

Erie County Senior Center
620 East Water Street
Sandusky, OH 44870



Hours:
Monday - Friday
8:00 am – 4:30 pm

Sponsored in part by Title III of the Older Americans Act administered through the Ohio Dept. on Aging, the Area Office on Aging of Northwest Ohio, and Erie Metropolitan Housing Authority.

THE BEST OF LIFE

ECSC

Erie County Senior Center

620 East Water Street
Sandusky, OH 44870
419-626-2560 or 1-800-701-3221

Coming Events

- 8/1 Summer Luau
- 8/7 Ice Cream Run to Toft's
- 8/9 Island Hopping Adventure
- 8/15 Breakfast at the Meadows
- 8/16 Ice Cream Run: Pizza House East
- 8/17 Euchre Tournament
- 8/20 Auxiliary Potluck Meeting
- 8/22 Ice Cream Run: Eat's 'n Treats
- 8/27 Public Card Party
- 8/29 Ice Cream Run: Steak 'n Shake



Newsletter sponsored in part by
Sandusky City Schools

<http://www.eriesenior.org>

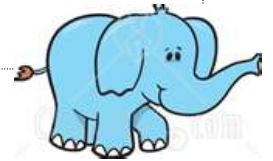
August 2017

Daily Activities

- Mondays:** 8:00 A.M. Ceramics
 9:00 A.M. Euchre
 10:00 A.M. Croquet
 12:00 Noon Bingo
 12:30 P.M. Duplicate Bridge
 5:00 P.M. Tai Chi
- Tuesdays:** 10:00 A.M. Chair Exercise Class
 1:00 P.M. Pinochle
 1:00 P.M. Hand & Foot Game
- Wednesdays:** 10:00 A.M. Yoga
 10:00 A.M. Painting Class
 1:00 P.M. Hand & Foot Game
 4:30 P.M. Tai Chi Exercise
- Thursdays:** 10:00 A.M. Chair Exercise
 10:00 A.M. Bible Study
 1:00 P.M. Pinochle
 1:00 P.M. Hand & Foot Game
- Fridays:** 8:00 A.M. Ceramics
 12:30 P.M. Dart Ball
 12:30 P.M. Duplicate Bridge
 1:00 P.M. Dominoes

2nd & 4th Tuesdays – Free Health Screening
 3rd Sunday – Auxiliary Potluck
 Last Sunday – Public Card Party

Why do you never see elephants hiding up in trees?
 Because they are really good at it



Dartball Highlights

6/16/17

1st Game: North 1 South 6 **2nd Game:** North 4 South 5
H.R. Ann 4, Bettie, Donna, Joanne 2, Nancy, Karen, James, George 1

RBI. Ann 4, Bettie, Donna, Joanne 2, John, Nancy, Karen, Tom, James, George 1
AVE. James 500, Ann 400, Joanne 375, Bettie 273, John, Donna, Jackie 250, Karen, Tom 200

6/23/17

1st Game: North 6 South 4 **2nd Game:** North 7 South 2
H.R. Karen, James 3, John, Nancy, Betty Z, Jackie, Joanne, George 1

RBI. Karen, James, John 3, Betty Z, Bettie 2, Hank, Carol, Nancy, Jackie, Joanne, George 1
AVE. John 555, James 400, Len 333, George, Ed 286, Karen 273, Jackie 250, Bettie, Betty Z, Nancy 222

6/30/17

1st Game: North 5 South 1 **2nd Game:** North 2 South 2
H.R. Nancy 2, John, Karen, Hank, Barbara, George 1
RBI. Nancy, Ann 2, John, Karen, Barbara, Hank, Len, George 1
AVE. John, Nancy 375, Barbara, Ann 250

7/7/17

1st Game: North 8 South 7 **2nd Game:** North 1 South 3
H.R. Karen 3, Anna, Len, Donna, Jackie 2, George 1
RBI. Karen, Tom, George 3, Anna, Len, Donna, Jackie 2, Ed, Nancy 1
AVE. George 571, Jackie, Anna 500, Tom 444, Len 429, Donna 375, James 350, Karen 333, John 222

Players

Anna Braden
 Donna Garwood
 Carol Grubb
 Len Johnson
 Bettie Kane
 John Kinn
 Hank Lasch
 Joanne Lee
 Ann Lococo
 Jim McGill
 Jackie McGill
 Barbara Neilson
 James Perez
 Bud Pitcher
 Delores Price
 Tom Ritzenthaler
 Helen Steele
 Nancy Swanson
 Ed Todd
 Karen Tolliver
 Betty Trammell
 George White
 Betty Zolman

