



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



## Meals on Wheels drivers and staff celebrated in March

In March we show appreciation for our Meals on Wheels drivers and staff! Their dedication to delivering not just meals, but also kindness and companionship to our community's seniors is truly inspiring. They go above and beyond to ensure no one feels alone

and their impact is immeasurable. The Meals on Wheels program is a vital part of our community and their work is valued by all. Thank you for making a difference, one smile and warm meal at a time.



## SECRETARY WANTED

for The Sandusky County Senior Citizens Organization

Meetings are held on the third Monday, every other month at 9 a.m. at the Fremont Senior Center, 1101 Castalia Street, Fremont.

Those who are interested and would like more information may attend our meeting on Monday, March 17 at 9 a.m. at the Fremont Senior Center.

The Sandusky County Senior Citizens Organization (SCSCO) purpose is "The organization is designed to assess the physical, social, economic and intel-

lectual needs of the members to help develop more meaningful activities, programs, and services." The SCSCO raises funds to purchase equipment, suggests programs, and volunteers.

The 2025 Sandusky County Senior Citizens Organization Officers include:

- President:** Barb Ward
- Vice-President:** Sandy DeVries
- Treasurer:** Marlene Hill

# Sandusky County Seniors Birthdays

## **March 1**

Sharon Neason  
Clarence Parks  
Lynn Ritter

Betty Sargeant

## **March 2**

Barbara Conley  
Patricia Stites

## **March 3**

Richard Grafton  
Timmy Robbins  
Valerie Tebbe

## **March 4**

Theresa Henck

## **March 5**

Virginia Balduff  
Kimberly Censi  
Nancy Conn  
Wanda McQuiston

## **March 6**

Elaine Crawfoot  
Lois Richard  
Aaron Sewell  
Lynnette Shupe  
Deborah Stratton

## **March 7**

Maureen Parman  
Sandra Reineck  
Lewis Wood

## **March 8**

Charles Kauffman  
Filomena Pettiti

Geneva Stanley  
Delores Wampler  
Kathy Zyski

## **March 9**

Dorothy Bulger  
Rick Geyer

## **March 10**

Linda Holcomb  
Willis Peters Jr.

Dennis Stull

## **March 11**

Wilma Castile  
Juanita Karbler

Lois Shiets

## **March 12**

Judy Kingsborough  
Karren Scott

## **March 13**

Elaine Holmer  
Lester Root

## **March 14**

Edward Boyd  
Angela Mosser  
Lyle Schlievert  
Mary Waugh

## **March 15**

Therese Lynn  
Eileen Randolph

## **March 16**

Santino Hoffman

## **March 17**

Patsy Aldrich

Jenny Rose Binder  
Patricia Wasserman

## **March 18**

Debra Benneman  
Herdia Haralson  
Carolyn Lovins  
Tammy Schalk

## **March 19**

Janet Wood  
Bonnie Worster

## **March 20**

Leon Balduff  
Mary Dambrosio

Aniceto Puente

## **March 21**

Patricia Risner

## **March 22**

Roberta Domanski  
Carol Foos  
Katherine Garcia  
Steve Reed

## **March 24**

David Bailey  
Melanie Carroll  
Frederick Kaseman  
Virginia Miller

Miriam Wagner  
William Yeager

## **March 25**

Janette Tahy

## **March 26**

Diane Berryman

Sheila Hasselbach  
Marjorie Hofelich

Nancy McKeever  
John Murray

Dennis Pfefferle  
Jerry Tarvin

## **March 27**

Magdalena Cantu  
Karen Edwards

Betty Havens  
Cindy Longnecker

Gerald Schoenfeld

## **March 28**

Kathleen Damschroder  
Debra Dorobek

Jean Havens

Bryan Hermes  
Kathleen Vickery

Roxanne Wolfe

## **March 29**

Phyllis Growel

## **March 30**

Barbara Cooksey  
Jan Luse

Phyllis Reed

## **March 31**

Donna Garner  
Patricia Miller

Deloria Simpson

## Our Sympathies

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

Dianne Stevens, Curtis Magrum, Donald Fleming.

## Enhancing safety and home accessibility with Senior Helping Hands

As we age, our homes should remain safe and comfortable sanctuaries. The Senior Helping Hands program is dedicated to ensuring that seniors can continue to live independently and safely in their own homes. One of the ways we achieve this is through the installation of essential home safety and accessibility equipment, such as:

**Grab Bars:** Installing grab bars in bathrooms and other key areas provides crucial support for those with mobility challenges. These bars help prevent falls and offer stability when moving from one position to another.

**Improved Lighting:** Adequate lighting is essential for preventing accidents. By installing brighter lights in hallways, staircases, and entryways, we can significantly reduce the risk of trips and falls.

**Lever Style Faucet Handles:** Lever-style faucet handles are easier to operate than traditional knobs, especially for individuals with arthritis or limited hand strength. These handles require minimal effort to turn on and off, enhancing both convenience and safety in the kitchen and bathroom.

**Handrails:** Handrails along staircases and in bathrooms offer additional support, making it easier and safer to navigate these areas. They are especially beneficial for those with balance issues or limited strength.

**Shower Wands:** Adjustable shower wands make bathing easier and safer for individuals with limited mobility. They allow for a more controlled and comfortable shower experience, reducing the risk of slips and falls.

**Seasonal Installation and Removal of Window Unit Air Conditioners:** We can assist with the seasonal installation and removal of customer-owned window unit air conditioners, ensuring that your home remains comfortable throughout the year.

This is not an all-inclusive list of projects. We are here to help with a variety of modifications to en-

hance the safety and accessibility of your home.

