

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

- 8/6 Trip to Joe Sundaes
- 8/7 Trip: Island Hopping
- 8/9 Trip to Cleveland Indians Game
- 8/19 Auxiliary Potluck
- 8/20 Trip to Eats 'n Treats for ice cream
- 8/24 Summer Picnic
- 9/3 Closed for Labor Day



Newsletter sponsored in part by
Sandusky City Schools

<http://www.eriesenior.org>

August 2018

Daily Activities

- Mondays:** 8:00 A.M. Ceramics
 9:00 A.M. Euchre
 12:00 Noon Bingo
 12:30 P.M. ACBL Duplicate Bridge
 5:00 P.M. Tai Chi
- Tuesdays:** 10:00 A.M. Chair Exercise Class
 10:00 A.M. Knitting & Crocheting
 1:00 P.M. Hand & Foot Game
- Wednesdays:** 10:00 A.M. Yoga
 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. Hand & Foot Game
- Fridays:** 8:00 A.M. Ceramics
 12:30 P.M. Dart Ball
 12:30 P.M. ACBL Duplicate Bridge
 1:00 P.M. Dominoes

2nd & 4th Tuesdays – Free Health Screening
 3rd Sunday – Auxiliary Potluck (March – Nov.)



Dominos

Fridays at 1:00 pm



Dartball Highlights

6/8/18

1st Game: North 3 South 3 **2nd Game:** North 4 South 7

H.R. Jim 3, Bettie 2, Karen, Len, George 1

RBI. Jim 4, Bettie, Jackie 3, Karen, George 2, Len, Ed, Donna 1

AVE. Ed 410, Jackie 312, John, Joanne, George 311, Bettie 310,
 Donna 214, Carol 213, Karen, Len 210

6/15/18

1st Game: North 1 South 5 **2nd Game:** North 6 South 6

H.R. Jackie 3, Jim, Karen, Donna 2, Bettie, Len, Nancy 1

RBI. Karen, Donna, Jackie, Jim 3, John 2, Bettie, Len, Nancy,
 Ed 1

AVE. Donna 613, Len 416, Karen, Ed, Jackie 413, John 317,
 Jim 313, Bettie 215

6/22/18

1st Game: North 2 South 8 **2nd Game:** North 4 South 1

H.R. Jackie, Jim 2, Joanne, John, Nancy 1

RBI. Jackie, Jim, John 3, Tony, Donna, Joanne, Ed, Nancy,
 Bettie 1

AVE. John 511, Jackie 411, Jim 311, Len 310, Donna 211,
 Nancy, Ed, Tony, Joanne 210

6/29/18

1st Game: North 9 South 5 **2nd Game:** North 5 South 9

H.R. Jim 6, Bettie, Nancy 3, John, Jackie 2, Karen, Len, Donna,
 Betty, George 1

RBI. Jim 7, John 5, Bettie, Nancy, Jackie 3, George 2, Karen,
 Len, Ed, Donna, Betty 1

AVE. Jim 711, John 613, Jackie 612, Nancy 512, Len 413,
 Karen 313, Bettie, Ed 312, Donna 213, George 211

Players

Anna Braden
 Donna Garwood
 Carol Grubb
 Len Johnson
 Bettie Kane
 John Kinn
 Hank Lasch
 Joanne Lee
 Ann Lococo
 Tony Mathews
 Jim McGill
 Jackie McGill
 Tom Ritzenhaler
 Helen Steele
 Nancy Swanson
 Ed Todd
 Karen Tolliver
 Lynn Walker
 George White
 Betty Zolman

