

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



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

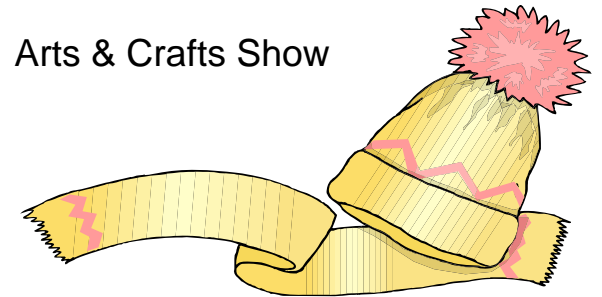
ECSC

Erie County Senior Center

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

Coming Events

- 1/2 Senior Center Closed
- 1/12 & 1/13 Flea Market
- 1/15 Auxiliary Potluck & Meeting
- 1/16 Closed for MLK Jr. Day
- 1/18 Movie Day – “Marley & Me”
- 1/29 Public Card Party
- 2/4 Arctic Ice Festival – Soup Cook-Off
- 2/5 Arts & Crafts Show



Newsletter sponsored in part by
Sandusky City Schools

<http://www.eriesenior.org>

January 2012

Daily Activities

- Mondays:** 9:00 A.M. Euchre
 8:00 A.M. Ceramics
 9:45 A.M. Men's Social Club
 12:00 Noon Bingo
 12:30 P.M. Duplicate Bridge
 6:00 P.M. Yoga
- Tuesdays:** 9:00 A.M. Ping Pong
 10:00 A.M. Chair Exercise Class
 1:00 P.M. Pinochle
 1:00 P.M. Mah Jongg
- Wednesdays:** 2:30 P.M. Painting Class
 4:30 P.M. Tai Chi Exercise
 6:00 P.M. Yoga
- Thursdays:** 10:00 A.M. Chair Exercise
 10:00 A.M. Bible Study
 10:00 A.M. Billiards
 1:00 P.M. Pinochle
 1:00 P.M. Mah Jongg
- Fridays:** 8:00 A.M. Ceramics
 12:30 P.M. Dart Ball
 12:30 P.M. Duplicate Bridge
 1:00 P.M. Wii Bowling

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

419-626-2560 or 1-800-701-3221

Happy Birthday!

January 22

Sylvia Wobser
 Arlene Anderson

January 23

Aline Love
 Mattie Clark
 Justine Hoffman

January 24

Rosella Williams
 Dolores Waterfield
 James Lee
 David Molnar
 Linda Slider

January 25

Ed Sinwald
 Ellen Eckert

January 26

Johanna Burdue

January 27

Bernadine Morell
 Daisy Vaughan
 Dora Cox
 Suzanne Jeffery
 Ed Kaczor
 Rose Lalond
 Mike Grondin
 Rebecca Hoelzer

January 28

Robert Engelhorn
 Flo Daniels
 Lynn Hunsicker

January 29

Carole Nottke
 Francis Thayer
 Paula Edwards

January 30

Leona Mann
 Frank Scholl
 Frank Yako
 Alberta McLaughlin
 Janet Wallace
 Gretchen Zehner

January 31

Mary David
 Ray Behnke
 Peggy Nolder
 Lorna Cogar
 Nancy Delius
 Rose Lombardo
 Judy Nagy



Sudoku

To solve this puzzle you must enter each of the digits from one to nine in each square so that each digit will appear only once in each row and column.

January Sudoku Solution

3	7	6	8	9	5	4	1	2
1	5	2	3	4	6	8	7	9
8	9	4	1	7	2	6	5	3
6	3	5	4	1	8	2	9	7
2	1	7	6	3	9	5	8	4
4	8	9	2	5	7	1	3	6
5	6	3	9	8	4	7	2	1
7	2	1	5	6	3	9	4	8
9	4	8	7	2	1	3	6	5

January Birthdays

January 1

James McLaughlin
Marty Jurs
Pat Weiland
Jim Robbins
Barb Chambers
Lorene Andres
William Sinkhorn

January 2

Loretta Sutphen
Jane Early
Richard Davie
Carol Champion
Jennifer Leugers

January 3

Alice Bosty
Mary Potts
Eddie Brown

January 4

Doris White
Olive Hoag
Don Burdue
John Fenton
Sylvia Ruthsatz
Patricia Larkins
Walter Lindsey

January 5

Sharon Lawson
Lloyd Taylor
Dick Strayer
Lorraine Miller

January 6

Nora Watson
Johnnie Mae Clark
Donald Thompson

January 7

Mary Herman
Louise Dearth
Juanita Fenton
Marcia Crouch

January 8

Vivian Vickery
Janet Senne
Gerald Younce

January 9

Elaine Cottier
Edythe Ransom
Connie Ruhbeck
Leroy Sharp
Carol Barrus
Jean Marin

January 10

Rita Murd
Sam Barisch
Charles Spittler
Clarence Williams
Jacqualine Brackney
Susanne Lewis