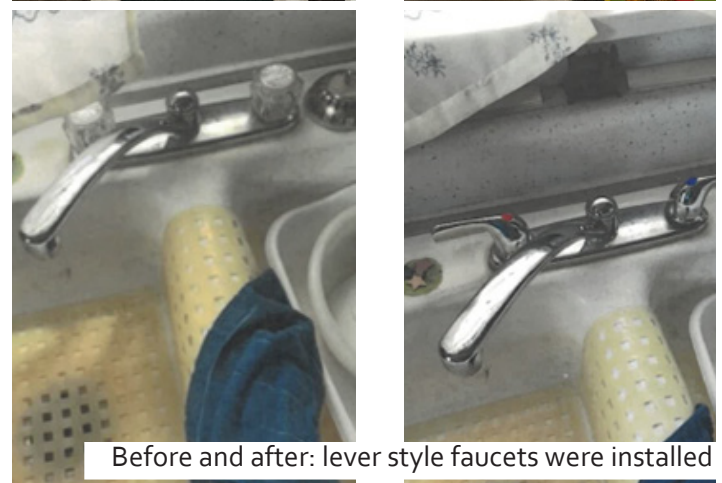
### The importance of accessibility modifications

Accessibility modifications are not just about convenience; they are about safety and independence. At some point in our lives, it is likely that we will all face a temporary or permanent mobility challenge, and these modifications will become essential. The modifications offered by this program help prevent accidents, reduce the risk of injury, and provide peace of mind for both seniors and their families.

### What we don't cover

While our program focuses on essential safety and accessibility modifications, we do not assist with cosmetic renovations, yard or gutter work, or household cleaning. Our goal is to prioritize modifications that directly impact the safety and accessibility of your home.

For more information on how you can benefit from our services or to volunteer, please contact Senior Helping Hands at 419-332-8499.





# Fremont Senior Campus Highlights

**Tech Help with Willie:** March 3, 10, 17, 24, and 31 at 10 a.m. Volunteer Technology Assistant Willie Rogers has been assisting seniors with their electronic devices within the Sandusky County Senior Program since January 2022. He has been a valuable resource to seniors coming to the Fremont Senior Center every Monday morning for Tech Help. We are all very appreciative of him volunteering his time in this way. Call the center to reserve a time.

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

**Toenail Clinic:** March 12 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 March 5 at 1 p.m. The book club will meet weekly about the book "The Silver Ladies of Penny Lane" by author Dee MacDonald. This is an absolutely hilarious feel-good novel. Sign up today by contacting the Fremont Senior Center.

**Sequence:** March 5, 12, 19, and 26 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:** March 5, 6, 12, 13, 19, 20, 26, and 27 at 12:30 p.m. Join us to make some diamond art, which is a craft hobby that involves placing tiny resin "diamonds" onto a pre-printed adhesive canvas to create a sparkling, mosaic-like image. It combines the principles of paint-by-numbers and cross-stitch to produce intricate, glittering artwork. Feel free to bring your own in to complete in the group. Please stop in or call to sign up.

**Blood Pressure Clinic:** March 27 at 10:15 a.m. JoAnn Sinclair from Countryside will be here on birthday day from 10:15 a.m. -11:30 a.m. doing blood pressure checks.

**No Sew Blanket making with Pat Gerber:** March 6 at 10 a.m. Come join us and Pat tying no-sew blankets to donate to local areas and agencies to provide to those in need.

**Bingocize:** Nutrition. Continues March 3 at 10 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, health knowledge, and socialization. Please call the center to sign up or if you have additional questions.

**Monthly Evening Meal and Activity:** March 12, 3:30 - 6 p.m. Let's Win Big with GLCAP Senior Services in 2025. During our monthly evening meals over the next 12 months, we will experience different sports and sporting events. March Madness is the culminating event for college basketball. Join us and feel free to wear your team's apparel. Check out the menu and if you are interested, please call or stop by the senior center before Monday, March 10, at 2 p.m. to make a reservation. We will have a

'Free Throw Contest' at 3:30 p.m. before the meal.

**St. Patty's Day Gnome Craft with Holly and Holly:** March 13 at 10:30 a.m. Holly Dagg of Commons of Providence and Holly Caudill of Stein Hospice will be sponsoring a St. Patrick's Day Gnome Craft. Please RVSP by March 12 at 2 p.m.

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

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

**St. Patty's Day Party:** March 17 at 10:30 a.m. Join us for a St. Patty's Day Party with Madasyn Hasselbach from Trustwell Living and wear your green for St. Patty's Day!

**All-inclusive Art Event celebrating DD Awareness Month:** Wednesday, March 17 at 10:30 a.m. President Reagan recognized March as Developmental Disabilities Awareness Month in 1987 to increase public awareness and understanding. Doing so, we acknowledge how people with and without disabilities come together to form strong communities. Join us to celebrate inclusion by attending our All-Inclusive Art Event. We will be creating some art projects and playing games. Make sure to wear something orange, as orange symbolizes energy and positivity and is the official color of Developmental Disabilities Awareness Month.

**Angie's Exercise Sampler and Breakfast:** March 26 at 10:15 a.m. Come exercise with Angie to see what her different exercise classes are and have a nice, delicious breakfast afterwards. Enjoy conversation with those who exercise, as well as meet new people!

**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 a.m. until 11 a.m. inside the Fremont Senior Center. Walk for as long as you'd like during the 30 minutes. It doesn't matter the pace! No registration required!

**Quilting/Knitting/Crochet/Embroidering Classes:** These classes are available if you want to learn how, share new patterns or stitches, or donate your time and talents to give back to the community. If you have any questions, please contact the center.

The library is open! Check out the books at the front desk. Please return books to the center and place them in the return crate located in the gift shop.

