



Great Lakes
COMMUNITY ACTION
PARTNERSHIP

Sandusky County
Senior Centers

Fremont
1101 Castalia St.
419-334-8383, opt. 0

Clyde
900 N Woodland Ave.
419-547-8052

Gibsonburg
100 Meadow Ln.
419-637-7947

MISSION

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

AD PRICING

1/8 - \$25 per issue
1/4 = \$50 per issue
1/2 = \$75 per issue
Full = \$125 per issue
Full payment must be received prior to ad publication. Contact Brenda Kuieck, Program Planner & Newsletter Editor.

SENIORS ON THE MOVE



Centers to host breakfast to honor veterans

This month at Clyde, Fremont, and Gibsonburg Senior Centers, staff and sponsors are honoring veterans with a veterans breakfast. Dates and times are as follows:

**FREMONT SENIOR CENTER
Veterans Breakfast and Ceremony
Nov. 7 at 9:30 a.m.**

Calling all veterans! Let us honor your brave duty by providing you with a breakfast and ceremony sponsored by Holly Dagg of Bethesda and Holly Caudill of Stein Hospice. RSVP by Nov. 5 at 2 p.m.

**GIBSONBURG SENIOR CENTER
Veterans Day Breakfast
Nov. 13, 10 a.m.**

There will be a free breakfast provided to veterans and their spouses sponsored by Joann from Countryside Manor. Call the Center by Nov. 7 to make a reservation.

**CLYDE SENIOR CENTER
Veterans Day Breakfast
Nov. 7 at 9 a.m.**

Please join us for breakfast to recognize all military veterans. Thank you for your service and sacrifice! Reservations required.

MONTHLY EVENING MEAL

Wednesday Nov. 13
The Sound of Music
4:30 – 6:00 p.m.

RSVP by 2 p.m. Tuesday, Nov. 12

- Country Fried Steak (Schnitzel)
- German Potato Salad
- Mixed Greens Salad
- Apricots
- Croissant / Jam
- Apple Strudel
- Pink Lemonade

**JOIN US AT 3:30 p.m. for
Sound of Music Trivia!**



Sandusky County Seniors Birthdays

November 1

Eric Szakovits

November 2

Gary Henry

Tracy Hensley

November 3

Larry Widman

Connie Wymer

November 4

Roger Haar

Joyce Havens

November 5

Mary Kucha

Rita Wagner

November 6

Linda Mange

November 7

Julie Wright

November 8

Nanette Celek

Carl Maines

Cheryl Overmyer

November 9

Eileen Bauer

Laurie McKoon

November 10

Betty Brown

Bernita Herr

Dick Juergens

Jolyn Smith

Judy Young

November 11

Judy Nitschke

Lois Thompson

November 12

Sue Hein

Bette Kaltenbach

Sandy Weatherspoon

November 13

Cecylia Chlosta

Joe Ferguson

Anne Luc

November 14

Karen Polus

November 15

Jan Ball

Cynthia Coy

Sam DeBlase

Norma Harmon

Max Posey

Suzanne Spriggs

November 16

Jan Guthrie

Carol Ronski

November 17

Harold Moyer

Patricia Polk

November 18

Dawn Diedrich

November 19

Donnie Gyurica

Judy Robbins

November 20

Carol Stanley

November 21

Wally Ronski

November 22

Deb Floro

JoAnn Homler

November 23

Marl Carnahan

Earl Hagle

David Hendricks

November 24

Ken Cleary

Lester Ford

Kathleen Haubert

Jennie Lopez

Phil Rettig

November 25

Pam Durdel

Bea Ferguson

Gary Tusen

November 26

Floyd Churchwell

Rex Postlethwait

November 27

Sylvia Coyl

November 28

Paul Kaple

November 29

Ginny Berlekamp

Deanna Bunn

Daniela Corlett

Julie Polter

Anastasia Radecki

Karan Southwick

November 30

Karen Keegan

Rita Myers

Carolee Unkle

Our Sympathies

GLCAP Senior Services extends our

sympathies to the family and friends of those who we've lost.

We share your sorrow with love and friendship, friends and families of Tom Poorman, Mary Moyer, Bea Parish, Joan Harvey, Dennis

Wammes, Linda Rich, Marilyn Huston, and Brad Biggs.

**ADD US ON
FACEBOOK!**



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

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

Operation Cookie Drop continues this year

Golden Threads will continue the tradition of delivering holiday cookies to local seniors who are receiving services from Hospice/Home Health, GLCAP Meals on Wheels, Dorothy L. Kern Cancer Center, ProMedica Pain Management, dialysis patients and seniors living in senior housing such as Janel Terrace and Fort Stephenson Apartments. This program is funded by Golden Threads members through their generous donations. Cookies are baked and then frosted, packed and delivered by volunteers. This is a fun way to let others know they are in our thoughts during the holiday season. Cookies will be delivered the week of Dec. 16.



