

**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**

- 7/4 Closed for Independence Day
- 7/6 Trip to Mikey's Frozen yogurt
- 7/10 Euchre Tournament
- 7/12 Pie Raffle
- 7/15 Chicken BBQ
- 7/16 Trip to Toft's for Ice Cream
- 7/26 Trip to Dairy Queen
- 7/27 Summer Luau



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

<http://www.eriesenior.org>

*July 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

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



## Dominos

Fridays at 1:00 pm



## Dartball Highlights

5/11/18

**1<sup>st</sup> Game:** North 2 South 5    **2<sup>nd</sup> Game:** North 2 South 8  
**H.R.** Jim 4, Hank, Jackie 2, Karen, Ed, Joanne 1  
**RBI.** Jackie 5, Jim 4, Ed, Hank, Joanne 2, Bettie, Karen 1  
**AVE.** Jackie 610, George 510, Jim 420, Ed 390, Hank 212, Karen 210

5/18/18

**1<sup>st</sup> Game:** North 1 South 2    **2<sup>nd</sup> Game:** North 5 South 3  
**H.R.** Jim 5, Karen 3  
**RBI.** Jim 5, John, Karen 3  
**AVE.** John 614, Jim 516, Ed 513, Karen 313, George 214, Anna 213

5/25/18

**1<sup>st</sup> Game:** North 6 South 4    **2<sup>nd</sup> Game:** North 3 South 0  
**H.R.** Karen 4, Nancy 2, Ed, Jackie 1  
**RBI.** Karen 4, Jackie 3, John, Nancy 2, Ed, Donna 1  
**AVE.** Donna, Jackie 411, John 410, Karen 409, Ed 390, Carol 311, Nancy 290

6/1/18

**1<sup>st</sup> Game:** North 9 South 2    **2<sup>nd</sup> Game:** North 2 South 1  
**H.R.** Jackie, Len 2, Karen, Bettie 1  
**RBI.** Bettie 4, Len 3, Karen, Jackie 2, John, Lynn, Joanne 1  
**AVE.** Lynn 612, Karen, Bettie 412, Jackie 311, Len 310

## Players

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

## July Birthdays



### July 1

Barb Fitzthum  
Gean Johnson  
Thomas Knight

### July 4

Paul Carr  
William Noftsinger  
Mark Johnson  
Pam Litzenberg

### July 5

Susie Wilhelm  
Conley Sluss  
Michael Krick  
Alice Martin  
Teresa Moore

### July 6

Helen Schiffel  
Janet Ostheimer  
Bobby Young

### July 7

Ron Miller  
Julie Skaggs  
Nancy Hitchcock

### July 8

Jane Baker  
Richard Speir  
John Dickerson  
Joanne Hosey

### July 9

Laurene Fox  
Kathleen Helfrich  
Jude Brown  
Nancy Shepard

### July 10

Glen Smith  
Mary Jane Riedy  
Carol Ramos  
Judy Gundrum

### July 10 cont.

Roseanne Cole  
Carol Polta  
Theodore Keller

### July 12

Virginia Duff  
Alice Smith  
Reno Sullivan  
Margaret Donahue  
Jeanette Albert  
Jocelyn Walker  
Clyna Behnke

### July 13

John Kinn  
Jane Morner  
Larry Ulery

### July 14

Lynn Walker  
Delton Slauterbeck

### July 16

Brenda Evert

### July 17

Joe Harris  
Shirley Cogar

### July 18

Patty Sartor  
J Franklin

### July 19

Donald Roeser

### July 20

Ed Stout  
Ricky Keaton

### July 21

Juanita Arwood  
Lena Ali  
Ralph Chamberlain

### July 22

Antoinette Camella

### July 23

William Lavine  
Mary Beth Gioffredo  
Shirley Roeser  
Barbara VanScoy

### July 24

Ruth Zimmerman

### July 25

Dennis Gundrum

### July 26

Jessica Neal  
Diana Bartels  
Nina Ingles  
Lois Gordon  
Ruby Stierhoff

### July 27

Betty Koehler  
Joan Myers  
Carolyn Castle  
Gerald Mandinka

### July 28

Louis McGill  
Steven Kraus

### July 29

Richard Davie  
Sandy Larsen  
Willis Taylor

### July 30

Elizabeth Smith  
Ronna Wilson  
Paul Gibson

### July 31

Earl Wetzell  
Denise Martinez  
Karen Tolliver

## July Luncheon Programs

*All Programs begin at noon*

- 3 Meet Chaplain Steven Hall
- 4 Closed
- 5 Jackpot Game
- 6 Bingo with Portland Place
- 10 Trivia with Providence Care Center
- 11 United Healthcare Ice Cream Social
- 12 Bingo sponsored by Senior Center Auxiliary
- 13 Line Dancing
- 17 Games with Admiral's Pointe
- 18 Advertising Game with Meadows of Osborne
- 19 "Driving Safety for Seniors" – Robin Amezqueiza, AAA
- 20 Bingo with Concord Care
- 24 Trivia with Commons of Providence
- 25 Birthday Bingo
- 26 "Sandusky in the 60's" – Ron Davidson, Sandusky Library
- 27 Luau with Jim Bilgen
- 31 "Omega 3 Fatty Acids" – Donna Green, OSU Ext.