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

# Fremont Senior Campus Events Calendar

## Senior Center Specialist Lilly Riehl

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

## March 2025

| Monday                                                                                                                                                                                                                                                                                                       | Tuesday                                                                                                                                                                                                                                | Wednesday                                                                                                                                                                                                                                                                                                                                                                          | Thursday                                                                                                                                                                                                                                                                                 |
|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| 3<br>8:30 a.m. Zumba Gold (Angie)<br>9:15 a.m. Movement Made Easier (Angie)<br>10 a.m. Embroidery w/ Sandy<br>10 a.m. Tech Help w/ Willie<br>10 a.m. Bingocize w/ Lilly<br>10:30 a.m. Bingo w/ Kim from Orchard Grove<br>Noon Euchre<br>12:30 p.m. Cross Stitching<br>1:30 p.m. Tai Chi w/ Brenda            | 4<br>8:30 a.m. Circuit (Angie)<br>9:30 a.m. Knitting and Crochet w/ Sandy<br>11 a.m. Stretch & Tone w/ Brenda<br>Noon: Prize Bingo w/ Kari Arnold from Herman Funeral Home<br>1:15 p.m. Chair Volleyball<br>1:15 p.m. Skip-Bo/Phase 10 | 5<br>8:30 a.m. Tai Chi (Angie)<br>8:30 a.m. Diabetes Prevention Program<br>9:15 a.m. Senior Stretch (Angie)<br>10 a.m. Bingocize w/ Lilly<br>Noon Bridge<br>Noon-3 p.m. Open Pool Table<br>12:30 p.m. Sequence game<br>12:30 p.m. Diamond Art<br>1 p.m. Book Club                                                                                                                  | 6<br>8:30 a.m. Cardio & Strength (Angie)<br>10 a.m. No-Sew Blankets with Pat Gerber<br>10:30 a.m. Walk w/ Brenda<br>12:30 p.m. Pinochle<br>12:30 p.m. Diamond Art                                                                                                                        |
| 10<br>8:30 a.m. Zumba Gold (Angie)<br>9:15 a.m. Movement Made Easier (Angie)<br>10 a.m. Tech Help w/ Willie<br>10 a.m. Bingocize: Nutrition w/ Lilly<br>Noon Euchre<br>12:30 p.m. Cross Stitching<br>1:30 p.m. Tai Chi w/ Brenda                                                                             | 11<br>8:30 a.m. Circuit (Angie)<br>9 a.m. Adult Coloring<br>9:30 a.m. Quilting w/ Sandy<br>11 a.m. Stretch & Tone<br>Noon: Prize Bingo w/ Kelly Dority from Bridge HH<br>1:15 p.m. Chair Volleyball<br>1:15 p.m. Skip-Bo/Phase 10      | 12<br>8:30 a.m. Diabetes Program<br>8:30 a.m. Tai Chi (Angie)<br>9 Noon: Toenail Clinic w/ Joni<br>9:15 a.m. Senior Stretch (Angie)<br>10 a.m. Bingocize w/ Lilly<br>Noon Bridge<br>Noon-3 p.m. Open Pool Table<br>12:30 p.m. Sequence game<br>12:30 p.m. Diamond Art<br>1 p.m. Book Club<br>3:30 p.m. Free Throw Contest<br>4:30 p.m. Monthly Evening Meal (RSVP Mar. 10 at 2 pm) | 13<br>8:30 a.m. Cardio & Strength (Angie)<br>10:30 a.m. St. Patty's Day Knome Craft w/ Holly from Commons of Providence and Holly Caudill from Stein Hospice<br>10:30 a.m. Walk w/ Brenda<br>12:30 p.m. Pinochle<br>12:30 p.m. Diamond Art                                               |
| 17<br>WEAR GREEN or ORANGE!<br>8:30 a.m. Zumba Gold (Angie)<br>9:15 a.m. Movement Made Easier (Angie)<br>9:30 a.m. Bingocize w/ Lilly<br>10 a.m. Tech Help w/ Willie<br>10:30 a.m. St. Patty's Day Party and Inclusion Art Event<br>Noon Euchre<br>12:30 p.m. Cross Stitching<br>1:30 p.m. Tai Chi w/ Brenda | 18<br>8:30 a.m. Circuit (Angie)<br>9:30 a.m. Quilting w/ Sandy<br>11 a.m. Stretch & Tone w/ Brenda<br>Noon: Prize Bingo w/ Christina Montgomery from Bridge HH<br>1:15 p.m. Chair Volleyball<br>1:15 p.m. Skip-Bo/Phase 10             | 19<br>8:30 a.m. Diabetes Program<br>8:30 a.m. Tai Chi (Angie)<br>9:15 a.m. Senior Stretch (Angie)<br>10 a.m. Bingocize w/ Lilly<br>Noon Bridge<br>Noon-3 p.m. Open Pool Table<br>12:30 p.m. Bunco<br>12:30 p.m. Sequence game<br>12:30 p.m. Diamond Art<br>1 p.m. Book Club                                                                                                        | 20<br>8:30 a.m. Cardio & Strength (Angie)<br>10:30 a.m. Walk w/ Brenda<br>12:30 p.m. Pinochle<br>12:30 p.m. Diamond Art                                                                                                                                                                  |
| 24<br>8:30 a.m. Zumba Gold (Angie)<br>9:15 a.m. Movement Made Easier (Angie)<br>10 a.m. Tech Help w/ Willie<br>10 a.m. Bingocize: Nutrition w/ Lilly<br>10:30 a.m. Sequence game<br>Noon Euchre<br>12:30 p.m. Cross Stitching<br>1:30 p.m. Tai Chi w/ Brenda                                                 | 25<br>8:30 a.m. Circuit (Angie)<br>9:30 a.m. Knitting and Crochet w/ Sandy<br>11 a.m. Stretch & Tone w/ Brenda<br>Noon: Prize Bingo w/ Jessica Sumser from Firelands HH<br>1:15 p.m. Chair Volleyball<br>1:15 p.m. Skip-Bo/Phase 10    | 26<br>8:30 a.m. Diabetes Program<br>8:30 a.m. Tai Chi (Angie)<br>9:15 a.m. Senior Stretch (Angie)<br>10 a.m. Bingocize w/ Lilly<br>10:15 a.m. Angie's Breakfast<br>Noon Bridge<br>Noon-3 p.m. Open Pool Table<br>12:30 p.m. Sequence game<br>12:30 p.m. Diamond Art<br>1 p.m. Book Club                                                                                            | 27 Happy Birthday!!<br>8:30 a.m. Cardio & Strength (Angie)<br>10:30 a.m. Walk w/ Brenda<br>10:15-11:30 a.m. BP Checks w/ JoAnn Sinclair from Countryside<br>11:30 Birthday Lunch<br>12:30 p.m. Bingo w/ JoAnn Sinclair from Countryside<br>12:30 p.m. Pinochle<br>12:30 p.m. Diamond Art |
| 31<br>8:30 a.m. Zumba Gold (Angie)<br>9:15 a.m. Movement Made Easier (Angie)<br>10 a.m. Tech Help w/ Willie<br>10 a.m. Bingocize w/ Lilly<br>10:30 a.m. Sequence game<br>Noon Euchre<br>12:30 p.m. Cross Stitching<br>1:30 p.m. Tai Chi w/ Brenda                                                            |  <p><b>CALLING ALL WALKERS!</b><br/>                     Need a walking buddy? Walk with Brenda!<br/> <b>THURSDAYS, 10:30 - 11 A.M.</b></p>         |                                                                                                                                                                                                                                                                                                                                                                                    |                                                                                                                                                                                                                                                                                          |