January 11

Arlene Kaiser

January 12

Eva Reed
Earl Brown
Agnes Jesberger

January 13

Roland Windau
Ella Lehnert
Jean Walker

January 14

Helen Klaiber
Robert Fischer
Hugo Schaufelberger
Maria Parsons
Barry Klotz

January 15

Sam Pisano
Carol Bickley

January 16

William Kaman
Jane Brock
June Illig
Mildred Payton
Charles Stephens

January 17

Anthony Muscioni
Pat Bergmoser
John Frantz
Luanne Napka
John Kuyoth
Allen Boras
Jane Ehrnsberger
Ruth Brown

January 18

Peggy Windnagle
Bob Black
Larry Hummel
Patricia A. Davis
Robert Dowell

January 19

Rosa Zimmerman
Ruth Henderson
Al Montelauro
Anna Flournoy
Harry Bratton
Annabel Anderson
Lillie Wilson
Carol Rock

January 20

Frank Bogoni Sr.
Leroy Conklin
Paul Mack

January 21

James Hofman
Rodger Gillespie
Ralph Munger

January Luncheon Programs

All Programs begin at noon

- 3 "Final Expense Planning" – Alta Vista Benefits
- 4 "Red Cross and the Military" – Ron Rude
- 5 Jackpot Game – Parkvue
- 6 Games with Portland House
- 10 "Spiritual Healing" – Jane Ann Clark
- 11 Kingston of Vermilion – Heather McCord
- 12 Bingo, sponsored by Senior Auxiliary
- 13 "No Place Like Home" – Katie Austin
- 16 Closed for Martin Luther King Jr. Day
- 17 Games with Admirals Pointe
- 18 Movie Day – "Marley and Me"
- 19 Mutual of Omaha – Marcus Minholt
- 20 Home Instead – Michelle Mueller
- 24 Vacationland Band
- 25 Birthday Bingo
- 26 Habitec Security Systems – Skeat Hug
- 27 Heritage Home Healthcare – Dawn Schill
- 31 Games with Providence Commons

Activities & Trips

Share A Ride

Transportation for Individuals
60 & over in Erie County

Transportation to and from
the Senior Center
is FREE of Charge!

(419) 624-0367
1-888-624-0367

Savannah, Georgia

April 22 – 28, 2012

You will have 7 days/ 6 nights to enjoy the beauty
of Savannah, Beaufort, and Jekyll Island.
10 meals included, as well as all lodging
and transportation.

\$529

More details available at the Senior Center

America's Wild West – South Dakota

June 24 – 30, 2012

Featuring:

Mississippi River Cruise, Mount Rushmore, The
Black Hills, Badlands National Park, Deadwood,
Crazy Horse, Amtrak Rail Excursion, & more

Ottawa, Canada By Rail

August 22 – 26, 2012

Train trip along Lake Ontario and the Saint
Lawrence Seaway including many historical stops,
as well as a boat cruise, Parliament tour, & more



Flea Market

January 12 & 13

9 am – 2 pm

All proceeds benefit programs
For Erie County Senior Citizens



Senior Center

Thrift Store

Located inside the Senior Center
Specializing in gently used clothing, shoes, purses,
jewelry, puzzles, & more

Hours: Mon – Fri: 8:30 am – noon

Sandusky Bay Gift Shop



Greeting Cards

For every Season and Reason
Only 50 cents each!

Located inside the
Erie County Senior Center



Hours:
Mon – Fri 9:00 am - 1:00 pm

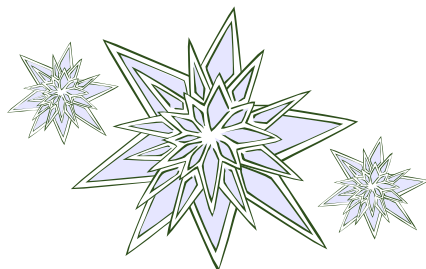
Please sign up for all trips in advance at the Senior Center



Movie Day

Wednesday, January 18
12:30 pm

Special Feature:
"Marley and Me"



Donations

Shirley Stuckey	Bingo Prizes, coffee
Patty Hartley	Baked Goods
Ron & Maggie Skillman	Coffee
Vacationland Grandmothers	Money
Judy Olah	Money
Marian Beese	Napkins
Debbie Bledsoe	Bingo Prizes

Thank-You!



Arctic Ice Festival

Dress warm to check out the
Outdoor ice sculpture exhibits



Warm up at
"Super Saturday"
February 4th 11am – 1:00 pm

Soup Tasting
Only \$3.00 to taste them all!
Vote for your favorite to help award the trophy
Business and amateur entries
If you would like to enter a soup,
call (419) 626-2560.