August Birthdays

August 1

Nancy Kobler
Carol Grubb

August 2

Delores Seville
Juan Ramon
Beth Basinger

August 4

Laurie Zika

August 5

Sharon Wlodarsky

August 7

Wayne Larsen
Bill Allen
Mary Kern
Paula Scoggins
Mary Hall

August 8

Jessie Gordon
Joanne Greenleaf
Joseph Guerra

August 9

Carol Marsinick
Angelina Vitolan

August 10

Mary Wetzel
John Zimmerman
David Davis

August 11

Scott Barney
Raymond Ross
Judson Brandes
Kenneth Wright
Letha Miller

August 12

Thelma Cox
Debbie Ray

August 13

Frank Durr

August 14

Velma Casteel
Tim Stookey

August 15

Jack Flowers

August 16

William Illig
Sandy Hudson
Carolyn Smith

August 17

Gloria Almarez
Sharon Boyd

August 18

Richard Keech
Richard Green
Marilyn Ohlemacher
Alma Glassner
Valerie Bower

August 19

Betty Thompson
Donald Thompson

August 23

Roger Kusser
Maria Sperling
Bobbie Alexander

August 24

Jeanne Gilbert
Jane Ann Cummings
Pam Tetzloff

August 25

John Harp
Elaine Restis
Mary Artino

August 26

Irwin Weinfeld

August 27

Paul Erthe

August 28

Robert Carson

August 29

Rita Rudolph
Anthony Lane
Lisa Silvis
Ricky Young

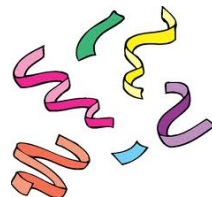
August Luncheon Programs

All Programs begin at noon

- 1 Summer Luau – Music by Jim Bilgin
- 2 “Costly Mistakes People make with Estate Planning”
- 3 Jackpot Game with Parkvue
- 4 Bingo with Portland Place
- 8 Trivia with Providence Care Center
- 9 “Book Lovers Day” – Terry Estel, Sandusky Library
- 10 Bingo sponsored by Senior Center Auxiliary
- 11 “Project Life Saver”
- 15 Games with Admiral’s Pointe
- 16 Advertising Game – Meadows of Osborne
- 17 “Love My Feet” – Mary Snyder, Arthur Shoe Tree
- 18 Bingo with Concord Care
- 22 Music with the Melody Makers
- 23 “Model T Club” – Mike Parker
- 24 “The Occasional Cookie”
- 25 Tri-Bond Game with Genacross
- 29 Trivia with Commons of Providence
- 30 Birthday Bingo
- 31 “Super Snacks for Seniors” – Susan Shickley, OSU Extension



Happy Birthday!





Toledo Zoo & Aquarium

September 26
8:15 am – 4:00 pm
Cost: \$32



Free Coffee & Muffin
Free zoo Bingo 10:30 - noon

Island Hopping Adventure

August 9
8:30 am departure (return time flexible)



Join us as we ride the Jet Express to **Kelley's Island**, and then **Put-in-Bay**. You will have free time on each island for exploring, plus be served a fabulous lunch on Kelley's (Perch sandwich, fries coleslaw, dessert)

Cost: \$55
Advance reservations required

Breakfast at the Meadows



August 15
Leaving the Center at 8:15 am
\$2 transportation fee



Free Senior Health Clinic
2nd and 4th Tuesday each month
9 – 11 am
Cost: Free
Sponsored by:
Erie County Health Dept.



Senior Center
Thrift Store
Open to the Public

Large selection of clothing
New items daily
Hours: Mon – Fri: 8:30 am – noon



Sandusky Bay Gift Shop

Greeting Cards For all occasions
Only 50 cents each!



Located inside the
Erie County Senior Center

Hours:
Mon – Fri 9:00 am - 1:00 pm

Memorial Donations

Donor:

Holly Price

In Memory Of:

Phyllis Goretsky

Other Donations

Mary Wetzel	Popcorn
Zachery Irby	Raffle Prize
Maria Sperling	Bingo Prize
Joan Chamberlain	Raffle Prizes
Carol Grubb	Bingo Prizes
Randy Simmons	Paper

Thank-you!



Need Transportation?

The Sandusky Transit System offers transportation throughout Erie County for very low fares.

Rides to and from the Senior Center are FREE of Charge!

Call (419) 627-0740 to schedule a ride

Pack Your Bags



Lancaster Show Trip: October 2 – 6.
Sight & Sound Theatre (“Jonah”),
Gettysburg, Philadelphia, Lancaster
5 days, 4 nights only \$500.