August Birthdays



August 1

Nancy Kobler
Carol Grubb

August 2

Delores Seville
Beth Basinger

August 6

Barb Chiow

August 7

Mary Kern
Wayne Larsen

August 8

Susan Cox
Joanne Greenleaf
Joseph Guerra

August 9

Angelina Vitolan

August 10

Mary Wetzel
John Zimmerman

August 11

Frank Valli

August 13

Frank Durr
Gretchen Robinson

August 14

Velma Casteel
Tim Stookey
James New

August 15

Cliff Bohland

August 16

William Illig

August 17

Sharon Boyd

August 18

Richard Keech
Valerie Bower

August 19

Cheryl Kilmer

August 20

Larry Stansbery

August 22

Ralph Roth

August 23

Maria Sperling
Bobbie Alexander

August 24

Jeanne Gilbert
Jane Ann Cummings
Pam Tetzloff
Maria Bonilla-Clark

August 25

John Shenberger

August 26

Carolyn Sullivan
Charles David

August 28

Robert Carson
Deb Rogers
Milton Poths

August 29

Ricky Young

August 31

Pat Warner



August Luncheon Programs

All Programs begin at noon

- 1 Erie MetroParks
- 2 Jackpot Game
- 3 Bingo with Portland Place
- 7 "Salute to Sandusky's Birthday" – Melody Makers Choir
- 8 "News from Otterbein Senior Life"
- 9 Bingo sponsored by Senior Center Auxiliary
- 10 Fair Day Fun
- 14 Bingo with Continuing Healthcare of Milan
- 15 Bingo with Stein Hospice
- 16 "About those medications . . ." – Angela Downs
- 17 Bingo with Concord Care
- 21 Games with Admiral's Pointe
- 22 Trivia with Commons of Providence
- 23 "Adaptive Adventures" – Larry Knauer
- 24 Cook-out day AND 2019 Trip Preview.
- 28 Trivia with Providence Care Center
- 29 Birthday Bingo
- 30 S'Mores Day! Make your own delicious treat.
- 31 Line Dancing

Trips & Adventures



Island Hopping Trip

August 7 \$55

Ride the Jet Express to Kelley's Island
 Enjoy your morning exploring the Island, then
 meet at "Peepers" for lunch (included).
 After lunch we travel to Put-in-Bay for the afternoon.
 Variable return times available.
 Reservations required.

Lancaster Show Trip & Dutch Country

October 2 – 4



See the spectacular musical "Jesus"
 Tour the Pennsylvania Dutch Amish country
 Visit the charming Kitchen Kettle Village

\$365 per person (dbl occupancy)
 2 Breakfasts & 2 Dinners included

In collaboration with Firelands Regional Medical Center 55+ Club:

Grove City Premium Outlets

November 8

Motor coach transportation from Sandusky
 Shop at over 130 brand name outlets
 Coupon book
 Tax-free status on most clothing
 Room under bus to store your purchases

\$42

Depart from Firelands Dialysis Center (West lot) at 7:15 am
 Return time approximately 8:00 pm

Control Yourself



- | | | |
|-----------|-----------|------------|
| ACCEPTING | COURTEOUS | REASONABLE |
| AMIALE | DIGNIFIED | RELAXED |
| CALM | EASYGOING | RESERVED |
| CAPABLE | FAIR | SATISFIED |
| COLLECTED | KIND | SEDATE |
| COMPOSED | MILD | SERENE |
| CONFIDENT | MODERATE | TEMPERATE |
| CONTENTED | PATIENT | TRANQUIL |
| COOL | POISED | UNRUFFLED |

Memorial Donations

<u>Donor</u>	<u>In Memory Of:</u>
Mike & Mary Lou Roth John Kinn	Margie Litzinger Allen Montelauro

Other Donations

Lorene Andres	Bingo Prizes
Bob Stacey	Bingo Prizes
Helen Steele	Bingo Prizes
Marilyn Arnold	Bingo Prizes
Luana Napka	Bingo Prizes
Maria Sperling	Coffee



New Thermal delivery bags were purchased for the Huron, Vermilion, and Birmingham areas with funding made available by the **Wightman Wieber Charitable Foundation**



Thanks to the **Toledo Community Foundator** Mudhens Transportation Fund, we were able to charter a bus to take 35 seniors to enjoy a Mudhens Game!