How to prepare for darker and cooler seasons

As the crisp air of autumn begins to settle in and daylight hours grow shorter, now is the perfect time to make sure your home is ready for the colder months ahead. One way to do that is by taking advantage of the Senior Helping Hands Program, which offers essential services like changing light bulbs and checking furnace filters, helping seniors prepare for earlier sunsets and the upcoming heating season.

As the sun begins to set earlier, it's more important than ever to ensure your home is well-lit and safe. Changing light bulbs may seem like a simple task, but for many seniors, especially those with mobility issues or balance concerns, it can be a challenge. Inadequate lighting increases the risk of falls, which

GLCAP
Utility
Assistance
Programs

www.glcap.org/utilityhelp
419-273-4212

Online scheduling makes winter heating assistance easy

Those seeking heating assistance through the Great Lakes Community Action Partnership (GLCAP) Winter Crisis Program may easily set up appointments online through the GLCAP website at www.glcap.org/winterheating. Support for homes in need of winter heating assistance through GLCAP will start Nov. 1. For more information on GLCAP utility assistance programs, visit www.glcap.org/utilityhelp or to apply, call 419-273-4212.

is the leading cause of injury for older adults.

In addition to lighting, the heating season is fast approaching, and it's critical to make sure your furnace is in top working condition. One key aspect of furnace maintenance is checking and replacing the filter. A clogged or dirty filter can reduce the efficiency of your furnace, lead to higher energy bills, and even cause breakdowns that can be costly to repair. For seniors, checking a furnace filter may require assistance.

Don't wait until the first cold snap or a burnt-out bulb leaves you in the dark. Take advantage of this opportunity to prepare your home for the changing season. Reach out today by calling 419-332-8499.

Fremont Senior Campus Highlights

Skip-Bo/Phase 10

Interested in learning how to play these card games? Learn a new hobby and spend some time with others. Call for more details and to sign up.

Sequence

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

Join us in making some diamond art which is a craft hobby that involves placing tiny resin "diamonds" onto a pre-printed adhesive canvas to create a sparkling, mosaic-like image. It combines the principles of paint-by-numbers and cross-stitch to produce intricate, glittering artworks. Feel free to bring your own in to do as a group. Please stop in or call to sign up.

Tech Help with Willie

Volunteer Technology Assistant Willie Rogers has been assisting seniors with their electronic devices within the Sandusky County Senior Program since Jan. 2022. He has been a valuable resource to seniors coming to the Fremont Senior Center every Monday morning for Tech Help. We are all very appreciative of him volunteering his time in this way. Call to reserve a time.

Toenail Clinic—Nov. 6 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 details or to reserve.

Give Thanks Leaf Activity with JoAnn Sinclair Nov. 6 at 10:30 a.m.

Join JoAnn Sinclair as we write down on leaves what we are thankful for and then hang them up for all to enjoy and see.

Noodle Drumming—Nov. 14 at 10:30 a.m.

Join us for an activity that is so much fun, you don't even realize you are working out. Bring a friend and enjoy the laughter and music!

Metro Workout—Nov. 4, and 25 at 10:30 a.m.

Join us for fitness and fun! Chair exercises are offered as an alternative to standing exercises. You can participate at your own pace and do what you feel comfortable! We have energetic music and have a lot of fun exercising and singing to the songs.

Hand Massages with Lucy Green Nov. 14 at 10 a.m.- 1 p.m.

Stop by or call to sign up for a hand massage with Lucy Green. Each hand massage is 10 minutes. The sign-up sheet is located at the front desk.

Snowman Craft with Karen Franks Nov. 19, 2:30 p.m.- 3:30 p.m.

Join us in making three little snowmen to enjoy during the winter season. Cost is \$5 to make three. They would look nice sitting on the end table or as a centerpiece. Stop in or call to sign up by Nov. 12.

Crafting with Karen: Christmas Tree Wreath Nov. 21 at 1:15 p.m.

Join us as we make a fall wreath, guided by Karen Franks. Sign-up and pay at the front desk by Nov. 14. Cost is \$20. Please visit the center to see a preview.

Quilting/Knitting/Crochet/Embroidering Classes

These classes are available if you want to learn a new skill, 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 has now reopened!

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 shoppe.

