workout 10:30 a.m. Bingo w/ Tara from Med1Care Noon Movie: "Picture This" (Comedy) Noon: Cards</p>	<p>22 BIRTHDAY DAY! 10 a.m. Video Workout 10:30 a.m. The Anchored Band 11:30 a.m. Birthday Lunch Noon: OAA Celebration</p>
<p>26 Closed Memorial Day</p>	<p>27 9 a.m. Walk with Ease 10 a.m. Video Workout 10:30 a.m. Bingo w/ Melody from Bethesda Care Noon: Pinochle</p>	<p>28 9 a.m. Walk with Ease 10 a.m. Video Workout 10:30 a.m. Cardio Ball Drumming Noon Movie: "Because I said So" (Comedy) Noon Cards</p>	<p>29 10 a.m. Video Workout 10:30 a.m. Bingo w/ Ashley from Majestic Noon: Canasta</p>

Sandusky County

Highlights



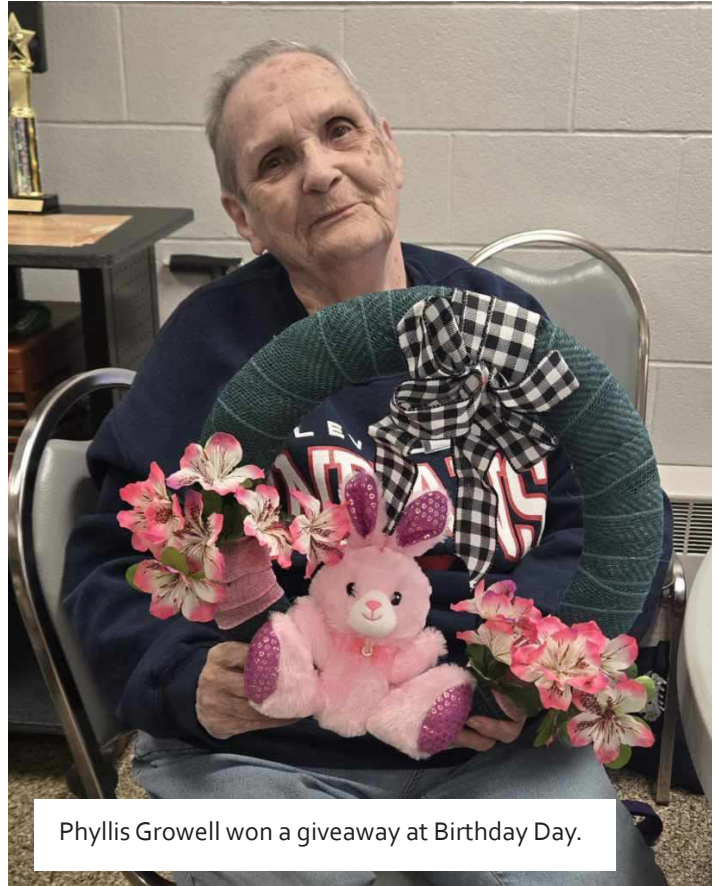
Nutrition coordinator talks nutrition at Gibsonburg Senior Center.



Pool table at Fremont Center being repaired.



Donna House won a giveaway at Birthday Day.



Phyllis Growell won a giveaway at Birthday Day.



Seniors Helping Seniors®

...A WAY TO GIVE AND TO RECEIVE®

In-Home Care Services Northern Ohio



**For your
senior's
personal
care, when
you can't be
there®**

**Need Reliable Transportation and
Personal Care? We've Got You Covered!**

**Let us help your loved one stay
independent and connected.**

Call us at 440-935-3848.

www.SeniorCareNorthernOhio.com

Do You Find Medicare Confusing?

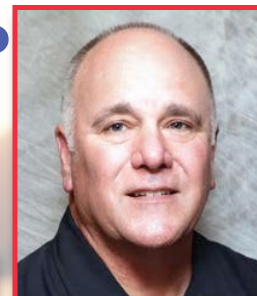
We have “real-live” local, licensed agents to help you understand your options!

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.