Thank-you!

Ice Cream Trips



August 6 Joe Sundae

August 20 Eats 'n Treats

Free Transportation!

Just bring money for ice cream

Leaving from the Senior Center at 1:00 pm

Mama Mia!

October 10

Enjoy this fun Broadway hit at Cleveland's Playhouse Square

\$70 for transportation and show ticket.

Leaving from the Senior Center at 11:30 am



Great Trains and Grand Canyons

March 2019

This amazing adventure includes 2 rail journeys (Grand Canyon Railway and Verde Canyon Railway), Grand Canyon Nat'l Park, Montezuma Castle, Sedona Trolley Tour, Chuckwagon Supper Show, Chapel of the Holy Cross, Old Town Scottsdale, & much more.

Trip Preview September 19 at 3:00 pm



Guess where we are heading next!

Would you like to know what trips are being planned for next year?

Join us for lunch on Aug. 24 when Jane Ann will announce the exciting adventures in store for 2019.

Cleveland Indians Games

Thurs., August 9 vs Minnesota Twins
Wed., Sept. 5 vs Kansas City Royals



Each Indians Game includes Club seats, all the food you can eat, deluxe charter bus.

\$85 per game



The Melody Makers Choir

has openings for choir members.

You don't have to be able to read music, anyone who enjoys singing is welcome. It's free to join and materials are provided.

Come check out the performance at the Senior Center
Tuesday, August 7 at noon
Or call the Senior Center for more info



Zesty Zucchini Boats

6 to 8 small (5 – 7 in) or 2 large (10 in) zucchini
12 oz. ground pork sausage
½ cup chopped onion
½ cup chopped green bell pepper
½ cup chopped red bell pepper
11 oz can condensed zesty tomato soup
¼ cup grated Parmesan cheese
1 Tablespoon Parsley flakes
7 oz can corn, drained
1 cup shredded Mozzarella cheese
4 cups shredded lettuce, if desired



Heat oven to 350 degrees. Remove stems from zucchini; slice each in half lengthwise. Cut thin slice from bottom so each half will sit upright. Remove seeds, leaving ¼ inch pulp on all sides. Place on ungreased 15 x 10 x 1" pan and set aside.

In large skillet brown sausage with onion and peppers; Drain well. Stir 1/3 cup of the soup, Parmesan cheese, parsley, corn, and mushroom. Spoon mixture evenly over zucchini halves. Spoon remaining soup evenly over tops. Carefully cover with foil without touching topping mixture.

Bake at 350 for 25 – 35 minutes until thoroughly heated. Remove foil. Sprinkle mozzarella cheese on top. Broil for 2 to 3 minutes or until cheese is melted and begins to brown. Serve with shredded lettuce.



Free Senior Health Clinic
2nd and 4th Tuesday each month
9:00 am – 11:00 am

Sponsored by Erie County Health Dept.

Euchre Tournament

September 18 12:45 pm



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

Cost: \$2.00 to play

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

Beginners Yoga

With Dana Mickens

Every Wednesday at 10:00 am

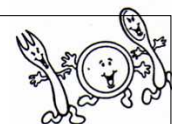
This is a light-hearted, gentle yoga experience with attention to safe alignment in either a chair or on a mat. Adaptable to various levels of ability.

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.

Volunteers Needed



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

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



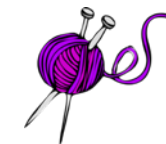
Cook-Out Day



Join us for lunch on Friday, August 24
and you'll be treated to
a juicy, hot burger fresh off the grill!

Knitting / Crocheting Workshop

Tuesdays: 10 – 11:30 am



All skill levels welcome

Learn a new skill

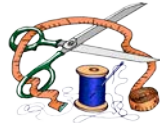
Share ideas with other crafters



Senior Center Thrift Shop

National Thrift Shop Days: August 16 & 17
10% off total purchase of \$1.00 or more

Craft & Basket Sale: September 4
One day only! **Large** selection.