Pigeon Forge / Smokey Mtns: Nov. 13 – 17
Do you like shows? Trip includes 6 shows
(three are dinner shows), free time in
Gatlinburg, visit to the Titanic Museum,
& more. \$500.

Plan Ahead:



Alaska Cruise: Sept. 22 – 30, 2018

Travel aboard the incredible “Norwegian Pearl”, with its onboard casino, bowling alley, spa, & more. Explore Alaska and Canada as the ship visits ports at Skagway, Glacier Bay, Ketchikan, Icy Strait Point, and Victoria, British Columbia.

Includes airfare to Seattle, 1 night stay in Seattle, Guided tour of Seattle, all Shipboard meals.

Cost: \$2149 pp inside cabin
\$2499 pp outside cabin
\$2999 pp balcony cabin

Complete details available at the Senior Center



Summer Ice Cream Trips

Periodically we will be offering transportation to the local ice cream shops for a little after lunch treat.

free transportation
bring your own money for ice cream

- July 25 Joe Sunday
- August 7 Toff's
- August 16 Pizza House East
- August 22 Eats 'N Treats
- August 29 Steak 'n Shake
- Sept. 7 Mikey's Frozen Yogurt

Leaving the Senior Center at 12:45
Returning at 1:45 (advance reservation required)



Euchre Tournament

August 17
12:45 pm

Cost: \$2.00 to play
or \$5.00 includes lunch (lunch served at 11:30)

Prizes:
First prize: \$5,
Second prize: \$3
Third prize: \$2

Advance reservations recommended
Don't know how to play Euchre?
Contact Tom, he would be happy to teach you

Beginners Yoga

With Dana Mickens

Every Wednesday at 10:00 am
(no class July 5th)

This is a light-hearted, gentle yoga experience with attention to safe alignment in either a chair or on a mat. Adaptable to various levels of ability.

With regular participation, you will be able to:

- Increase your flexibility, become stronger
- relieve stress, improve your balance

Participation is free!! Stop in and check it out.

Do You Use Facebook?

Please visit
[facebook.com/Erie County Senior Center](https://www.facebook.com/ErieCountySeniorCenter)
and click "like" at the top of our page.
In return you will receive facebook updates on what's happening at the Senior Center

One per customer, photo copies not accepted.

\$1.00

This coupon can be used like cash with any vendor at the market.

Sandusky Farmer's Market

Open June - October
Every Saturday Morning 8am till Noon
Corner of Hancock & Market Street Downtown Sandusky

www.sanduskyfarmersmarket.com

Courtesy of:
Erie County Senior Center

All About the Sun

H P R O M I N E N C E S J O
 P Y S G I U G D L B T A V F
 P N D T H G I L I A J S F R
 F O G R A N U L E S Y N R A
 E I S T O R T H E A K Q N W
 L T S I S G E G R H Q O R D
 L A O W T R E C A F R U S W
 I I L F O I I N N O Y E S O
 P D S C P M O O C O R M U L
 T A T H S M I N G A R H C L
 I R I O N S Z A L O T B R E
 C S C N U B S F T R A E I Y
 A U E F S E E S A U J W D T
 L I G G S S W E A T H E R C

CORE
 CORONA
 COSMIC RAYS
 DISK
 EARTH
 ELLIPTICAL
 FLARES
 FUSION
 GASES

GRANULES
 HEAT
 HELIUM
 HYDROGEN
 LIGHT
 ORBIT
 POSITION
 PROMINENCES

RADIATION
 SOLSTICE
 STAR
 STORMS
 SUNSPOTS
 SURFACE
 WEATHER
 YELLOW DWARF



Every Monday at noon: cost \$1.00

2nd Thursday each month: Free Bingo
(sponsored by the Senior Center Auxiliary)

Last Wednesday each month: Birthday Bingo
celebration of that months birthdays
cost: one quarter.

Croquet

Monday mornings at 10 am

Join us for an easy way to get a little
fresh air and mild exercise



You're invited:

Lunch at the Senior Center is open to
everyone, there are no age restrictions.

