

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**

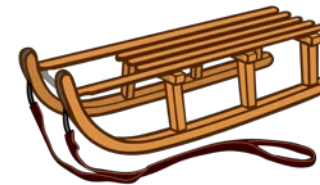
*ECSC*

## Erie County Senior Center

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

### Coming Events

- 1/1 Closed
- 1/10 Therapy Dog Visit
- 1/15 Closed
- 1/16 Breakfast at the Meadows
- 1/25 Karaoke Day
- 2/13 Euchre Tournament



Newsletter sponsored in part by  
**Sandusky City Schools**

<http://www.eriesenior.org>

*January 2018*

## Daily Activities

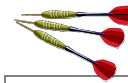
- Mondays:** 8:00 A.M. Ceramics  
 9:00 A.M. Euchre  
 12:00 Noon Bingo  
 12:30 P.M. ACBL Duplicate Bridge  
 5:00 P.M. Tai Chi
- Tuesdays:** 10:00 A.M. Chair Exercise Class  
 10:00 A.M. Knitting & Crocheting  
 1:00 P.M. Pinochle  
 1:00 P.M. Hand & Foot Game
- Wednesdays:** 10:00 A.M. Yoga  
 1:00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

2<sup>nd</sup> & 4<sup>th</sup> Tuesdays – Free Health Screening  
 3<sup>rd</sup> Sunday – Auxiliary Potluck



## Dominoes

Fridays at 1:00 pm



## Dartball Highlights

11/17/17

**1<sup>st</sup> Game:** North 2 South 6 **2<sup>nd</sup> Game:** North 0 South 2  
**H.R.** Tom 2, Nancy, Ann, Jim 1  
**RBI.** Tom 3, Jackie 2, Nancy, Len, Ann, Jim, George 1  
**AVE.** Tom 500, Ann 333, Jackie 300, James 273, Ed 250

12/1/17

**1<sup>st</sup> Game:** North 8 South 1 **2<sup>nd</sup> Game:** North 8 South 1  
**H.R.** John, Hank 2, Anna 1  
**RBI.** Anna, John, Bettie 4, Hank 3, Nancy, Joanne, George 1  
**AVE.** John 667, Anna 444, Ed 416, Bettie, Jim 250, Len 200

12/8/17

**1<sup>st</sup> Game:** North 3 South 7 **2<sup>nd</sup> Game:** North 1 South 3  
**H.R.** Jim, George 3, Jackie, Carol 2, Bettie 1  
**RBI.** George 4, Jim 3, Jackie, Carol 2, Bettie, Anna, Tom 1  
**AVE.** George 400, Jim 300, Ed 250, Anna 222, Jackie, Carol 200

## 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
- Tom Ritzenthaler
- Helen Steele
- Nancy Swanson
- Ed Todd
- Karen Tolliver
- George White
- Betty Zolman