### 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.

#### 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

In collaboration with Firelands Regional Medical Center 55+ Club:

#### Grove City Premium Outlets

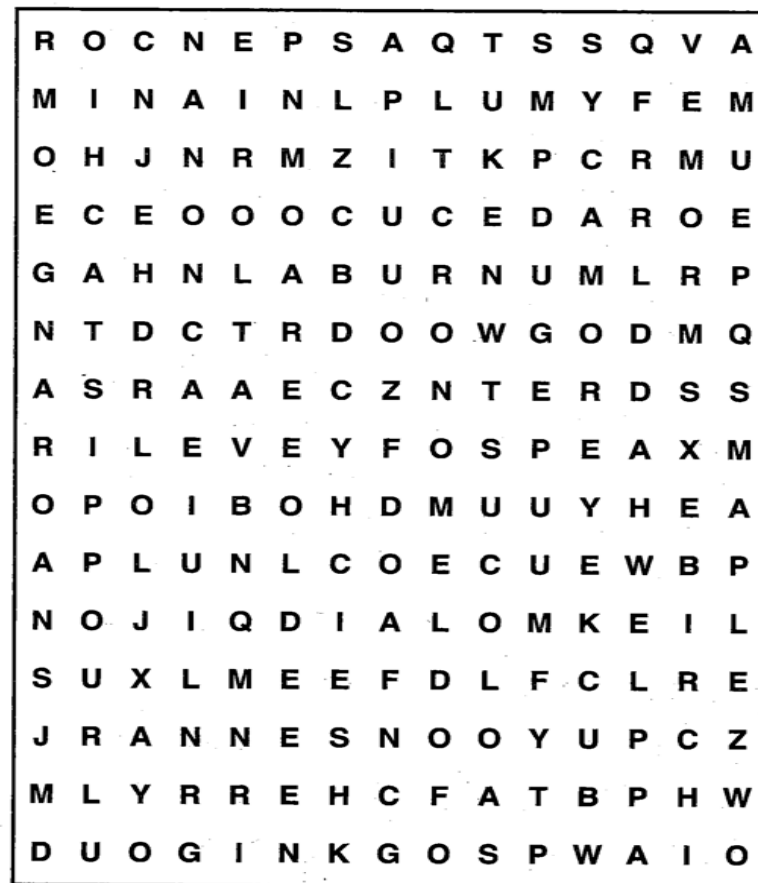
November 8

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

### Trees



- |         |          |           |
|---------|----------|-----------|
| ALMOND  | FILBERT  | ORANGE    |
| APPLE   | GINKGO   | PALMS     |
| ARBUTUS | HEMLOCK  | PEAR      |
| ASPEN   | HOLLY    | PINE      |
| AVOCADO | JUJUBE   | PISTACHIO |
| BIRCH   | LABURNUM | PLUM      |
| BUCKEYE | LEMON    | SENNA     |
| CAROB   | LIME     | SEQUOIA   |
| CATALPA | LINDEN   | SYCAMORE  |
| CEDAR   | LOCUST   | THORN     |
| CHERRY  | MAPLE    | TULIP     |
| DOGWOOD | OLIVE    |           |



### 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.

*Did you know?*

The first ice cream parlor in the U.S. was started in 1776 in New York City, it was called "Pappas"

### Donations

Mary Potts  
Bob Stacey  
Helen Steele

Bingo Prizes  
Bingo Prizes  
Bingo Prizes

# Thank-you!

### Ice Cream Trips



July 6 Mikey's

July 16 Toft's

July 26 Dairy Queen

Free Transportation!

Just bring money for ice cream

Leaving from the Senior Center at 1:00 pm



### Ice Cream Social

Sponsored by United Healthcare  
**July 11 at noon**

Join us for lunch on July 11 at 11:30, and after lunch you will be treated to free ice cream and some useful information on Medicare benefits offered through United Healthcare.

President Ronal Reagan declared July as National Ice cream month in 1984.