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

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



Fremont seniors enjoy their cauldron craft day

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

November 2024

Monday	Tuesday	Wednesday	Thursday
4 8:30 a.m. Zumba Gold (Angie) 9:15 a.m. Movement Made Easier (Angie) 10 a.m. Embroidery w/ Sandy 10 a.m. Tech Help with Willie 10:30 a.m. Metro workout Noon Euchre	5 8:30 a.m. Circuit (Angie) 9:30 a.m. Embroidery with Sandy Noon: Prize Bingo w/ Melissa Rhodes from Parkview 1:15 p.m. Chair Volleyball 1:15 p.m. Skip-Bo/Phase 10	6 8:30 a.m. Tai Chi (Angie) 9 a.m.- noon Toenail Clinic w/ Joni Widman 9:15 a.m. Senior Stretch (Angie) 10:30 a.m. Give Thanks Leaf activity with JoAnn Sinclair Noon Bridge 12:30 p.m. Sequence Board game 12:30 p.m. Diamond Art	7 8:30 a.m. Cardio & Strength (Angie) 9:30 a.m. Veteran's Program with Holly Dagg and Holly Caudill (RSVP by Nov. 5 at 2pm) 12:30 p.m. Pinochle 12:30 p.m. Diamond Art
11 Site Closed Veterans Day	12 8:30 a.m. Circuit (Angie) 9 a.m. Adult Coloring 9:30 a.m. Quilting with Sandy Noon: Prize Bingo w/Kelly Dority 1:15 p.m. Chair Volleyball 1:15 p.m. Skip-Bo/Phase 10 (Deadline sign-up for snowman craft \$5)	13 8:30 a.m. Tai Chi (Angie) 9:15 a.m. Senior Stretch (Angie) Noon Bridge 12:30 p.m. Sequence game 12:30 p.m. Diamond Art 3:30 p.m. Sound of Music-Do-Re-Mi Trivia 4:30 p.m. Monthly Evening Dinner (RSVP by Nov. 12 at 2 pm)	14 8:30 a.m. Cardio & Strength (Angie) 10:00 a.m. -1 p.m. Hand Massages with Lucy Green 10:30 a.m. Noodle Drumming 12:30 p.m. Pinochle 12:30 p.m. Diamond Art (Deadline to sign-up for Christmas Tree Wreath w/ Karen Franks \$20)
18 8:30 a.m. Zumba Gold (Angie) 9:15 a.m. Movement Made Easier (Angie) 9 a.m. SCSCO "Site Council" meeting 10 a.m. Embroidery w/ Sandy 10 a.m. Tech Help with Willie Noon Euchre	19 8:30 a.m. Circuit (Angie) 9:30 a.m. Knitting and Crochet with Sandy 11 a.m. Stretch & Tone w/ Brenda Noon: Prize Bingo w/ Christina Montgomery from Bridge HH 1:15 p.m. Chair Volleyball 1:15 p.m. Skip-Bo/Phase 10 2:30-3:30 p.m. Snowman craft with Karen \$5	20 8:30 a.m. Tai Chi (Angie) 9:15 a.m. Senior Stretch (Angie) Noon Bridge 12:30 p.m. Bunco 12:30 p.m. Sequence game 12:30 p.m. Diamond Art	21 Happy Birthday!! 8:30 a.m. Cardio & Strength (Angie) 11:30 Birthday Lunch 12:30 p.m. Bingo w/JoAnn Sinclair from Countryside 12:30 p.m. Pinochle 1:15 p.m. Crafting w/ Karen: Christmas Tree Wreath
25 8:30 a.m. Zumba Gold (Angie) 9:15 a.m. Movement Made Easier (Angie) 10 a.m. Tech Help with Willie 10:30 a.m. Metro workout w/ Lilly Noon Euchre	26 8:30 a.m. Circuit (Angie) 9:30 a.m. Quilting with Sandy 11 a.m. Stretch & Tone w/ Brenda Noon: Prize Bingo w/ Jessica Sumser with Firelands HH 1:15 p.m. Chair Volleyball 1:15 p.m. Skip-Bo/Phase 10	27 8:30 a.m. Tai Chi (Angie) 9:15 a.m. Senior Stretch (Angie) Noon Bridge 12:30 p.m. Sequence game 12:30 p.m. Diamond Art	28 Site Closed Happy Thanksgiving

Gibsonburg Senior Center Highlights

Meals for Two

Nov. 4, 10:30 a.m.

It's sometimes hard to fix a meal for just two people. Ruby from OSU extension will be here to share tips on how to try to make smaller portions.

Bingocize: Nutrition Workshop

Continues Nov. 5, 10:30 a.m.

Join us and enjoy playing bingo, completing some simple exercises, and learning easy tips to help us eat healthy, cook healthier options, and make healthy choices when grocery shopping. If you're interested in joining or have any questions, contact the center.