## Did You Know?

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

## January Birthdays



### January 1

Sandy Barckert  
Wayne Meyers  
Tom Lazzara

### January 2

Carol Champion  
Margie Kaman  
Ruth Novak

### January 3

Mary Potts

### January 4

Charles Wechter  
Emma Seitz

### January 5

James Myers  
Kenneth Wilford  
Karin Rann

### January 6

Brenda Toth

### January 7

Mary Herman  
Elzada Shine

### January 8

Wamda Bailey

### January 9

Richard Wilson  
Delores Krause

### January 10

Helen Mullins  
Carolyn Brought  
Julie Cyrek

### January 11

Thomas McGory  
Marian Parker  
Willie Keys  
Harriet Russell

### January 13

Paula Wilgrube

### January 14

Eleanore Dillon  
Dorris Holleman  
Bonnie Crawford

### January 15

Kathy Rohde

### January 16

June Illig  
Charles Stephens  
Everline Cook

### January 17

Allen Boros  
Luanne Napka

### January 18

Larry Hummel  
Walter Bauman  
Kay Ulmer

### January 19

Mel Bortsheller  
Brad Traut

### January 20

Ruth Brown

### January 21

Ralph Springer  
Ralph Munger

### January 22

Julia Johnson

### January 23

Mattie Clark  
Barbara Noftz

### January 24

Lee Alexakos  
Candia Howman

### January 25

Ellen Eckert  
Ruth Sprague

### January 26

Ronald Schemmer  
Ruth Speer

### January 27

Carolyn Fox

### January 28

Harriet Cousino  
Glen Waterfield

### January 29

Johnnie Neal  
Don Gysan

### January 30

Alberta McLaughlin  
Mary Gysan  
Leona Mann  
Deborah Coffey

### January 31

Tom Rodriguez  
Eleanore Flesher  
Greg Wright

## January Luncheon Programs

*All Programs begin at noon*

- 2 Battle of the Sexes Game with Tom
- 3 "That's It" Game with Jane Ann
- 4 Jackpot Game with Parkvue
- 5 Bingo with Portland Place
- 9 Trivia with Providence Care Center
- 10 "Canines for Christ" Therapy Dogs – Joan Hartley
- 11 Bingo sponsored by Senior Center Auxiliary
- 12 "Everyone's Buzzing about the Bees" – Rich Brutsche
- 16 Games with Admiral's Pointe
- 17 Advertising Game – Meadows of Osborne
- 18 The Little Clinic at Kroger – Connie Palakadeti
- 19 Concord Care Bingo
- 23 Meet the staff of Family Health Services
- 24 "Maiden Voyage of the *Onward*" – Bob Reynolds
- 25 Karaoke
- 26 Tri-Bond Game
- 30 Trivia with Commons of Providence
- 31 Birthday Bingo



### Family Health Services

This medical practice is now scheduling patients at its Senior Center location. To learn more about them and meet the staff, please attend the noon presentation on Tuesday, January 23<sup>rd</sup>.

### “The Maiden Voyage of Onward”

Hear the fascinating story of the 9,000 mile trip made in 1906 by Scott J. Matthews, founder of the Matthews Boat Company. Presenter Bob Reynolds is the grandson of Scott Matthews.

Wednesday, Jan. 24 at noon.



Like to Sing?  
Join us for **Karaoke**  
Thursday, January 25 at noon

### Breakfast at the Meadows

January 16  
Leaving the Center at 8:15 am  
\$2 transportation fee



### Free Senior Health Clinic

2<sup>nd</sup> and 4<sup>th</sup> 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:

Linda & Tom Strauss  
Lori Holt  
Nancy Swanson  
Carol Grubb  
Lisa Fryer  
Kathy Loris  
Agnes Heckelman

### In Memory of:

June McIntyre  
Vivian Vickery  
Vivian Vickery  
Vivian Vickery  
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Vivian Vickery

## Other Donations

Bill Poeschl	Bird Seed
Nick Pasqualini	Bingo Prizes
Shari Smith	Raffle Prize
Mary Potts	Bingo Prizes
Helen Steele	Bingo Prizes
June Schell	Coffee

## Thank-you!

Many Thanks to these community partners who provided materials and refreshments for the meals on wheels training in December:

Grace Episcopal Church  
Meijer  
Longhorn Steakhouse  
Lee's Chicken  
Mrs. Fields Chicken

## Pack Your Bags

### **New York City**

April 26 – May 1

See the Statue of Liberty, Ellis Island, Central Park, Times Square, Rockefeller Center, 911 Memorial

Only \$575 pp (based on double occupancy)

### **Ark Encounter & More**

June 11 – 15

Visits the Creation Museum, Ark Encounter, Newport Aquarium, Cincinnati Zoo & Gardens

\$550 pp (based on double occupancy)

### **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



### January Bingo Days

1/5 Portland Place Bingo – Free of charge

1/11 Senior Auxiliary Bingo – Free of Charge

1/19 Bingo with Concord Care – Free

1/31 Birthday Bingo – cost: one quarter

**Plus:** Every Monday Bingo at noon - \$1.00 to play



### More Fun & Games at the Senior Center

Jan. 1: “Battle of the Sexes” Game

Jan. 3: “That’s It” Game

Jan. 4: “Jackpot Game”

Jan. 9 Trivia

Jan. 16 Games with Admirals Point

Jan. 26 “Tri-Bond” Game

Jan. 30 Trivia



### **Euchre Tournament**

February 13  
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 5<sup>th</sup>)

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***

and click “like” at the top of our page.