Arts & Crafts Show

February 5th 10am – 4pm

Wide variety of vendor tables
Food & drinks available at the
"Warm-Up Café"

Raffle Prizes

Thrift Shop

Bake Sale

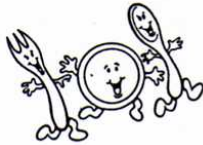
For vendor information
Call (419) 626-2560

Location for both events:
Erie County Senior Center
At the Corner of Meigs & Water Streets
(419) 626-2560

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.



Did You Know?

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



You're invited:

Lunch at the Senior Center is open to **everyone**, there are no age restrictions. Look at the menu, pick out a day, and **call for reservations**, it's that simple.

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

Cost: \$4.50 if under age 60
\$2.50 donation for all others



Free Senior Health Clinic

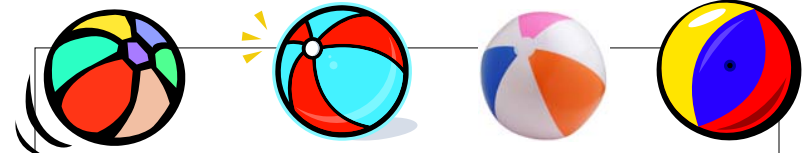
2nd and 4th Tuesday each month
9 – 11 am

Cost: Free
Sponsored by:
Erie County Health Dept.

Free Blood Pressure Checks

3rd Tuesday each month
10:30 – 11:00 am

Sponsored by:
Portland House



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!

Elder Law Program

Free legal services for Erie County residents age 60 and older

Appointment required
Call (419) 626-2560 to schedule

Weird!

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

ABNORMAL
 BIZARRE
 ECCENTRIC
 EERIE
 ENIGMATIC
 FANTASTIC
 FRIGHTENING

GHOSTLY
 IMPOSSIBLE
 MYSTIFYING
 ODD
 OMINOUS
 OUTLANDISH
 PECULIAR

SPOOKY
 STRANGE
 SURPRISING
 UNCANNY
 UNUSUAL
 WILD

Yoga for Every Body

Mondays & Wednesdays
 6:00 pm

This is a balanced, total mind-body workout that will help you to achieve increased energy, strength, and flexibility. You don't need to be a yogi or be able to twist your body into a pretzel. This is yoga for people of all ages and fitness levels. Please bring a yoga mat or towel/blanket

Cost: \$4 per class (try your 1st class for free)

Auxiliary Monthly Raffle

November Winners

1st Place: June Thomas
 2nd Place: Aretta Smith
 3rd Place: John Hensley



Public Card Party

Sunday, Jan. 29, 2012

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



The Senior Center Auxiliary

is currently accepting new members.
 Contact any Auxiliary member or Senior Center staff member to find out how **you** can become involved!



Bite Size Apple Pies

- ½ cup sugar
- 2 tsp. ground cinnamon
- 1 pkg. (14 oz) refrigerated pie pastry
- 3 Tbsp. butter, melted, divided
- 2 medium tart apples, each cut into 8 wedges

1. In small bowl, combine sugar and cinnamon; set aside 1 Tbsp. On lightly floured surface, unroll pastry. Brush with 2 Tbsp. butter; sprinkle with remaining sugar mixture.
2. Cut each sheet into eight 1 inch strips, about 8 inches long. Wrap one strip around each apple wedge, placing sugared side of pastry against the apple.
3. Place on parchment paper-lined baking sheet. Brush tops with remaining butter; sprinkle with reserved sugar mixture. Bake at 425 degrees for 13-15 minutes or until pastry is golden brown. Serve warm.



Free Notary Service

Available at the Senior Center
 Call (419) 626-2560 for appointment
 Provided by Notary Public Mary Dobson



Dartball Highlights

11/4/11

1st Game: North 7 South 2 **2nd Game:** North 4 South 1
H.R. Arnie, John, Bettie, Gabe, George 1
RBI. Bettie, Arnie 3, John, Bill 2, Nancy, Gabe, Joanne, George 1
AVE. Kay 455, Nancy 417, Bill, Bettie 364, Arnie 250

11/18/11

1st Game: North 4 South 0 **2nd Game:** North 4 South 3
H.R. Arnie, Allen, Jim B. 1
RBI. Allen 3, John, Jim B. 2, Arnie, Evelyn, Joanne, George 1
AVE. Nancy 600, Evelyn 444, Jim 333, Vince 286

12/2/11

1st Game: North 3 South 1 **2nd Game:** South 3 North 2
H.R. John, Bettie, Dorothy, George, Jim M. 1
RBI. John 3, Bill, Bettie, Dorothy, Jim M, George, Vince 1
AV. Nancy 444, John 333, Bill 222, Dorothy, George, Jim 200