Chuck DeVore
419-346-2915 Cell



Steve Gulas
419-341-1792 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



AN AFFILIATE OF HOSPICE OF THE WESTERN RESERVE

800-625-5269
steinhospice.org



SPRING CREEK

NURSING AND REHABILITATION CENTER

401 N Broadway ST. Green Springs, OH 44836

springcreekcare.com

419-639-2626



Jessica Sumser
Community Coordinator

Home Health Services
5420 Milan Road
Sandusky, Ohio 44870
firelands.com

C: 419-202-2311
P: 419-557-6590
F: 419-624-0655
sumserje@firelands.com



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



Sandusky County



i talk
they hear you®


OHIO CENTER
of EXCELLENCE
FOR BEHAVIORAL HEALTH
PREVENTION & PROMOTION

 **Department of**
Mental Health &
Addiction Services

 **SANDUSKY COUNTY**
PUBLIC HEALTH

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

CHOOSE INFORMAL TIMES TO TALK AS SHE GETS OLDER.

Look for new opportunities to start a conversation about alcohol.

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

www.underagedrinking.samhsa.gov

#TalkTheyHearYou

PEP20-03-01-013



SAMHSA
Substance Abuse and Mental Health
Services Administration

Card Club & Game Winners

Fremont Winners

Bridge

3/5 — 1st Becky Prasuhn/Jackie Baker, 2nd Marilyn Clark/Fran Benlein, 3rd Virginia Mittan/Phil Merz

3/12 — 1st Virginia Mittan/Becky Prasuhn, Fran Benlein/Helen Tonkin, 2nd Ron Hill/Dutch Neitzke

3/19 — 1st Becky Prasuhn/Phil Merz, 2nd Jackie Baker/Fran Benlein, 3rd Marilyn Clark/Shriley Ratzmann

3/26 — 1st Virginia Mittan/Dutch Neitzke, 2nd Shirley Ratzmann/Carole Pope, 3rd Dave Stuber/Helen Tonkin

Euchre

3/3 — 1st Mary Kucha, 2nd Bobbie Domanski, 3rd Lee Myers, Dutch Neitzke, Gerald Schalk

3/10 — 1st Terry Myers, 2nd Nancy Park, 3rd Lee Myers, 4th Bill Armstrong, Bobbie Domanski

3/17 — 1st Isa Jay, 2nd Nancy Park, 3rd Connie Claycomb

3/24 — 1st Gerald Schalk, 2nd Nancy Park, 3rd Bill Armstrong

Pinochle

3/6 — 1st Lee Myers, 2nd Terry Myers

3/13 — 1st Terry Myers, 2nd Larry Storey, 3rd Shirley Mehling

3/20 — 1st Isa Jay, 2nd Connie Claycomb, 3rd Terry Myers

3/27 — 1st Isa Jay, 2nd Nancy Park

Clyde Game Winners

Canasta

3/6 — **Game 1:** Carol Van Fleet, Dave Blay, Cheryl Romeo. **Game 2:** Carol Van Fleet, Dave Blay, Cheryl Romeo.

3/20 — **1st Game:** 1st Dave Blay, Sam Jones, Bobby Gobel, 2nd Sherry Yates, Carol Van Fleet, Cheryl Romeo. **Game 2:** 1st Dave Blay, Sam Jones, Bobby Goble, 2nd Sherry Yates, Carol Van Fleet, Cheryl Romeo

3/27 — **Game 1:** 1st Sherry Yates, Cheryl Romeo, Carol Van Fleet, 2nd Tammy Schalk, Gerald Schalk, Sandy F.

Game 2: 1st Carol Van Fleet, Sherry Yates, Cheryl Romeo /Bobby Gobel, 2nd Tammy Schalk, Sandy F, Gerald Schalk, Dave Blay.

Game 3: 1st Carol Van Fleet, Sherry Yates, Cheryl Romeo, Bobby Gobel, 2nd Tammy Schalk, Sandy F, Gerald Schalk, Dave Blay

Pinochle

3/4 — **Game 1:** 1st Dave Blay 2nd Cheryl Rome. **Game 2:** 1st Dave Blay 2nd Cheryl Romeo.

Game 3: 1st Deb Stacy 2nd Cheryl Romeo.

Game 4: 1st Linda Moyer 2nd Deb Stacy.

Game 5: 1st Deb Stacy 2nd Dave Blay. **Game 6:** 1st Cheryl Romeo 2nd Deb Stacy.

3/11 — **Game 1:** Deb Stacy 2nd Cheryl Romeo. **Game 2:** 1st Linda Moyer 2nd Deb Stacey

Game 3: 1st Deb Stacy 2nd Cheryl Romeo.

Game 4: 1st Linda Moyer 2nd Deb Stacy. **Game 5:** 1st Sherry Yates, 2nd Linda Moyer, 3rd Carol Vanfleet.