Hours: Monday – Friday 11:30am –12:15pm

Cost: \$3.50 donation if over age 60
\$5.00 for all others

Peaches and Cream Freezer Pie

2 large peaches, peeled and chopped
 1 ½ cups heavy whipping cream
 1 teaspoon vanilla
 ¼ teaspoon ground ginger (optional)
 ½ cup sugar
 Graham cracker crust



1. Place chopped peaches in bowl, drizzle vanilla over them. Add sugar and fold in.
2. Whip the cream with electric mixer until soft peaks form.
3. Fold the peach mixture gently into the whipped cream.
4. Pour the mixture into the crust and smooth the top.
5. Freeze for several hours. (May need to set out for 15 minutes before serving)

Graham Cracker Crust

1 ½ cups graham cracker crumbs
 1/3 cup sugar
 6 Tablespoons butter, melted

Mix all ingredients well and press into 8 or 9 inch pie plate. Bake at 375 degrees for 7 minutes. Cool before filling

The Senior Center Auxiliary is looking for new members. Membership is open to adults of any age, male or female. A potluck meeting is held the 3rd Sunday of each month from 1:00 to 3:00pm. The Auxiliary helps to brighten the lives of our senior citizens by providing programs, treats, bingo games, etc. at the Senior Center. It also assists in raising funds to help support the services offered by the Senior Center, such as "Meals-on-Wheels"

Auxiliary Monthly Raffle

June Winners

Larry Myers
 Mary Jane Riedy
 Regine Schmidt



Public Card Party

Sunday, August 27

1:00 - 4:00 pm
 Cost: \$4.00

Chair Exercise / Beach ball Volleyball

Get healthy & have fun all at the same time!

Every Tuesday & Thursday at the Senior Center
 10:00 – 11:00 AM
 Come join in the Fun!





August 1 Summer Luau



with Island music by **Keyboard Cleats**
Be sure to wear your favorite Hawaiian shirt!



National Book Lovers Day August 9th

The Senior Center has a free lending library stocked full of good books to read. Many new titles, as well as some older classics. Stop in and pick up something to read!

Terry Estel from the SanduskyLibrary will be our noon presenter for Book Lovers Day

Volunteers Needed



The **Meals-On-Wheels** Program is in need of a few more hands.

Could you help out one day per week from 10:30am to noon? This is a great activity to participate in with a friend, and enjoy some true quality time together.

The Senior Center newsletter is available each month at the Senior Center for a quarter. A copy can be mailed to your home each month when you make a donation of \$8.00 or more. If you would like to subscribe please fill out & return the form below:

Did You Know?

The Senior Center delivers over 300 meals to homebound seniors **each day**

Bible Study



This informal group meeting takes place every Thursday morning at 10:00am at the Senior Center

Please join us!

Newsletter Subscription Minimum \$8.00 donation

Name _____

Address _____

Phone _____

Drop off or mail to: Erie County Senior Center
620 E. Water Street
Sandusky, Ohio 44870



August Menu



Monday	Tuesday	Wednesday	Thursday	Friday
	1	2	3	4
<i>LUNCH SERVED: Week days 11:30am. – 12:15pm. Senior Donation \$3.50 All others</i>	Teriyaki Chicken Drumstick French Fries Mixed Vegetables Grapes	Spaghetti & Meatballs Peas Cauliflower Cinnamon Applesauce	Chicken Taco Salad Dinner Roll Apple Cookie	Honey Lemon Chicken Baked Potato Green Beans Mixed Fruit
7	8	9	10	11
Roast Beef Mashed Potatoes Corn O'Brien Cinnamon Applesauce Cookie	Creamed Chicken Biscuit Green Beans Carrots Peaches	Hamburger Baked Beans Coleslaw Diced Pears	Pork Loin Mashed Sweet Potatoes Peas & Carrots Peaches	Chicken Salad Potato Salad Broccoli Salad Mixed Fruit
14	15	16	17	18
Chef Salad w/ ham, egg, cheese Macaroni Salad Roll Peaches	Pork Loin Mashed Sweet Potatoes Peas Banana	BBQ Chicken Drumstick AuGratin Potatoes Broccoli Pears Cookie	Beef Hot Dog Baked Beans Cabbage & Carrots Applesauce	Sloppy Joe French Fries Mixed Vegetables Mixed Fruit
21	22	23	24	25
BBQ Pork Pinto Beans Succotash Applesauce	Creamed Chicken Biscuit Corn Carrots Mixed Fruit	Lasagna Peas Cauliflower Fresh Peach	Grilled Chicken Salad Macaroni Salad Dinner Roll Peaches	Beef Teriyaki Stir Fry Rice Green Beans Pears
28	29	30 Birthday Bingo	31	
Honey Lemon Chicken French Fries Stewed Tomatoes Cinnamon Applesauce	Spaghetti & meat sauce Green Beans Zucchini & Summer squash Pears	Meatloaf Mashed Potatoes Peas Mixed Fruit Cake	Roast Turkey Sweet Potatoes Corn Apple	For Reservations: (419) 626-2560 or 1-800-701-3221 <u>For meal content please</u> contact the Senior Center

*Milk & Dinner Roll (or bread) are served with each meal

