

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

- 3/1 “March for Meals” Parade
- 3/6 “Dine to Donate” at Applebee’s
- 3/17 Walk-a-Thon at the Mall
- 3/20 “Dine to Donate” at TX Roadhouse
- 3/22 Trip: Vermilion
- 3/26 Bake Sale
- 3/29 Easter Dinner
- 3/30 Closed for Good Friday



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

<http://www.eriesenior.org>

March 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

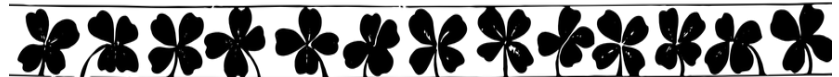
**Fridays:** 8:00 A.M. Ceramics  
 12:30 P.M. Dart Ball  
 12:30 P.M. ACBL Duplicate Bridge  
 1:00 P.M. Dominoes

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



## Dominoes

Fridays at 1:00 pm



## Dartball Highlights

1/12/18

**1<sup>st</sup> Game:** North 7 South 6 **2<sup>nd</sup> Game:** North 4 South 3  
**H.R.** Karen 4, Nancy 3, Bettie 2, John, Anna, Len, Ed, Jim 1  
**RBI.** Karen 5. Nancy 4, Anna, Bettie, Jackie 2, John, Len, Ed, Hank, Jim 1  
**AVE.** Karen, Nancy 266, Ed 231, Anna 222, John, Bettie 200

1/26/18

**1<sup>st</sup> Game:** North 3 South 4 **2<sup>nd</sup> Game:** North 12 South 12  
**H.R.** Nancy, Betty 2, John, Karen, Bettie, Joanne 1  
**RBI.** Bettie, Betty, Nancy 2, John, Karen, Joanne 1  
**AVE.** All were below 200

2/2/18

**1<sup>st</sup> Game:** North 7 South 6 **2<sup>nd</sup> Game:** North 4 South 6  
**H.R.** Nancy, Jim 3, Hank, Linda, James 2, Anna, Bettie, Ed, Joanne 1  
**RBI.** Nancy, Hank, Jim 3, Bettie, Ed, Linda, James, Jackie, George 2, Anna, Joanne 1  
**AVE.** Ed 612, James 511, Hank 390, Nancy, Karen, Linda 312, Jackie, Jim 311, Bettie 212, Joanne 211, George 210

## Players

Anna Braden  
 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

## March Birthdays



### March 2

Carol Troesken

### March 3

Louberta Crosby

### March 4

Ellen Wargo

### March 5

Dorothea Sprau

### March 6

Elaine Fitzthum  
Ernestine Myers  
Dean Pixley  
Deborah Krause  
Arlayne Mischler

### March 7

Betty Fortner  
Ezell Smith  
David Jordan

### March 8

Ruth Nemitz  
Kathryn Myerholtz  
Deborah Marsh

### March 9

Kelly Eden  
Ellen Wagnar

### March 10

Joseph Kesner

### March 11

Ray Zickefoose  
Frances Duran

### March 12

Pat Grondin  
Rosemary Riedy  
Anthony Straziuso

### March 13

Ken Fultz  
Mary Corso  
Annette Wheeler

### March 14

John Schaefer  
Ladonna Rengel  
Jeanne Conley

### March 15

Art Gerold  
Juliana MacGregor  
Dave Hodgkinson  
Eileen Zeller  
Bobbie Hummel

### March 17

Garland Fisher  
Johnny Stovall

### March 19

Marnell Cromwell  
Katie Knight  
Audrey Crandall  
Bonnie Findley  
Helen Scheufler  
Kathleen Limberios