Trivia

Nov. 6, 10:30 a.m.

Where can the largest amount of wildlife be found? When was the iPod released? What animal has the nickname of "Sea Cow"? If you're interested in the answers to these trivia question and would like a chance to answer more, join Christy from Bridge Home Health and Hospice. She'll have some treats, so come join in the fun.

Book Club

Nov. 7 and 21, 12:30 p.m.

We will be continuing our Book Club again and will be reading Tall Tails Secret Book Club written by CeeCee James. A mysterious mansion, a suspicious death, and a cat too smart for its own good... We will read it over the next few months and have in-person discussions twice per month. If you are interested in joining, contact the center to receive your copy and reading schedule.

Medicare 101

Nov. 12, 10:30 a.m.

Do you have questions about the upcoming open enrollment for healthcare? There are changes being made, so now is the time to get those questions answered. Join the conversation with Kassi from Senior & Retirement Health Insurance Solutions, LLC and find out what is in store for 2025.

Hand Massages with Lucy

Nov. 18, 10 a.m.-noon

Lucy Green will be providing free hand massages. Please join us for a relaxing time and a way to pamper yourself while getting the benefits for stiff joints. RSVP for your 10 minutes of bliss by contacting the center.

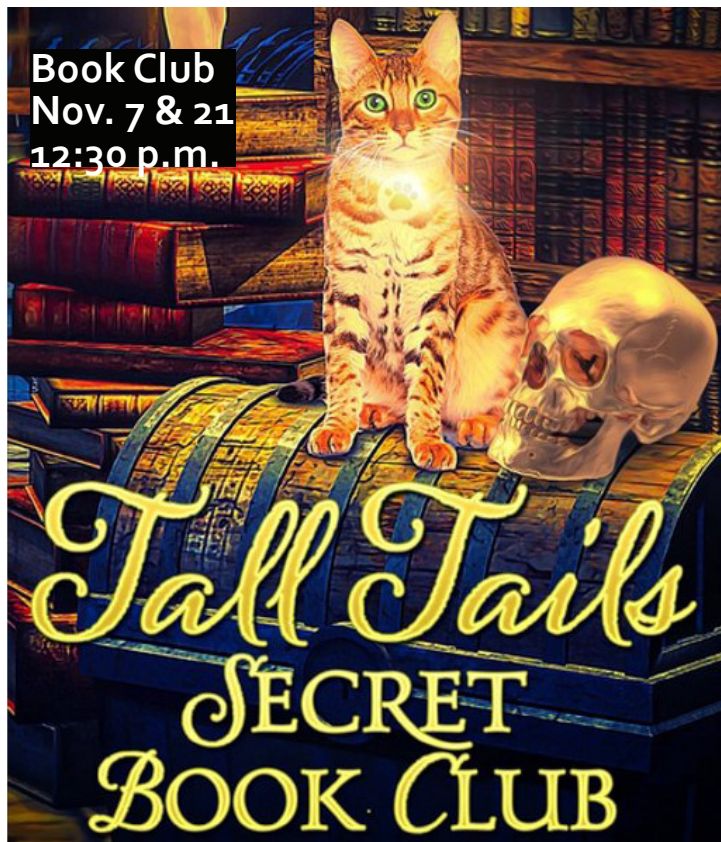
Turkey Talk

Nov. 19, 10:30 a.m.

Join the Sandusky County Park District, as they teach us about turkeys and how amazing of creatures they are.



Gibsonburg senior enjoys the chance to purchase fresh produce from Haslinger Orchards LLC when they visited the Gibsonburg Senior Center



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

November 2024

Monday	Tuesday	Wednesday	Thursday
4 10:30 a.m. Meals for Two w/ Ruby from OSU extension	5 10:30 a.m. Bingocize	6 10:30 a.m. Trivia w/ Christy from Bridge Hospice	7 10:30 a.m. Bingocize 12:30 p.m. Book Club
11 Site Closed Veterans Day	12 10:30 a.m. Medicare 101 w/ Kassi from Senior & Retirement Health Insurance Solutions LLC	13 10 a.m. Veteran's Breakfast sponsored by Joann from Countryside Manor 10:30 a.m. Bingocize 3:30 p.m. Do, Re, Mi Trivia 4:30 p.m. Evening Meal RSVP Nov. 12 @ 2 p.m.	14 10:30 a.m. Bingocize
18 10:00 a.m. to 12 p.m. Hand Massages w/ Lucy (RSVP required) 10:30 a.m. Tenzi Dice Game	19 10:30 a.m. Turkey Talk w/ Sandusky County Park District	20 10:30 a.m. Bingocize	21 Birthday Day! 10:30 a.m. Bingocize 12:30 p.m. Book Club RSVP and money due for Christmas Wreath
25 10:30 a.m. UNO card game	26 10:30 a.m. Bingo w/ Joann from Countryside Manor	27 10:30 a.m. Turkey Trivia	28 Site Closed Happy Thanksgiving



Christmas Wreath Craft December 2

RSVPs are required and money is due by Nov. 21 at 10 a.m. for the Christmas wreath craft with Karen. Contact the center with questions.