In return you will receive facebook updates on what's happening at the Senior Center





## Eat your Vegetables

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

BEANS  
BEET  
CABBAGE  
CARROT  
CELERY  
CHARD  
CHICORY  
CHIVE  
CORN  
CRESS  
ENDIVE

ESCAROLE  
GARLIC  
KALE  
LEEK  
LENTILS  
LETTUCE  
NOODLES  
OKRA  
ONION  
PARSLEY  
PARSNIP

PEAS  
PEPPER  
POTATO  
ROMAINE  
RUTABAGA  
SCALLION  
SPINACH  
SWEDE  
TOMATO  
TURNIP



## Winter

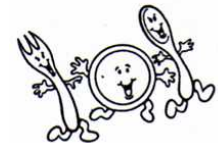


A young couple bought an old house in Northern Ohio from two elderly sisters. Winter was fast approaching and the wife was concerned about the house's lack of insulation. "If those two ladies could live here all those years, so can we!" the husband confidently declared.

One January night the temperature plunged to below zero, and we woke up to find interior walls covered with frost. The husband called the sisters to ask how they had kept the house warm. After a rather brief conversation, he hung up.

"For the past 30 years," he muttered, "they've gone to Florida for the winter."

## 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.



### Easy Tomato & Corn Soup

1 can (10 oz) diced tomatoes  
 1 can (10 oz) creamed corn  
 1 cup milk  
 ½ medium onion, minced  
 2 cloves garlic, minced  
 2 Tablespoons olive oil  
 3 green onion stalks, chopped  
 Salt & pepper to taste



Heat oil in medium saucepan.  
 Add onion and garlic and cook until translucent  
 Add canned tomatoes. Cook for about 3 minutes.  
 Add creamed corn and milk, stir to combine.  
 Slowly bring to boil.  
 Reduce heat, add green onions and salt/pepper  
 Cook for about 5 minutes until well combined

### Easy Cornbread

1 ¼ cup flour	½ tsp. salt
¾ cup cornmeal	1 cup milk
¼ cup sugar	¼ cup vegetable oil
2 tsp. baking powder	1 egg, beaten

Heat oven to 400 degrees. Grease 9" square pan.  
 Combine dry ingredients. Stir in milk, oil, and egg  
 just until moistened. Pour into pan.  
 Bake 20 to 25 minutes or until golden brown.

### Play Cards at the Senior Center



Bridge: Mondays and Fridays at 12:30 pm

Pinochle: Tuesdays & Thursdays at 1:00 pm

Euchre: Mondays at 9:00 am

Hand & Foot: Tues, Wed, and Thurs at 1:00 pm



*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

### Auxiliary Monthly Raffle

November Winners

Sandra Brown  
 Ed Todd  
 Barb Stahley

### 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 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

### 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"

### Bible Study



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

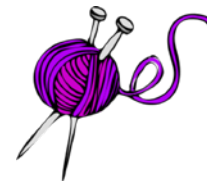
Please join us!

### Pinochle Players

Great news!

Pinochle is starting back up in January Tuesdays & Thursdays at 1:00 pm See Tom or Jane Ann for a copy of the newly established "Card Club Guidelines"

### Knitting / Crocheting Workshop



Tuesdays: 10 – 11:30 am



All skill levels welcome  
Learn a new skill  
Share ideas with other crafters  
Please call to pre-register

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:

### 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



# January Menu



Monday	Tuesday	Wednesday	Thursday	Friday
1 <b>Closed</b>	2	3	4	5
	Polish Sausage Sauerkraut Baked Beans Applesauce	Goulash Cauliflower Green Beans Banana Cookie	Chicken Patty Sandwich Baked Beans Baby Carrots Pears	Stuffed Baked Potato w/ chili & cheese Corn Cinnamon Applesauce
8	9	10	11	12
Roast Beef Mashed Potatoes Corn O'Brien Grapes	Creamed Chicken Green Beans Carrots Mixed Fruit	Meatball Sub French Fries Peas Cauliflower Cinnamon Applesauce	Chicken Taco Salad Black Bean Corn Salsa Dinner Roll Apple	BBQ Pork Pinto Beans Succotash Mixed Fruit
15 <b>Closed</b>	16	17	18	19
	Baked Strata Hash Browns Broccoli Mixed Fruit	Salisbury Patty Roasted Red Potatoes Kettle Blend Veggies Apple	Macaroni & Cheese Peas Carrots Peaches	BBQ Chicken Sandwich French Fries Irish Blend Veggies Banana
22	23	24	25	26
Sweet & Sour Chicken Brown Rice Sugar Snap Peas Peaches	Pork Loin Sweet Potatoes Peas Mixed Fruit	BBQ Chicken Drumstick AuGratin Potatoes Broccoli Pears Cookie	Sloppy Joe French Fries Mixed Vegetables Banana	Beef Hot Dog Baked Beans Cabbage & Carrots Applesauce
29	30	31 <b>Birthday Bingo</b>		
Honey Lemon Chicken Baked Potato Green Beans Applesauce	Chili Mac Cauliflower Carrots Mixed Fruit	Lasagna Peas Corn Banana	<b>For Reservations:</b> (419) 626-2560 or 1-800-701-3221  <u>For meal content please</u> contact the Senior Center	<b>LUNCH SERVED:</b> <i>Week days</i> <b>11:30am. – 12:15pm.</b> <b>Senior Donation \$3.50</b> <b>All others \$5.00</b>

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

9	10	11	12	13
CLOSED - COLUMBUS DAY	JOHNNY MARZETTI GREEN BEANS W/BABY CARROTS BREAD OR ROLL APRICOTS	OPEN FACE ROAST BEEF W/ GRAVY POTATO WEDGES BROCCOLI BREAD OR ROLL PLUM CHERRY CHEESECAKE	PEPPER STEAK W/ GRAVY DICED POTATOES PEPPER & ONIONS CAULIFLOWER AUGRATIN BREAD OR ROLL ORANGES & PINEAPPLE	SALMON CAKE MASHED POTATOES CREAMED PEAS COLE SLAW BREAD OR ROLL SUNSHINE PEACHES
16	17	18	19	20
BRATWURST W/ CHEESE SAUERKRAUT GERMAN POTATO SALAD BREAD OR ROLL CITRUS SECTIONS CHERRY SQUARE	BAKED PORK CHOP W/ SOUR CREAM GRAVY MASHED POTATOES GLAZED CARROT SLICES SPICED APPLE RINGS BREAD OR ROLL APRICOTS	CHICKEN THIGH TAVERN FRIES CALIFORNIA VEGETABLES CITRUS SLAW BREAD OR ROLL PEARS W/ RAISINS	BEEF TERIYAKI RICE BROCCOLI & GREEN BEANS BREAD OR ROLL MANDARIN ORANGES CHOCOLATE PUDDING	SWEDISH MEATBALLS IN GRAVY NOODLES GREEN BEANS W/ STEWED TOMATOES BREAD OR ROLL APPLE MUFFIN FRESH FRUIT
23	24	25 BIRTHDAY BINGO	26	27
ITALIAN SAUSAGE W/ GREEN PEPPERS & ONIONS DICED POTATOES W/ CHEESE STEWED TOMATOES SUB BUN PINEAPPLE	CHICKEN PAPRIKA POTATO PANCAKE W/ SOUR CREAM MIXED VEGS. W/ CARROTS BISCUIT APRICOTS	CITY CHICKEN W/ GRAVY MASHED POTATOES GARDEN PEAS BREAD OR ROLL FRESH FRUIT CAKE & ICE CREAM	GRILLED HAMBURGER W/ CHEESE POTATO WEDGES BOSTON BAKED BEANS BUN PINEAPPLE & ORANGES	CHICKEN TETRAZZINI W/ NOODLES KEY WEST VEGETABLES CITRUS SALAD BREAD OR ROLL PUDDING
30	31 HALLOWEEN			
HAWAIIAN HAM W/ PINEAPPLE SCALLOPED POTATOES LIMA BEAN BAKE BREAD OR ROLL MANDARIN ORANGES	WITCHES & DRAGON STEW W/ TADPOLE CARROTS CREEPY COLE SLAW BREAD OR ROLL BLOODY APPLES GRAVEYARD CAKE			

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