# Gibsonburg Senior Center Highlights

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

**Cooking with Herbs:** March 10, 10:30 a.m. Parsley, sage, rosemary, and thyme are not just from the popular hit of Simon and Garfunkel. Ruby from OSU extension office will be here to talk about ways to spice up your dishes with different herbs.

**Cardo:** March 11, 10:30 a.m. Join the fun as Kelly from Edgewood Manor will be calling cards and handing out prizes to our winners. Cardo is a great twist on Bingo and is an enjoyable time for all.

**Monthly Evening Meal and Activity:** March 12, 3:30 - 6 p.m. Let's Win Big with GLCAP Senior Services in 2025. During our monthly evening meals, we will experience different sports and sporting events. March Madness is the culminating event for college basketball. Join us and feel free to wear your team's apparel. Check out the menu and if you are interested, please call or stop by the senior center before Monday, March 10, at 2 p.m. to make a reservation. We will also have a free throw contest at 3:30 p.m. before the meal!



Pat and Kathy work on their snowy mason jar craft sponsored by Holly from Bethesda Care Center and Holly from Stein Hospice

**St. Patrick's Day Party and Snacks 101:** March 17, 10:30 a.m. March is National Nutrition month and we're going to have a lot of fun learning and celebrating. Join Alexis, GLCAP Senior Services Nutrition Coordinator, as she helps us to explore healthy snack options and celebrate St. Patrick's Day. Make sure to wear green!

**All-Inclusive Art Event:** March 26, 10:30 a.m. President Reagan recognized March as Developmental Disabilities Awareness Month in 1987 to increase public awareness and understanding. Doing so, we acknowledge how people with and without disabilities come together to form strong communities. Join us to celebrate inclusion by attending our All-Inclusive Art Event. We will be creating a painted 3-D flower bouquet. Make sure to wear something orange, as orange symbolizes energy and positivity and is the official color of Developmental Disabilities Awareness Month.

## ALL INCLUSIVE ART EVENT!

Wear ORANGE as orange symbolizes energy and positivity and is the official color of Developmental Disabilities Awareness Month!

3-D Flower Bouquet Painting

March 26 at 10:30 a.m.



# 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\*\*\*

## March 2025

| Monday                                                                                                      | Tuesday                                                                     | Wednesday                                                                                                              | Thursday                                    |
|-------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------|---------------------------------------------|
| 3<br>10:30 a.m. Bingocize                                                                                   | 4<br>10:30 a.m. Prize Bingo w/ Katie from Ohio Living Home Health & Hospice | 5<br>10:30 a.m. Trivia w/ Christy from Bridge Hospice                                                                  | 6<br>10:30 a.m. Bingocize                   |
| 10<br>10:30 a.m. Cooking with Herbs w/ Ruby from OSU extension                                              | 11<br>10:30 a.m. Cardo with Kelly from Edgewood Manor                       | 12<br>10:30 a.m. Bingocize<br>3:30 p.m. Free Throw Contest<br>4:30 p.m. Monthly Evening Meal<br>RSVP by Mar 10 @ 2p.m. | 13<br>10:30 a.m. Bingocize                  |
| 17<br>WEAR GREEN!<br>10:30 a.m. St. Patrick's Day Party and Snacks 101 w/ Alexis from GLCAP Senior Services | 18<br>10:30 a.m. Bunco Dice Game                                            | 19<br>WEAR ORANGE!<br>10:30 a.m. Bingocize                                                                             | 20<br>10:30 a.m. Bingocize                  |
| 24<br>10:30 a.m. Bingocize                                                                                  | 25<br>10:30 a.m. Prize Bingo w/ Joann from Countryside Manor                | 26<br>WEAR ORANGE!<br>10:30 a.m. All-Inclusive Art Event celebrating DD Awareness Month                                | 27<br>Birthday Day!<br>10:30 a.m. Bingocize |
| 31<br>10:30 a.m. Bingocize                                                                                  |                                                                             |                                                                                                                        |                                             |

## St. Patrick's Day Party!

Wear GREEN and let's explore some healthy snacks with GLCAP Nutrition Coordinator Alexis Massie.

March 17 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 March 3 or 24 at 1 p.m.