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 Monday, Nov. 4 or 18 at 1 p.m.

Knit and Crochet w/Sandy

Nov. 4 and Nov. 25 at 9 a.m.

Please join us in our sunroom to sit comfortably and chat and learn some new techniques; perfect for beginners or accomplished knitters.

Crafting with Karen: Christmas Tree

Nov. 4 at 10 a.m.

Karen will guide us to create a Christmas tree wall hanging. The cost will be \$20; please sign up at the Clyde Senior Center and pay by Oct.28. Visit the center to see a preview of the craft.

Hand Care with Lucy

Hand Massages: Nov. 4 at 10 a.m.

Polish and File: Nov. 25 at 10 a.m.

Lucy will be in the sunroom for a wonderful private hand care experience. Reservations required, as appointments are limited.

Meals for Two w/ Ruby from OSU Ext.

Nov. 6 at 10:30 a.m.

It's sometimes hard to fix a meal for just two people. Ruby from OSU extension will be here to share tips on how to try to make smaller portions.

Crafting with Karen: Snowman Ornaments

Nov 18 at 12:15 p.m.

Karen will guide us to make snowman ornaments; 3 for \$5. Please sign up at senior center and pay by Tuesday, Nov. 12.

Reminisce with Nelcy: "Ornaments"

Nov 21 at 12:30 p.m.

Reminisce with Nelcy from the Clyde library about holiday ornaments. Please bring a treasured ornament to take us down memory lane with you and relive the holiday moments.

Medicare 101

Nov. 27 at 10:15 a.m.

Do you have questions about the upcoming open enrollment for healthcare? There are changes being made, so now is the time to get those questions answered. Join the conversation with Kassi from Senior & Retirement Health Insurance Solutions, LLC and find out what is in store for 2025.

Movie Days in November at 12:15 p.m.

Please join us for movies with popcorn and snacks the first three Wednesdays in November

Nov. 6 "Queen Bee" (Comedy)

Nov. 13 "The Longest Day" (Action)

Nov. 20 "Far and Away" (Romance)

Walking Club

Monday through Thursday at 9:30 a.m.

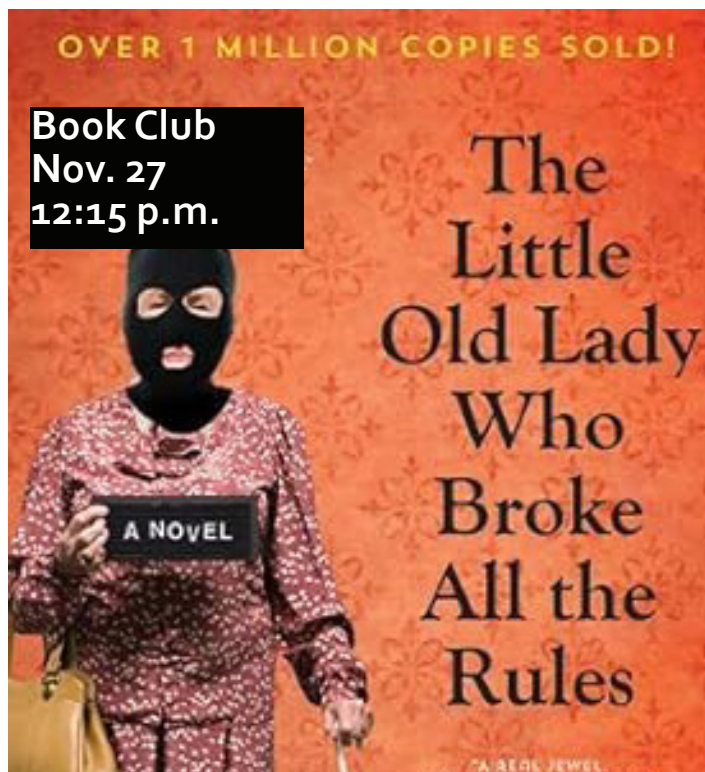
Weather permitting Join the walking club for a morning stretch and a refreshing walk at your own pace.

Book Club: "The Little Old Lady That Broke All the Rules"

Continues Nov. 27 at 12:15 p.m.