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

Game 7: 1st Linda Moyer 2nd Carol Vanfleet 3rd Bobby Goble

3/18 — **Game 1:** 1st Debra Stacy 2nd Carol Vanfleet 3rd Carol Romeo, **Game 2:** 1st

Deb Stacy 2nd Cheryl Romeo 3rd Sherry Yates.

Game 3: 1st Deb Stacy 2nd Carol Vanfleet 3rd David Blay. **Game 4:** 1st Dave Blay 2nd Debra Stacy 3rd Cheryl Romeo.

Game 5: 1st Sherry Yates 2nd Carol Vanfleet 3rd Cheryl Romeo.

Game 6: 1st Debra Stacy 2nd carol Vanfleet 3rd Dave Blay

3/25 — **Game 1:** 1st Deb Stacy 2nd Carol Vanfleet 3rd Sherry Yates. **Game 2:** 1st Dave Blay 2nd Carol Vanfleet 3rd Cheryl Romeo.

Game 3: 1st Dave Blay 2nd Carol Vanfleet 3rd Cheryl Romeo. **Game 4:** 1st Sherry Yates 2nd Dave Blay 3rd Deb Stacy.

Game 5: 1st Dave Blay 2nd Deb Stacy 3rd Cheryl Romeo

Dice

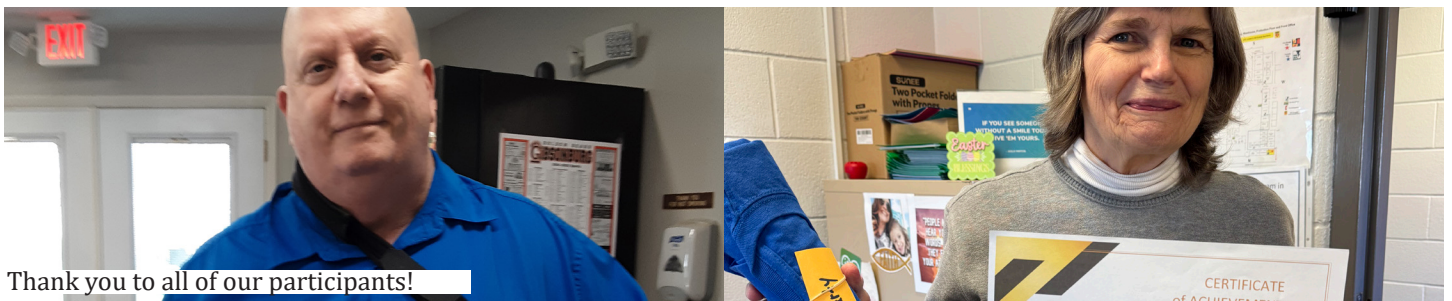
3/13 — **Game 1:** 1st Gerald Schalk 2nd Dave Blay 3rd Sandy F. **Game 2:** 1st Carol Vanfleet 2nd Sandy F. **Game 3:** Deb Stacy 2nd Carol Vanfleet

3/17 — 1st Sherry Yates, 2nd Gerald Schalk, 3rd Tammy Schalk

Sandusky County

Sherry Yates from Clyde is the March into Health 2025 winner!

Congratulations Sherry and to all 12 seniors that participated in this year's March into Health exercise competition! All three of our GLCAP Senior Centers were represented so it was a stiff competition. You all did an outstanding job totaling 10,036 minutes. We hope you will keep it up and participate with us again next year! A small goodie bag and certificate will be awarded to the three runners-up for their participation and hard work. The three runners-up are Marty Forgatsch at 1,450 minutes; Anne Barger at 1,320 minutes and Ron Stewart at 1,293 minutes. Thank you to Heartland Hospice for donating this year's award for the 2025 overall winner in GLCAP Senior Programs March into Health Competition. The overall winner received a small weight set with rack, exercise book for seniors, a back massage roller, pop up water bottle and giant stress ball.



A SPECIAL THANK YOU!

Pat Gerber from Gerber Plans for donating pizza for volunteers, Erica Reid from Northwest Rehabilitation Center for gifts for volunteers and bingo prizes, JoAnn Sinclair from Countryside for gifts for volunteers, Annette Overmyer from ProMedica Hospital for gifts for volunteers, Holly Caudill for gifts for volunteers, Lori Opfer from First Health Hospice for treats for Saint Patty's Day Party, Brittney Mills from Spring Creek for volunteer goodies, Rachael Russell from Buckeye Hospice for volunteer goodies, Kim Balogh from Orchard Grove for Easter Egg Prizes, Casa Fiesta for sponsoring congregate meals on Cinco De Mayo at all 3 senior center locations, Melody Blevins from Bethesda Care Center for craft supplies, Easter eggs, and volunteer goody bags, Senior Site Council for repairs on the pool table, and Gibsonburg School Spring Musical members for the donation of fresh flowers to the Gibsonburg Senior Center.