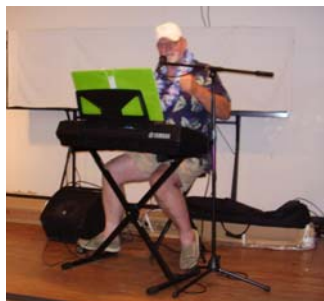
The top selling ice cream flavors are:  
Vanilla (33%) and chocolate (19%)

The world's most popular ice cream topping is chocolate syrup



## Summer Luau

July 27  
11:30 am – 1:00 pm



**Featuring: “Keyboard Cleats”**  
Jim Bilgen

### What was Sandusky like in the 1960’s?

Ron Davidson of the Sandusky Library has some interesting facts and stories to share from Sandusky’s history.

Maybe you’d like to share some favorite memories of your own also

**Thursday, July 26 at noon**



### Broccoli Cheddar Pasta Salad

- 12 oz. box tri-colored veggie rotini pasta
- 1 med. Head broccoli chopped into small florets
- 1 med. Red onion, diced
- 2 cups mild cheddar cheese, shredded
- 2 cups mayonnaise
- ½ cup sugar
- 2 Tablespoons apple cider vinegar



Cook pasta according to package directions, with a few drops of olive oil and a dash of salt in the water to keep the pasta from sticking. Drain & rinse under cold water until cool. Mix in broccoli, onion, & cheese.

In medium bowl, whisk together mayonnaise, sugar, and the apple cider vinegar. Pour the mixture over the top of the pasta mixture & stir to combine. Refrigerate until ready to serve.

#### 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








**Free Senior Health Clinic**  
 2<sup>nd</sup> and 4<sup>th</sup> Tuesday each month  
 9:00 am – 11:00 am

Sponsored by Erie County Health Dept.

**Euchre Tournament** 

July 10 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://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.

*Erie County Senior Center  
 and Grandma’s Backyard BBQ present:*

**Chicken BBQ**  
 Sunday, July 15  
 11:00 am – 2:00 pm

**\$10**

Dine-In or Carry-Out

- ½ Chicken
- Scalloped Potatoes
- Baked Beans
- Dinner Roll
- Lemonade (dine-in only)



Tickets available at the Senior Center  
 Limited number of meals available at the door



Model T car rides  
 available for \$2



Kona Ice  
 will be here

**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

**Summer Sale:** July 2, 3, 5, 6  
Men's & women's summer clothing & shoes

**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



## Independence Day Trivia

When did Congress declare the 4<sup>th</sup> of July a federal legal holiday? 1941

Who wrote the "Star Spangled Banner"  
Francis Scott Key

Who wrote the music for the national anthem?  
The music actually comes from an old English drinking song.

How did the Liberty Bell get cracked?  
It cracked when someone rang it for the first time.

## Pie Raffle

Thursday, July 12  
at noon



Sponsored by the Senior Center Auxiliary

## Senior Auxiliary Potluck

Sunday, June 17  
1:00 pm

Have you ever considered joining the Auxiliary?  
Come to our potluck in April 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 May Winners

Marilyn Arnold  
Lynda Klose  
Rich Schlesselman



### 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

July 13 at noon

Beginners Welcome!

### Scrabble Anyone?

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

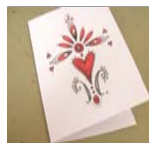
### You're Invited:



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



# July Menu



Monday	Tuesday	Wednesday	Thursday	Friday
2	3	4	5	6
Roast Beef Mashed Potatoes Corn O'Brien Cinnamon Applesauce Cookie	Hamburger Baked Beans Calico Coleslaw Pears	 Happy 4th of July!	Country Patty Red Potatoes Carrots Peaches	Chicken Salad Potato Salad Broccoli Salad Mixed Fruit
9	10	11	12	13
Chef Salad Macaroni Salad Wheat Bread Peaches	Italian Pork Loin Sweet Potatoes Peas Applesauce	BBQ Chicken Drumstick AuGratin Potatoes Broccoli Pears Cookie	Sloppy Joe Potato Wedges Cabbage & Carrots Mixed Fruit	Beef Hot Dog Baked Beans Mixed Vegetables Apple
16	17	18	19	20
BBQ Pork Pinto Beans Succotash Applesauce	Creamed Chicken Biscuit Corn Carrots Mixed Fruit	Meatball Sub Potato Wedges Green Beans Grapes	Chef Salad w/ chicken Macaroni Salad Peaches Roll	Roast Beef Mashed Potatoes Carrots Peaches
23	24	25	26	27
Honey Lemon Chicken Baked Potato Stewed Tomatoes Cinnamon Applesauce	Beef Taco Salad Black Bean & Corn Salsa Dinner Roll Mixed Fruit	Spaghetti / Meat Sauce Peas Zucchini & Summer squash Pears	Roast Turkey Breast Sweet Potatoes Corn Apple Cookie	Beef Teriyaki Stir Fry Rice Broccoli Pears
30	31			
Hamburger French Fries Broccoli & Cauliflower Peaches	Marinated Pork Loin Sweet Potatoes Peas Applesauce		<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>	<b>For Reservations:</b> (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