We have a new offering: Book club! Our first in the series is a hilarious mystery "The Little Old Lady That Broke All the Rules" by author Catharina Ingelman-Sundberg. Martha Andersson may be seventy-nine-years-old and live in a retirement home, but that doesn't mean she's ready to stop enjoying life. So, when the new management of Diamond House starts cutting corners to save money, Martha and her four closest friends—Brains, The Rake, Christina and Anna-Gretta (a.k.a. The League of Pensioners)—won't stand for it. Fed up with early bedtimes and overcooked veggies, this group of feisty seniors sets about to regain their independence, improve their lot, and stand up for seniors everywhere.

*Registration is required due to limited materials.



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

November 2024

Monday	Tuesday	Wednesday	Thursday
<p>4 9 a.m. Knit & Crochet w/ Sandy 9:45 a.m. Video Workout 10 a.m. Hand massage w/ Lucy (Sunroom) 10 a.m. Craft w/Karen: Christmas Tree Wall Hanging 10:30 a.m. Bingo w/ Wesley 12:30 p.m. Dominoes 1 p.m. Welcome Orientation</p>	<p>5 9:45 a.m. Video workout 10:30 a.m. Bingo w/ Jessica from Firelands HH 12:30 p.m. Pinochle</p>	<p>6 9:45 a.m. Video workout 10:30 a.m. Meals for 2 w/ Ruby from OSU Ext. 12:15 p.m. Fun Movie "Queen Bee" w/ popcorn & snacks</p>	<p>7 9 a.m. Veterans' Breakfast 9:45 a.m. Video workout 10:30 a.m. Bingo w/ Krista from Med1Care 12:30 p.m. Canasta</p>
<p>11 Closed Veterans Day</p>	<p>12 9:45 a.m. Video workout 10:30 am Bingo w/ Melissa from Parkview Care Center 12:30 p.m. Pinochle</p>	<p>13 9:45 a.m. Video workout 10:30 a.m. Bingo w/ Christine from Blanchard Valley 12:15 p.m. Action Movie: "The Longest Day" w/ popcorn & snacks 3:30 p.m. Do, Re, Mi Trivia 4:30 p.m. Evening Meal RSVP by Nov. 12 @ 2 p.m.</p>	<p>14 9:30 a.m. Video workout 10 a.m. Medicare 2025 w/ Shannon Albright, Ind Broker 12:30 p.m. Canasta</p>
<p>18 9:45 a.m. Video Workout 10:30 a.m. Name that tune w/ Amanda from Bolte Ins. 12:15 p.m. Crafting w/ Karen: Snowmen ornaments 12:30 p.m. Dominoes 1 p.m. Welcome Orientation</p>	<p>19 9:45 a.m. Video workout 10:30 a.m. Bingo w/ Joann from Countryside 12:30 p.m. Pinochle</p>	<p>20 9:45 a.m., Video workout 10:30 a.m. Bingo w/ Kim from Saber Health 12:15 p.m. Romantic Movie: "Far and Away" w/ popcorn & snacks</p>	<p>21 Birthday Day! 9:45 a.m. Video workout 10:30 a.m. Bingo (in house) 11:30 a.m. Birthday lunch 12:30 p.m. Reminisce "Ornaments" w/ Nelcy from Clyde Library</p>
<p>25 9 a.m. Knit & Crochet w/ Sandy 9:45 a.m. Video Workout 10 a.m. File and Polish w/ Lucy (Sunroom) 10:30 a.m. Bingo w/ Trustwell living 12:30 p.m. Dominoes</p>	<p>26 9:45 a.m. Video workout 10:30 a.m. Bingo w/ Holly from Bethesda and Holly from Stein Hospice 12:30 p.m. Pinochle</p>	<p>27 9:45 a.m. Video workout 10:15 a.m. Medicare 101 w/ Kassi from Senior Solutions 12:15 p.m. Book Club The little old lady Series</p>	<p>28 Site Closed Happy Thanksgiving</p>

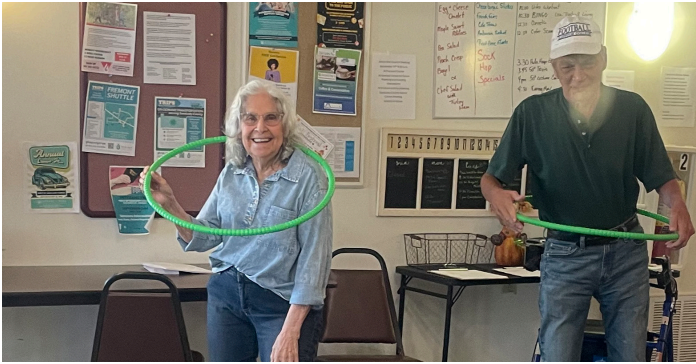


ADD US ON FACEBOOK!