### March 20

Carol Lauber

### March 21

Ann Proctor

### March 22

Eugene Schwerer

### March 23

Charles David  
Dan McLaughlin

### March 24

Maria Schliepp

### March 25

Claire Snyder  
Edna Orr  
Richard Hutchings

### March 26

W. Jean Cline  
Jeri Higgins  
Norma Shelley

### March 27

Dennis McDougall  
Alvina Schaeffer  
Delphia Lopez

### March 28

Philip Kudela  
Richard Schlesselman  
Ervin Pitcher

### March 29

Laurie Holt  
Betty Harris  
Mary Pat Camella

### March 30

Diane Eversole

### March 31

Winifred Herrada

## March Luncheon Programs

*All Programs begin at noon*

- 1 Jackpot Game with Parkvue
- 2 Bingo with Portland Place
- 6 Jeopardy Game – Brenda Hendricks, Alzheimer’s Assoc.
- 7 Getting to know Concord Care
- 8 Bingo sponsored by Senior Center Auxiliary
- 9 Introduction to Line Dancing – Paul Carr
- 13 Trivia with Providence Care Center
- 14 Line Dancing with Paul Carr
- 15 Tips for Saving on Energy Bills – OH Consumers Council
- 16 Bingo with Concord Care
- 20 Games with Admiral’s Pointe
- 21 Advertising Game – Meadows of Osborne
- 22 Cedar Point job opportunities – Joanne Mueller & Snoopy
- 23 “Med 1 Care Bingo” – Sara Frost
- 27 Trivia with Commons of Providence
- 28 Birthday Bingo
- 29 Easter Fun with Ronnie & Frankie
- 30 Closed for Good Friday



### March For Meals

Is a month long campaign to bring awareness to senior nutrition programs across the country.

Local events include:

**March 1:** Kick-off rally with a parade of meals on wheels drivers & vehicles from the Senior Center to Washington Park & back

**March 6:** "Dine to Donate" at Applebee's

**March 17:** "Walk-a-Thon at Sandusky Mall  
"Rock-a-Thon" at Sandusky Mall

**March 18:** "Pass the Plate" for senior nutrition at Participating area churches

**March 20:** "Dine to Donate" at Texas Roadhouse

### March 1 Kick-off for March for Meals Month

Please come show your support for our meals on wheels volunteer delivery drivers by attending the parade at 9:00 am. Parade begins at the Senior Center, travels down Washington Street to the park, then East along Water Street back to the Center.

### 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

## St. Patrick's Day

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

CLOVER

LUCK

BEER

GREEN

LEPRECHAUN

SNAKES

IRISH

GOOD LUCK

GOLD

FAERIE

BUCKLES

TRICKS

IRELAND

SAINT PATRICK

BLESSINGS

MARCH

SHAMROCK

PUB

RAINBOW



## 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.

### Shopping at the Senior Center

Thrift Shop – offering a large selection of gently used clothing, shoes, purses, as well as puzzles, craft items, and more.  
Hours: Mon – Fri 8:30 am - noon

Gift Shop - Large selection of 50 cent greeting cards, Jewelry, gift items, snacks, & more.  
Hours: Mon – Fri 8:30 am – 1:00 pm

### Donations

Marilyn Arnold	Bingo Prizes
Bob Stacy	Bingo Prizes
Candi Groh	Bingo Prizes
Helen Steele	Bingo Prizes
Partners in Community	Bingo Prizes
Art Gerold	Office Supplies

## Thank-you!

## Indoor Walk-a-Thon

Saturday, March 17 at 10:00 am  
at the Sandusky Mall

One mile walk through the Mall.  
Learn about meals on wheels at  
Informational check points along the way.

Advance Registration: \$20 (at Senior Center)  
**Includes T-Shirt.**  
Deadline February 28

Open registration day of event: \$25  
starting at 9:30 am at the mall day of event

All walkers who complete the mile will be entered  
into a drawing for some great prizes!

Proceeds benefit local senior nutrition programs

## Rock-A-Thon

To benefit senior nutrition

Saturday, March 17  
Noon to 4:00 pm  
at the Sandusky Mall, Center Court



Come check out the uniquely decorated chairs  
and show your support for our senior citizens



# Dining To Donate

**Enjoy A Meal That's Filling and Fulfilling.**

*Erie County Senior Center  
Meals on Wheels*

**Needs Your Support**  
Applebee's® will donate 15% of your check when you dine at

*Sandusky, Ohio*

Present this to your server or Carside To Go Specialist.

**March 6, 2018**  
**11 am to 9 pm**



**APPLEBEE'S SERVES**  
doing good in our neighborhoods

Donation percentage excludes tax and tip. Valid ONLY at above mentioned location during specified hours. Must present flyer in order for organization to receive credit for purchase.

Flyers are not to be distributed in the restaurant or within the perimeter of the parking lot. Doing so will result in a voided event.



### **Please Attend!**

You must take the flyer with you for it to benefit the Senior Center

### **Broccoli Chicken Casserole**



- 1 box (6 oz) chicken stuffing mix
- 2 cups cubed cooked chicken
- 1 cup frozen broccoli florets, thawed
- 1 cup shredded cheddar cheese
- 1 can condensed broccoli cheese soup, undiluted

Preheat oven to 350 degrees.

Prepare stuffing mix according to package directions, using 1 ½ cups water.

In large bowl, combine chicken, broccoli, and soup; transfer to a greased 11" x 7" baking dish.