Hours:
Monday: 9:00 am – 2:00 pm
Tues. – Fri: 9:00 am - noon



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

Bake Sale

Monday, September 17
9:00 am - noon



Sponsored by the Senior Center Auxiliary

Senior Auxiliary Potluck

Sunday, August 19
1:00 pm

Have you ever considered joining the Auxiliary?
Come to our potluck in August and find out more
about what the Auxiliary does and how YOU can
become involved

The **Senior Center Auxiliary** is looking for new members. Membership is open to adults of any age, male or female. 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

Regine Schmidt
John Hensley
Sam

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!

Need Local 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

Bible Study



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

Please join us!



ACBL sanctioned Bridge Games

Every Monday & Friday
12:30 – 4:30 pm



Line Dancing

August 31 at noon

Beginners Welcome!

Scrabble Anyone?

If you are interested in playing scrabble let us know & we will get a group together

You're Invited:



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

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

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



Sandusky Bay Gift Shop

Located inside the Senior Center

Large selection of 50 cent greeting cards, jewelry, gift items, snacks, & more.

Hours: Mon – Fri 8:30 am – 1:00 pm



August Menu



Monday	Tuesday	Wednesday	Thursday	Friday
		1	2	3
<p>LUNCH SERVED <i>Week days</i> 11:30am. – 12:15pm. <i>Senior Donation \$3.50</i> <i>All others \$5.00</i></p>	<p>For Reservations: (419) 626-2560 or 1-800-701-3221 <u>For meal content please</u> contact the Senior Center</p>	<p>Chicken Ceasar Salad Pasta Salad Pears Cookie</p>	<p>Chicken Patty Sandwich Corn Baby Carrots Banana</p>	<p>Stuffed Baked Potato w/broccoli & cheese Baked Beans Cinnamon Applesauce</p>
6	7	8	9	10
<p>Burrito Spanish Rice Corn O'Brien Mixed Fruit</p>	<p>Scrambled Eggs/cheese Sausage Broccoli Hash Brown Fresh Orange</p>	<p>Spaghetti & Meatballs Peas Cauliflower Applesauce</p>	<p>Chicken Taco Salad Corn & Black Bean Salsa Apple Dinner Roll</p>	<p>Shredded BBQ Chicken Scalloped Potatoes Irish Blend Vegetables Grapes</p>
13	14	15	16	17
<p>Roast Beef Mashed Potatoes Corn O'Brien Cinnamon Applesauce Cookie</p>	<p>Teriyaki Chicken Drumstick French Fries Mixed Vegetables Grapes</p>	<p>Hamburger Baked Beans Calico Coleslaw Pears</p>	<p>Country Fried Steak Red Potatoes Carrots Peaches</p>	<p>Chicken Salad Potato Salad Broccoli Salad Mixed Fruit</p>
20	21	22	23	24
<p>Chef Salad Macaroni Salad Wheat Bread Peaches</p>	<p>Italian Pork Loin Sweet Potatoes Peas Applesauce</p>	<p>BBQ Chicken Drumstick AuGratin Potatoes Broccoli Pears Cookie</p>	<p>Beef Hot Dog Baked Beans Mixed Vegetables Apple</p>	<p>Hamburger Potato Wedges Corn Mixed Fruit</p>
27	28	29	30	31
<p>BBQ Pork Pinto Beans Succotash Applesauce</p>	<p>Creamed Chicken Biscuit Corn Carrots Mixed Fruit</p>	<p>Meatball Sub Potato Wedges Green Beans Grapes Cake</p>	<p>Chef Salad w/ chicken Macaroni Salad Peaches Roll</p>	<p>Roast Beef Mashed Potatoes Carrots Peaches</p>