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

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

Sandusky County Senior Center Happenings



Hula hoop contest during evening meal



Fall Prevention Bingo



Wreath making with Karen



Clyde Center Highlights from October



Sock hop Costume contest winner, Terry



Clyde seniors play Yahtzee!

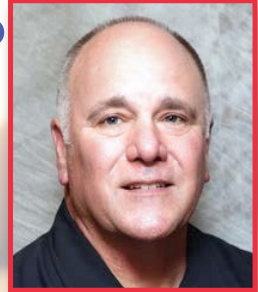
Sandusky County Senior Center Happenings

Do You Find Medicare Confusing?

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

4 BENEFITS OF WORKING WITH A LICENSED AGENT

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



Steve Gulas
419-341-1792 Cell



Chuck DeVore
419-346-2915 Cell



Amanda Rhiel
419-635-7348 Cell

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Sandusky County



HAPPY ANNIVERSARY to this lovely couple **68 YEARS!** Mr. and Mrs. William R and Lula Bell Lash



Farmer's Markets at the centers in September



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



Stein Hospice
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

Card Club & Game Winners

Clyde Center

Canasta

9/12—Game 1: Mike Richards, David Blay, Tammy Schalk, Gerald Schalk, Game 2: Mary Waugh, Carol VanFleet, Cherly Romeo, Sherry Yates

Dominoes

9/9—1st Sherry Yates; 2nd Linda Moyer; 3rd Gerald Schalk; 4th Mary Waugh

9/16—1st Gerald Schalk; 2nd Linda Moyer; 3rd Sherry Yates

Pinochle

9/3—Game 1: Sherry Yates, Terry Stamm; Game 2: Bobby Goble, Mary Waugh; Game 3: Cheryl Romeo, David Blay, Debra Stacy, Carol Vanfleet

9/10—Game 1: 1st Cheryl Romeo; 2nd Mary Waugh; 3rd David Blay; 2nd Game: 1st Cheryl Romeo; 2nd David Baly; 3rd Carol VanFleet; 3rd Game: 1st Cheryl Romeo; 2nd David Blay; 3rd Carol VanFleet; 4th Game: 1st Carol VanFleet; 2nd Dave Blay; 3rd Cheryl Romeo

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

Cards

9/23—1st Game: 1st Gerald Schalk; 2nd Sandy Devries; 2nd Game: 1st Sandy Devries; 2nd

Gerald Schalk

9/25—1st Game: 1st Gerald Schalk; 2nd Linda Moyer; 2nd Game: 1st Gerald Schalk; 2nd Linda Moyer

Fremont Center

Bingo

9/17—Coverall Robin Weller

9/26—Coverall Marsha For-gatsch

10/1—Coverall Winner Diane Wagner

Bridge

9/4—1st Virginia Mittan, Al Stokes; 2nd Dave Stuber, Anne Humberger; 3rd Phil Merz, Paul Kaple

9/11—1st Dave Stuber, Gloria Nitschke; 2nd Becky Prasuhn, Al Stokes; 3rd Helen Tonkin, Fran Benlein

9/18—1st Al Stokes, Phil Merz; 2nd Ann Humberger, Becky Prasuhn; 3rd Gloria Nitschke

9/25—1st Virginia Mittan, Gloria Nitschke; 2nd Al Stokes, Becky Prasuhn; 3rd Dave Stuber, Carol Smith

10/2—1st Virginia Mittan, Carol Pope; 2nd Dave Stuber, Gloria Nitschke; 3rd Al Stokes, Marilyn Clark

9/9—1st Dutch Neitzke; 2nd Nancy Park

9/16—1st Lee Myers; 2nd Bobbie Domanski

9/23—1st Dutch Neitzke; 2nd Janie Fisher

9/30—1st Lee Myers; 2nd Nancy Park

10/7—1st Isa Jay; 2nd Bobbie Domanski

10/9—1st Becky Prasuhn, Carol Pope; 2nd Fran Benlein, Dutch Neitzke; 3rd Ann Shetzer, Phil Merz