12/9/11

1st Game: South 2 North 1 **2nd Game:** North 6 South 1
H.R. Betty 2, Allen, Hank, George, Jackie 1
RBI. Betty 2, Arnie, Nancy, Bill, Allen, Helen, Hank, Jackie, George 1
AVE. Betty 500, Nancy 300, Jackie 286, Helen, Kay 250

Players

- Arnie Arnold
- Evelyn Baum
- James Baum
- Donna Garwood
- Bettie Kane
- John Kinn
- Joanne Lee
- Hank Lusch
- Kay McClusky
- Jackie McGill
- Jim McGill
- Dorothy Miller
- Allen Montelauro
- Bill Newman
- Nancy Showalter
- Helen Steele
- Betty Trammell
- Victor Trautman
- Vince Trautman
- Gabe Vaccaro
- George White

Sudoku

To solve this puzzle you must enter each of the digits from one to nine in each square so that each digit will appear only once in each row and column.

3				9	5			2
1				4				7
		4	1			6		
		5	4					9
	1			3				8
	8		2		7	1		
		3	9			7		
	2			6				8
9					1			5

“Optimism is a happiness magnet. If you stay positive, good things and good people will be drawn to you”.

Mary Lou Retton

Tai Chi

Gentle exercise that aids in lowering blood pressure, improved flexibility, relief of mental and physical stress and arthritis.

Open to persons of any age or ability

Wednesdays 4:30 – 5:30

Bible Study



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

Please join us!



Wii Bowling

(Mon. & Fri. Afternoons at 1:00)

Fun to Play
Easy to Learn

Anyone can play, bring a friend!

More Bowlers Needed

Stop by & give it try sometime

Income Tax Assistance

At the Senior Center
Beginning February 1st



Every Monday (except President's Day, 2/20)
9 am – 2:30 pm

By **Volunteers In Tax Assistance**

Every Wednesday and Thursday
9am – noon

By **AARP** tax volunteers

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:

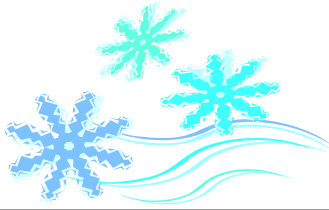
Newsletter Subscription Minimum \$8.00 donation

Name _____

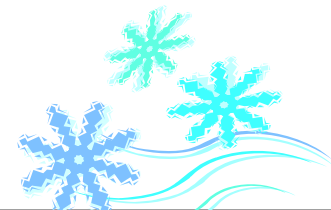
Address _____


Phone _____

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



January Menu



Monday	Tuesday	Wednesday	Thursday	Friday
2 Closed	3	4	5	6
HAPPY NEW YEAR	Orange Glazed Chicken Herbed Rice European Veggies Tropical Fruit Salad	Lasagna Italian Vegetables Plums Garlic Bread	Beef Stroganoff Noodles Brussels Sprouts Cinnamon Apple Slices	Baked Ham Sweet Potatoes Green Beans Blushing Pears
9	10	11	12	13
BBQ Chicken Breast Hash Browns Peas & Onions Plums	Meatloaf Mashed Potatoes Mixed Vegetables Pears & Cherries	Sloppy Joe Succotash Pineapple Potato Chips	Chicken ala King Noodles Green Beans Fresh Orange	Sliced Turkey Parsley Potatoes Carrots Mandarin Oranges
16 Closed	17	18	19	20
MLK Day	Parmesan Chicken Breast Pasta Winter Blend Veggies Banana	Herbed Beef & Onions Baked Potato Green Beans Mixed Fruit	Salmon Patty Mashed Potatoes Creamed Peas Grape Juice	City Chicken Tomato Herb Rice Key West Vegetables Applesauce
23	24	25	26	27
Veal Cutlet Potato Cubes Stewed Tomato & Zucchini Biscuit Peaches	Salisbury Steak Scalloped Potatoes Confetti Corn Tropical Fruit	Baked Tilapia Lemon Herb Pasta Italian Vegetables Pineapple Chunks Birthday Cake	Chicken Breast Mashed Potatoes Green Bean Casserole Pears	Beef Tips Noodles Brussels Sprouts Apricots
30	31			
Grilled Chicken Sandwich Sweet Potato Fries Cole Slaw Ambrosia	Veal Cutlet Mashed Potatoes Spinach Mandarin Oranges		For Reservations: (419) 626-2560 or 1-800-701-3221 For meal content please contact the site manager at the Senior Center	LUNCH SERVED: <i>11:30am. – 12:15pm.</i> Senior Donation \$2.50 All others \$4.50