**Bingocize:** Exercise only. Continues March 3 at 9 a.m. Continuing over the next few weeks we will combine bingo, education, and exercise to improve your health. Evidence shows social, cognitive, and physical improvements from participating in Bingocize and the best part is that it's fun and provided at no cost. It's not too late to join. If you're interested in joining or have any questions, contact the center.

**Book Club:** "The Little Old Lady Who Struck Lucky Again". Starting Monday, March 3, at noon. Please join us as we start a new 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 it's worth!

**Knit & Crochet w/Sandy:** Monday, March 10, and Monday, March 24, at 9 a.m. Learn knitting or crocheting. These sessions are for all levels, from beginner to expert. There are also some supplies available to start your next project; come check it out!

**Crafting: With Karen:** Monday, March 10, at 10 a.m. Join Karen as she walks you through a fun craft a St Patrick's day swag with a step-by-step guide. This is perfect for the beginner or skilled crafter!

**"Eat Your Greens" w/ Ruby from OSU Extension:** March 11 at 10:30 a.m. Join us for some wonderful recipes and ingredient information with Ruby, as she teaches how to "Eat your greens."

**Monthly Evening Meal and Activity: March 12, 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. March Madness is the culminating event for college basketball. Join us and feel free to wear your team's apparel. Check out the menu and if you are interested, please call or stop by the senior center before Monday, March 10, at 2 p.m. to make a reservation. We will also have a Free Throw Contest at 3:30 p.m. before the meal!

**Reminisce with Nelcy: "Spring":** Thursday, March 13, at 1 p.m. Reminisce about spring with Nelcy from the Clyde library! Please bring a treasured memento to take us down memory lane and share your favorite spring memories.

**All-inclusive Art Event celebrating DD Awareness Month:** Wednesday, March 19 at 10:30 a.m. President Reagan recognized March as Developmental Disabilities Awareness Month in 1987 to increase public awareness and understanding. Doing so, we acknowledge how people with and without disabilities come together to form strong communities. Join us to celebrate inclusion by attending our All-Inclusive Art Event. We will be creating sand art and canvas art. Make sure to wear something orange, as orange symbolizes energy and positivity and is the official color of Developmental Disabilities Awareness Month.

**Legal Aid of Ohio "Financial Power of Attorney" info:** Thursday, March 20, at 10:30 a.m. Please join representatives from the Legal Aid of Ohio office as they educate on Power of Attorney "POA" processes and senior legal safety measures.

**Easter Crafts:** Wednesday, March 26 and Monday, March 31 at 10:30 a.m. Join Crafter Mara and Donna for Fun Easter Crafts! They will be making Easter egg crafts on March 26 and an Easter Bunny craft on March 31. All supplies will be provided. Sign up is required; stop in or call the senior center.

## New Weekly Activities in March

**Bunco:** Mondays at 12:30 p.m. Join us for this fast-paced dice game no need to bring a partner just come and enjoy the fun

**Phase 10 Card Game:** Wednesdays at noon. Join us in the Sunroom for a Rummy-type card game with a challenge to be the first player to complete 10 Phase Sequences with 2-6 people per table.

**Movies:** Wednesdays in March at 12:15 p.m.

March 5 — "Saving Mr. Banks"

March 12 — "The Last Laugh"

March 19 — "I will See You in My Dreams"

March 26 — "Momma Mia"

Popcorn and treats provided!