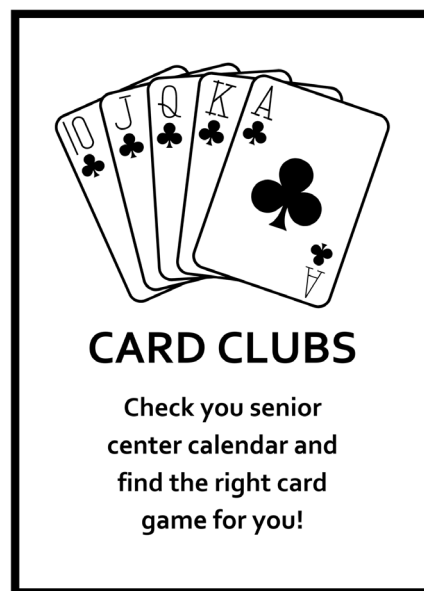
Pinochle

9/12—1st Connie Claycomb; 2nd Anne Humberger

9/18—1st Nancy Park; 2nd Isa Jay

9/26—1st Isa Jay; 2nd Nancy McKeever

10/3—1st Isa Jay; 2nd Nancy McKeever; 3rd Shirley Mehling



Sandusky County



Seniors enjoyed games and a German style Oktoberfest lunch. Thanks to all who attended!

Oktoberfest Winners:
John Hoffman
YMCA gift card
Sharon Mitchell
Pumpkin Throw Pillow
Bill Lash
Blanket
Bob Maher
Pumpkin Throw Pillow
Christina Juan
Gift basket of goodies

**THANK YOU FOR DONATING TO
OKTOBERFEST!**

**Department of Jobs & Family
Services, Bethesda Care Center,
Sandusky County YMCA,
Trustwell Living, Medical
Mutual, Gerber Plans, LLC,
Countryside Manor, Spring
Creek Nursing Rehab**

GLCAP Sandusky County Senior

Menu for November 2024

(Menu subject to change without notice.)

**Chef Salads Available Tuesdays and Thursdays

**Low concentrated desserts substituted for modified meals.

		Serving Sizes: Entrée, Meat & Casserole – 3 oz./ 8 oz. Vegetable, Fruit & Dessert – ½ cup Bread/Bread Alternate - 1 slice or 2 oz. Milk – 8 oz. served with every meal		**Suggested Donation of \$3.00 per meal. NOTE: No older person shall be denied a nutrition service because of inability to contribute all or part of the cost of such service. Older participants shall determine for themselves what they are able to contribute toward the cost of the service. NON-SENIOR GUEST/STAFF: 6.75	
	Monday	Tuesday	Wednesday	Thursday	Friday
4.	Beef Stroganoff, Harvard Beets, Pears w/ Pearl Onions, Peaches, Wheat Bread	5. Sausage Gravy over Biscuit, Hashbrown Cubes, Spinach Souffle, Strawberries Salad: Chef Salad w/ Turkey Ham	6. Pepperoni Calzone, Steamed Broccoli, Tossed Salad, Cinnamon Apples, Cheese Stick, Lemon Bar	7. BBQ Pulled Pork on Bun, Sweet Potatoes, Brussels Sprouts, Pears Salad: Chef Salad w/ Chicken	Box Lunch out on Thursday 11/7/24: Turkey and Cheese Sandwich
11. Closed- Veterans Day	12. Chicken Parm, Italian Green Beans, Sliced Carrots, Blueberries, Garlic Bread Salad: Garden Salad / Cheese Stick	13. Calico Beans, Baby Bakers, Squash Blend Vegetables, Pineapple, Yogurt Cup, Corn Bread	14. Roasted Pork Loin, Scalloped Potatoes, Stewed Tomatoes, Applesauce, Wheat Bread Salad: Chef Salad w/ Chicken	Box Lunch out on Thursday 11/14/24: Italian Pasta Salad w/ Ham	
18.	19. Sweet and Sour Chicken over Brown Rice, Steamed Broccoli, Diced Carrots, Orange Juice, Blueberry Muffin	20. Roast Beef and Swiss on Bun, Tomato Basil Soup, Potato Salad, Apricots, Pudding	21. Birthdays! Cabbage Roll, Mashed Potatoes and Gravy, Caribbean Blend Vegetables, Strawberry Fluff Salad, Roll, Cake, Ice Cream Salad: Chef Salad w/ Turkey Ham	Box Lunch out on Thursday 11/21/24: Chicken Salad / Croissant	
25.	26. Salisbury Steak, Baked Potato, Buttered Corn, Mandarin Oranges, Wheat Bread, Cookie	27. Turkey Slices, Mashed Potatoes and Gravy, Dressing, Mixed Vegetables, Pineapple, Roll, Pumpkin Pie	28. Closed - Thanksgiving Salad: Chef Salad w/ Turkey Ham	Box Lunch out on Thursday 11/28/24: Italian Sub Sandwich	
Holiday Frozens for HDM out on 11/4/24 and 11/25/24					

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

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SENIORS ON THE MOVE

November 2024



Clyde Center Walk with Ease recent participants. Check the center calendars for all program information!