MONTHLY EVENING MEAL

Wednesday, May 14
Horse Racing/Kentucky Derby
4:30 p.m. – 6 p.m.
RSVP by 2 p.m. Monday, May 12

Oven Fried Chicken
Lemon Honey Brussels Sprouts
Creamy Corn Grits
Fruit Salad
Buttermilk Biscuit
Banana Pudding Dessert

GLCAP Sandusky County Senior Menu for May 2025

(Menu subject to change without notice.)

**Chef Salads Available Tuesdays and Thursdays

**Low concentrated desserts substituted for modified meals.

Serving Sizes:

Entrée, Meat & Casserole – 3 oz./ 8 oz.
Vegetable, Fruit & Dessert – ½ cup
Bread/Bread Alternate - 1 slice or 2 oz.
Milk – 8 oz. served with every meal

**Suggested Donation of \$3.00 per meal.

NOTE: No older person shall be denied a nutrition service because of inability to contribute all or part of the cost of such service. Older participants shall determine for themselves what they are able to contribute toward the cost of the service.
NON-SENIOR GUEST/STAFF: 6.75

	Monday	Tuesday	Wednesday	Thursday	Friday
*One Trip Salad Bar at the Fremont Senior Center open on Wednesdays by reservation only. Dine in only, no carry-out.					
5. Philly Cheesesteak Meatballs, Garlic Green Beans, Potato Bites, Apricots, Sub Bun	6. Ham and Swiss on Bun, Potato Salad, Garden Vegetable Soup, Mango, Cookie	7. Chipped Beef over Biscuit, Buttered Corn, Nantucket Blend Vegetables, Strawberries, Lemon Bar	8. BBQ Beef over Texas Toast, Sweet Potato Puffs, Brussels Sprouts, Pineapple, Cottage Cheese	1. Beefy Goulash, Diced Carrots, Succotash, Pears, Corn Bread, Yogurt Cup	Box Lunch out on Thursday 5/1/25: Roast Beef and Swiss Sandwich with Sides
12. Honey Dijon Chicken, Roasted Red Potatoes, Baked Beans, Applesauce, Wheat Bread, Cheese cake	13. Ham and Potato Skillet, Asparagus, Diced Carrots, Fruit Cocktail, Wheat Bread	14. Chicken Alfredo, Stewed Tomatoes, Steamed Peas, Peaches, Garlic Roll	15. Veal Parmesan, Italian Blend Vegetables, Tossed Salad, Cherry Crisp, Garlic Bread	Salad: Chef Salad w/ Turkey Ham	Box Lunch out on Thursday 5/15/25: Chicken Bacon Ranch Pasta with Sides
19. Salisbury Steak, Baked Potato, Green Beans, Apricots, Wheat Bread, Brownie	20. Beef and Bean Burrito on Spanish Rice, Fiesta Corn, Tossed Salad, Apple Crisp	21. Beef Stroganoff, Capri Blend Vegetables, Harvard Beets, Mandarin Oranges, Wheat Bread	22. Birth Day! Pot Roast, Scalloped Potatoes, Caribbean Blend Vegetables, Strawberry Fluff, Roll, Cake, Ice Cream	Salad: Chef Salad w/ Turkey Ham	Box Lunch out on Thursday 5/22/25: Chicken Salad with Cranberries and Pecans on Croissant with Sides
26. Closed – Memorial Day *Holiday Frozen for HDM out on 5/19/25	27. Orange Chicken over Brown Rice, Stir Fry Vegetables, Egg Roll, Orange Juice, Wheat Bread	28. Cabbage Roll, Cheesy Potatoes, Riviera Blend Vegetables, Blueberries, Wheat Bread	29. Turkey Breast, Mashed Potatoes and Gravy, Mixed Vegetables, Biscuit, Pineapple, Cottage Cheese	Salad: Chef Salad w/ Chicken	Box Lunch out on Thursday 5/29/25: Italian Sub Sandwich with Sides

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

May 2025



Clyde Senior Center's cardio drumming class is always a favorite!