# 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\*\*\*

## March 2025

| Monday                                                                                                                                                                                                | Tuesday                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                          | Wednesday                                                                                                                                                                                                                                                | Thursday                                                                                                                                                                |
|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <p>3<br/>9 a.m. Bingocize<br/>10 a.m. Video workout<br/>10:30 a.m. Bingo w/ Beau-Independent Broker<br/>12 p.m. Book Club: "The Little Old Lady Who Struck Lucky Again!"<br/>12:30 p.m. Bunco</p>     | <p>4<br/>9:30 a.m. Men's Club<br/>10 a.m. Video Workout<br/>10:30 a.m. Bingo w/ Jessica from Firelands HH<br/>12:30 p.m. Pinochle</p>                                                                                                                                                                                                                                                                                                                                                                            | <p>5<br/>9 a.m. Bingocize<br/>9 a.m. Men's Group (Sunroom)<br/>10 a.m. Video Workout<br/>10:30 a.m. Bingo w/Kari from Herman Funeral Home<br/>12 p.m. Phase 10 (Sunroom)<br/>12:15 Movie: "Saving Mr. Banks"</p>                                         | <p>6<br/>10 a.m. Video Workout<br/>10:30 a.m. Bingo w/ Madasyn from Clyde Gardens Place<br/>12:30 Canasta</p>                                                           |
| <p>10<br/>9 a.m. Bingocize<br/>9 a.m. Knit &amp; Crochet with Sandy<br/>10 a.m. Crafting w/ Karen<br/>12 p.m. Sing-along<br/>12:30 p.m. Bunco</p>                                                     | <p>11<br/>10 a.m. Video Workout<br/>10:30 a.m. Ruby w /OSU Extension: "Eat Your Greens"<br/>12:30 Pinochle</p>                                                                                                                                                                                                                                                                                                                                                                                                   | <p>12<br/>9 a.m. Bingocize<br/>10 a.m. Video Workout<br/>10:30 a.m. Bingo w/ Kim from Bellevue Health<br/>12 p.m. Phase 10 (Sunroom)<br/>12:15 p.m. Movie "The Last Laugh"<br/>3:30 Basketball free throw contest<br/>4:30 p.m. Monthly evening meal</p> | <p>13<br/>10 a.m. Video Workout<br/>10:30 a.m. Bingo w/ Tara from Med1Care<br/>12:30 p.m. Canasta<br/>1 p.m. Nelcy from the Clyde Library: Reminisce about "Spring"</p> |
| <p>17 WEAR GREEN!<br/>9 a.m. Bingocize<br/>10 a.m. Video Workout<br/><b>10:30 a.m. St. Patty's Day Party! Costume Contest w/ the Band "Anchored"</b><br/>12:30 p.m. Dominoes<br/>12:30 p.m. Bunco</p> | <p>18<br/>9:30 a.m. Men's Club<br/>10 a.m. Video Workout<br/>10:30 a.m. Bingo w/ Joann Sinclair from Countryside<br/>12:30 p.m. Pinochle</p>                                                                                                                                                                                                                                                                                                                                                                     | <p>19 WEAR ORANGE!<br/>9 a.m. Bingocize<br/>10 a.m. Video Workout<br/>10:30 a.m. All-inclusive Art Event celebrating DD Awareness Month<br/>12 p.m. Phase 10 (Sunroom)<br/>12:15 p.m. Movie "I will see you in my Dreams"</p>                            | <p>20<br/>10 a.m. Video Workout<br/>10:30 a.m. Legal Aid of Ohio presents "Financial POA"<br/>12:30 p.m. Canasta</p>                                                    |
| <p>24<br/>9 a.m. Bingocize<br/>9 a.m. Knit &amp; Crochet with Sandy<br/>10 a.m. Video Workout<br/>10:30 a.m. Bingo w/ Katie from Ohio Living<br/>12 p.m. Book Club<br/>12:30 p.m. Bunco</p>           | <p>25<br/>10 a.m. Video Workout<br/>10:30 a.m. Cardio Ball Drumming<br/>12:30 p.m. Pinochle</p>                                                                                                                                                                                                                                                                                                                                                                                                                  | <p>26<br/>9 a.m. Bingocize<br/>10 a.m. Video Workout<br/>10:30 a.m. Easter Egg Craft w/ Mara<br/>12 p.m. Phase 10 (Sunroom)<br/>12:15 p.m. Movie "Momma Mia"</p>                                                                                         | <p>27<br/>Birthday Day!<br/>10 a.m. Video Workout<br/>10:30 a.m. Bingo<br/>11:30 a.m. Birthday lunch<br/>12:30 p.m. Canasta</p>                                         |
| <p>31<br/>9 a.m. Bingocize<br/>10 a.m. Video Workout<br/>10:30 a.m. Bunny Craft w/ Donna<br/>12 p.m. Sing-along<br/>12:30 p.m. Bunco</p>                                                              | <p style="text-align: center;"><b>JOIN US FOR NEW ACTIVITIES IN MARCH!</b></p> <p style="text-align: center;">Bunco starts on Mondays at 12:30 p.m.<br/>Phase 10 starts on Wednesdays at Noon<br/>Movies will be Wednesdays at 12:15 p.m.</p> <div style="display: flex; justify-content: space-between; align-items: center;">   </div> |                                                                                                                                                                                                                                                          |                                                                                                                                                                         |

# Sandusky County

## Clyde Highlights



Clyde Left Center Right Game



Clyde Craft with Karen



Clyde snowman craft



Congrats to Rhonda Perkins, winner at the January Birthday lunch in Fremont



**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.**

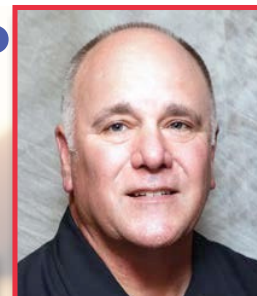
**Call us at 440-935-3848.**

**[www.SeniorCareNorthernOhio.com](http://www.SeniorCareNorthernOhio.com)**



## Do You Find Medicare Confusing?

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



**Steve Gulas**  
419-341-1792 Cell



**Chuck DeVore**  
419-346-2915 Cell



**Amanda Rhiel**  
419-635-7348 Cell

### 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.

 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](http://www.bolteinsurance.com)

Call to speak with a licensed agent



AN AFFILIATE OF HOSPICE OF THE WESTERN RESERVE

800-625-5269  
[steinhospice.org](http://steinhospice.org)



## SPRING CREEK

NURSING AND REHABILITATION CENTER

401 N Broadway ST. Green Springs, OH 44836  
[springcreekcare.com](http://springcreekcare.com)  
419-639-2626



Fremont & Fostoria  
**419-334-8121/419-435-3482**  
*Your complete eye care source*  
[www.eyecentersofnwo.com](http://www.eyecentersofnwo.com)




**Jessica Sumser**  
Community Coordinator

Home Health Services  
5420 Milan Road  
Sandusky, Ohio 44870  
[firelands.com](http://firelands.com)

C: 419-202-2311  
P: 419-557-6590  
F: 419-624-0655  
[sumserje@firelands.com](mailto:sumserje@firelands.com)



## Local man makes hearts for Meals on Wheels

Paul Smith wanted to make Valentine's Day special for the Meals on Wheels consumers this year. He came to the center and dropped off special hearts that were handcrafted and made of wood for each of the Meals on Wheels seniors. He even made a heart for a senior who turned 100 this year! He is retired and says that he enjoys giving back to the community in different ways. Thank you, Paul, for making this day extra special!



---

## MARCH INTO HEALTH CHALLENGE

**LET'S MARCH INTO HEALTH TOGETHER! IT'S NEVER TOO LATE TO BEGIN**

The best way to maintain health is to preserve it through a healthful lifestyle, rather than waiting until we are sick to put things right. Maintaining wellness and optimal health is a lifelong, daily commitment.

Steps that can help us maximize our health include: a balanced, nutritious diet, sourced as naturally as possible; regular exercising (check with your doctor before starting a new exercise program); screening for diseases that may present a risk; learning to manage stress; engaging in activities that provide purpose and connection with others; maintaining a positive outlook; and defining a value system and putting it into action.