Top with stuffing; sprinkle with cheese.

Bake covered for 20 minutes.

Uncover and bake 10 – 15 minutes longer or until heated through.

**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.

### Income Tax Assistance

**AARP Trained volunteers:**

Thursdays 9 am – noon  
Feb. 15 – April 12

Walk-in basis only – First come, first served  
Sign-in begins at 7:45 am

**Salvation Army trained volunteers:**

Thursdays by appointment only  
Beginning Feb. 1<sup>st</sup>.

Call for appointment:  
(419) 626-2560



### 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.

**FUNDRAISING NIGHT!**



**Erie County Senior Center**  
**Tuesday, March 20th, 2018**  
**4pm-8pm**

**10% Donation Night**

Support this cause by presenting this invitation to the listed Texas Roadhouse® location and Texas Roadhouse® will donate 10% of your total food purchases to the fundraiser!

**(419) 624-8407**  
4314 Milan Rd. Sandusky, OH



### Please Attend!

You must take the flyer with you for it to benefit the Senior Center



## Baseball Game Trips

### Toledo Mudhens:

Tuesday, June 26 Only \$25  
Charter bus, good seats, lunch included



### Cleveland Indians:

Wed., May 30 vs Chicago White Sox

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



## Shops of Vermilion

March 22

Enjoy some time browsing or shopping the  
many unique shops of this quaint small town.  
(Shop for Easter candy at Brummer's – yum!)  
Leaving the Senior Center at 1:00 pm.

Cost: \$5.00 for bus  
(bring money for shopping & ice cream)

## Breakfast at the Meadows

March 20

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



## Bake Sale

March 26  
9:00 am – noon



Sponsored by the Senior Center Auxiliary

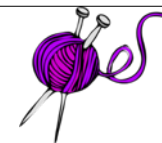
## Knitting / Crocheting Workshop

Tuesdays: 10 – 11:30 am

All skill levels welcome

Learn a new skill

Share ideas with other crafters



## Concord Care Social Hour

1<sup>st</sup> meeting March 9 from 10:30 – 11:30 am

This monthly activity will feature crafts, games,  
discussions, and more. Meeting the 2<sup>nd</sup> Friday each  
month in the Senior Center card room.

## Auxiliary Monthly Raffle January Winners

Marilyn Arnold  
Joanne Lee  
Mary J. Riedy

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"



### Pack Your Bags

**New York City** – *limited seats left*  
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.

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

### 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

### Spring Razzle Dazzle Fashion Show



Saturday, April 7  
2:00 – 4:00 pm



Food, Fun, Fashion  
Refreshments, Entertainment

Tickets: \$10  
Includes refreshments & raffle entry

100% of proceeds support Senior Center programs

### Bible Study



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

Please join us!

### 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!



# March Menu



Monday	Tuesday	Wednesday	Thursday	Friday
			1	2
<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		Sloppy Joe French Fries Mixed Vegetables Pears	Baked Strata Hash Browns Broccoli Fresh Fruit
5	6	7	8	9
Sweet & Sour Chicken Brown Rice Sugar Snap Peas Peaches	Marinated Pork Loin Sweet Potatoes Peas Fresh Fruit	BBQ Chicken Drumstick AuGratin Potatoes Broccoli Pears Cookie	Beef Hot Dog Baked Beans Cabbage & Carrots Applesauce	Macaroni & Cheese Peas Carrots Peaches
12	13	14	15	16
Honey Lemon Chicken Baked Potato Green Beans Applesauce	Chili Mac Cauliflower Carrots Mixed Fruit	Teriyaki Stir Fry Brown Rice Peas Pears	Chicken Alfredo Broccoli Carrots Peaches	Italian Pasta Bake Peas Corn Fresh Fruit
19	20	21	22	23
Breaded Chicken Patty French Fries Stewed Tomatoes Fresh Fruit	Meatloaf Mashed Potatoes Peas Mixed Fruit	Spaghetti/ Meat sauce Green Beans Zucchini & Summer Squash Pears	Chicken Patty Sandwich Baked Beans Baby Carrots Fresh Fruit	Cheese Omelet Red Skin Potatoes Broccoli Applesauce
26	27	28 <b>Birthday Bingo</b>	29 <b>Easter Dinner</b>	30 <b>Closed</b>
Hamburger French Fries Broccoli & Cauliflower Peaches	Polish Sausage Sauerkraut Baked Beans Applesauce	Goulash Cauliflower Green Beans Fresh Fruit	Roast Turkey Sweet Potatoes Corn Pears Cookie	

\*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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