Peak health will be different for each person, and how you achieve wellness may be different from how someone else does. It may not be possible to avoid disease completely, but doing as much as we can to develop resilience and prepare the body and mind to deal with problems as they arise is a step we can all take.

We love our seniors and are committed to supporting you in every way we can. So now comes the challenge as we "March into Health" together.

Whoever has recorded the most time of exercise beginning March 1 through March 31 is the grand prize winner! Exercise is your physician-approved

type of exercise. Examples include stretches, walking in place or around the house, treadmill, or daily exercise classes lead by Brenda Kuieck and Angie Schroeder at the Fremont Senior Center or Angie's via Zoom.

You will gain strength, mobility, stress relief and confidence and a chance to win the grand prize — a gift basket provided by Heartland Hospice.

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

Below are March Into Health rules:

1. On a sheet of paper print your name, address, and telephone number.
2. Each time you exercise, record the date and type of exercise between March 1, 2025, and March 31, 2025.
3. Record the number of minutes you exercised each time. At the end you will add up all the minutes and write that total number on your paper.
4. Return to Brenda Kuieck, Program Planner at: Fremont Senior Center or mail to Fremont Senior Center address which is; 1101 Castalia Street, Fremont, OH 43420 or via e-mail at [bskuieck@glcap.org](mailto:bskuieck@glcap.org)

For more information, please contact Brenda Kuieck at 567-280-1190 or via e-mail at [bskuieck@glcap.org](mailto:bskuieck@glcap.org)

# Card Club & Game Winners

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

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

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

1/8—1st Phil Merz

Ron Hill, 2nd Dutch Neitzke, Carol Pope, 3rd Helen Tonkin, Virginia Mittan

1/15—1st Virginia Mittan, Dutch Neitzke, 2nd Shirley Ratzmann, Ron Hill, 3rd none

1/22—1st Gloria Nitschke, Shirley Ratzmann, 2nd Carol Smith, Virginia Mittan, 3rd Helen Tonkin, Ron Hill

1/29—1st Ron Hill, Carol Smith, 2nd Dutch Neitzke, Fran Benlein, 3rd Virginia Mittan

## **Euchre**

1/6—1st Dutch Neitzke, 2nd Lee Myers, 3rd Gerald Schalk

1/13—1st Mary Kucha, 2nd Lee Myers, 3rd Terry Myers

1/27—1st Isa Jay, 2nd

Nancy Park, 3rd Mary Kucha, 4th Terry Myers

2/3—1st Dutch Neitzke, 2nd Bobbie Domanski, Gerald Schalk

## **Pinochle**

1/2—1st Mary Kucha, 2nd Larry Storey

1/9—1st Lee Myers, 2nd Connie Claycomb, 3rd Nancy Park

1/16—Larry Storey, 2nd Dutch Neitzke

1/23—1st Mary Pfeffeler, 2nd Lee Myers, 3rd Mary Kucha

1/30—1st Lee Myers, 2nd Larry Storey, 3rd Mary Kucha

## **Clyde Game Winners**

### **Canasta**

1/2—**Game 1:** 1st Sam Jones, David Blay, Gerald Schalk 2nd Sherry Yates, Cheryl Romeo, Carol Van Fleet. **Game 2:** 1st Sherry Yates, Cheryl Romeo, Carol Van Fleet 2nd Gerald Schalk, Sam Jones, David Blay. **Game 3:** 1st Sherry Yates, Cheryl Romeo, Carol Van Fleet 2nd Gerald Schalk, Sam Jones, David Blay

1/16—**Game 1:** 1st David Blay, Gerald & Tammy Schalk, Sam Jones 2nd Bobby Goble, Sherry Yates, Carol Van Fleet, Cheryl Romeo. **Game 2:**

1st David Blay, Gerald & Tammy Schalk, Sam Jones 2nd Sherry Yates, Carol Van Fleet, Cheryl Romeo, Bobby Goble.

**Game 3:** 1st Sherry Yates, Carol Van Fleet, Cheryl Romeo, 2nd David Blay, Gerald Schalk, Tammy Schalk. **Game 4:** 1st Sherry Yates, Carol Van Fleet, Cheryl Romeo 2nd David Blay, Gerald & Tammy Schalk.

1/30 — **Game 1:** 1st Sherry Yates, Carol Van Fleet, Bobby Goble, 2nd David Blay, Gerald Schalk, Sam Jones.

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

### **Pinochle**

1/14 — **Game 1:** 1st Cheryl Romeo & Debra Stacy. **Game 2:** 1st Sandy Kauffman & Linda Moyer. **Game 3:** 1st Sandy Kauffman & Linda Moyer. **Game 4:** 1st Cheryl Romeo, & Debra Stacy. **Game 5:** 1st Sandy Kauffman & Linda Moyer. **Game 6:** 1st Cheryl Romeo & Debra Stacy

1/21 — **Game 1:** 1st David Blay, 2nd Sherry Yates, 3rd Cheryl Romeo. **Game 2:** 1st David Blay, 2nd Cheryl Romeo, 3rd Sherry Yates. **Game 3:** 1st Carol Van Fleet, 2nd Sherry Yates, 3rd David Blay. **Game 4:** 1st Carol Van Fleet, 2nd Cheryl Romeo, 3rd David Blay. **Game 5:** 1st Carol Van Fleet, 2nd David Blay, 3rd Sherry Yates.

1/28 — **Game 1:** 1st Sherry Yates & Bobby Goble, 2nd Terry Meyers & Carol Van Fleet. **Game 2:** 1st Bobby Goble & Sherry Yates, 2nd Terry Meyers & Carol Van Fleet. **Game 3:** 1st Bobby Goble & Sherry Yates, 2nd Carol Van Fleet & Terry Meyers. **Game 4:** 1st Terry Meyers & Carol Van Fleet, 2nd Sherry Yates & Bobby Goble.

**Game 1:** 1st Linda Moyer & Debra Stacy. **Game 2:** 1st David Blay & Cheryl Romeo. **Game 3:** 1st David Blay & Cheryl Romeo. **Game 4:** 1st Cheryl Romeo & David Blay. **Game 5:** 1st David Blay & Cheryl Romeo. **Game 6:** 1st David Blay & Cheryl Romeo

## FREMONT CENTER

St. Patty's Day Gnome Craft  
with Holly and Holly

March 13 at 10:30 a.m.

Holly Dagg of Commons of  
Providence and Holly Caudill of  
Stein Hospice will be sponsoring  
a St. Patrick's Day Gnome Craft.

Please RSVP by  
March 12 at 2 p.m.



Crafting Cheerfully

## MONTHLY EVENING MEAL

Wednesday, March 12

Basketball

4:30 p.m. – 6 p.m.

RSVP by 2 p.m. Monday, March 10

Double Team Mushroom and Swiss Burger

Double Dribble Baked Potato

Caesar Salad Assist

Clementine

Chex Mix and Air Ball Popcorn

Assorted Mini Basketballs (Cake Balls)





# GLCAP Sandusky County Senior

## Menu for March 2025

(Menu subject to change without notice.)

\*\*Chef Salads Available Tuesdays and Thursdays

\*\*Low concentrated desserts substituted for modified meals.

|                               |                                                                                                                         | Serving Sizes:<br>Entrée, Meat & Casserole – 3 oz./ 8 oz.<br>Vegetable, Fruit & Dessert – ½ cup<br>Bread/Bread Alternate - 1 slice or 2 oz.<br>Milk – 8 oz. served with every meal |                                                                                                                   | **Suggested Donation of \$3.00 per meal.<br>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.<br><b>NON-SENIOR GUEST/STAFF: 6.75</b> |                                                                                    |
|-------------------------------|-------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------|
|                               | <b>Monday</b>                                                                                                           | <b>Tuesday</b>                                                                                                                                                                     | <b>Wednesday</b>                                                                                                  | <b>Thursday</b>                                                                                                                                                                                                                                                                                                                             |                                                                                    |
| 3.                            | Baked Steak w/Peppers and Onions, Baby Baker Potatoes, Nantucket Blend Vegetables, Pears, Wheat Bread, Cherry Cunch Bar | 4. French Toast, Turkey Sausage, Hashbrown Cubes, Pea Salad, Cherry Crisp<br><b>Salad:</b> Chef Salad w/ Turkey Ham                                                                | 5. Vegetable Lasagna, Italian Blend Vegetables, Tomatoes and Zucchini, Mandarin Oranges, Yogurt Cup, Garlic Bread | 6. Fish Sandwich, Cheesy Potatoes, Glazed Carrots, Strawberries<br><b>Salad:</b> Chef Salad w/ Chicken                                                                                                                                                                                                                                      | <b>Friday</b>                                                                      |
| 10.                           | Beef and Noodles<br>Succotash<br>Harvard Beets<br>Pineapple / Wheat Bread / Cookie                                      | 11. BBQ Pork Riblett, Sweet Potatoes, Collard Greens, Peaches, Wheat Bread<br><b>Salad:</b> Chef Salad w/ Chicken                                                                  | 12. Beefy Chili, Spinach Salad, Potato Salad, Blueberries, Pudding, Corn Bread                                    | 13. Chicken Cordon Bleu, Au Gratin Potatoes, Green Beans, Mixed Fruit, Wheat Bread<br><b>Salad:</b> Garden Salad / Cheese Stick                                                                                                                                                                                                             | <b>Box Lunch out on Thursday</b><br>3/13/25: Italian Sub Sandwich with sides       |
| 17. <b>St. Patrick's Day!</b> | 18. Corned Beef and Cabbage, Irish Carrots, Redskin Potatoes, Fresh Melon, Potato Roll, Pistachio Pudding               | 19. Beef Tacos, Spanish Rice, Refried Beans, Tossed Salad, Mango, Tortilla<br><b>Salad:</b> Chef Salad w/ Turkey Ham                                                               | 19. Cubed Steak, Mashed Potatoes and Gravy, Rivera Blend Vegetables, Tropical Fruit, Wheat Bread, Brownie         | 20. Almondine Pollock, Rice Pilaf, Squash Blend Vegetables, Stewed Tomatoes, Apricots, Wheat Bread<br><b>Salad:</b> Chef Salad w/ Chicken                                                                                                                                                                                                   | <b>Box Lunch out on Thursday</b><br>3/20/25: Greek Chicken Pasta Salad with sides  |
| 24.                           | 25. Cheeseburger<br>Potato Wedges<br>Baked Beans<br>Pears<br>Cookie                                                     | 25. Spaghetti with Meat Sauce, Italian Green Beans, Tossed Salad, Apple Crisp, Garlic Bread<br><b>Salad:</b> Chef Salad w/ Turkey Ham                                              | 26. Chicken Salad / Croissant<br>Cucumber Salad<br>Vegetable Soup<br>Strawberries                                 | 27. <b>BirthDay Day!</b><br>Baked Ham, Sweet Potatoes, Northwest Vegetable Blend, Hawaiian Delight, Roll, Cake, Ice Cream<br><b>Salad:</b> Garden Salad / Cheese Stick                                                                                                                                                                      | <b>Box Lunch out on Thursday</b><br>3/27/25: Turkey and Cheese Sandwich with sides |
| 31.                           | Hamburger Gravy over Mashed Potatoes, Green Beans, Blueberries, Biscuit                                                 |                                                                                                                                                                                    |                                                                                                                   |                                                                                                                                                                                                                                                                                                                                             |                                                                                    |

\*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

March 2025



*Thank you to our volunteers for getting the newsletters ready every month!*