

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

- 6/11 & 12 Flea Market
- 6/16 Health Fair
- 6/17 Trip: "Mamma Mia"
- 6/19 Ice Cream Social
- 6/21 Auxiliary Potluck & meeting
- 6/28 Public Card Party



Newsletter sponsored in part by
Sandusky City Schools

<http://www.eriesenior.org>

June 2009

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. Bridge / Duplicate Bridge
- Tuesdays:** 9:00 A.M. Free Health Screening
 9:00 A.M. Ping Pong
 10:00 A.M. Chair Exercise Class
 1:00 P.M. Pinochle
- Wednesdays:** 10:00 A.M. Uno / Skip Bo
 1:00 P.M. Wii Bowling
 2:30 P.M. Painting Class
 4:30 P.M. Tai Chi Exercise
- Thursdays:** 10:00 A.M. Chair Exercise
 10:00 A.M. Bible Study
 10:00 A.M. Women's Social Club
 1:00 P.M. Pinochle
- 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 Wed. - 9:30 am Recipe Club
 2nd Friday - Flea Market
 3rd Sunday - Auxiliary Potluck
 Last Sunday - Public Card Party



June 21
 William Kennelly
 Walter Dymond

June 22
 Mabel White
 Arnie Arnold
 Melvin White
 Viola Walker

June 23
 Francis Myers
 Minnie Pentorn
 Shirley Zechman
 Arvil Miller



June 24
 Elizabeth Surratt
 Marcetta Pou
 Mary Prochnow
 Bertha Ramsey
 Barbara Bennett

June 25
 George McCall

June 26
 Donna Riesterer
 Clyde Green

June 27
 Jean Cutcher
 Jean Ward
 Sharon Disalvio

June 28
 June Hay
 Barbara Pelish-Haar

June 29
 Seville Young
 Bea Hartley
 Terry Graham

June 30
 Richard Schneider
 Donald Lang
 Mattie Winston
 Joyce Goodsite

June Numbloc Solution

1	2	11	12	31	32	33	74	75
4	3	10	13	30	35	34	73	76
5	8	9	14	29	36	71	72	77
6	7	16	15	28	37	70	81	78
19	18	17	26	27	38	69	80	79
20	23	24	25	40	39	68	67	66
21	22	43	42	41	58	59	60	65
46	45	44	51	52	57	56	61	64
47	48	49	50	53	54	55	62	63

June Birthdays

June 1

Martha Griffith
Hershel Cordle
Lucy Irby
Karen Speer
Brenda Carpenter

June 2

Jimmy Csanyi
John Ginty
George Windau
Emma Scally
Theresa Santi

June 3

Kay Brentgardner
Nancy Shamhart
Rita Rospert
Donald Braden

June 4

Mary Johnson
James Baum

June 5

Elaine Fischer
Betty Silcott
Peg Palmer

June 6

Lester Gildenmeister
Edna Mae Taylor
Josephine Grohe
Thomasina Jones
Louise Peters
June Sprouse
James Vaccaro

June 7

Velma Brown
Lois Pitsnogle
Carol Zoll
Raymond Garlock

June 8

Mary Ann Chimera
Wilma Harvey

June 9

Elizabeth Chubak
Sam Taylor
Barbara Lyons
Carl Boos

June 10

Mildred Willkins
Fred Hammond
Clara Pickens
Evelyn Lynn
Paul Jenkins
Chuck Renwand
Terry Pitsnogle
Lauren Bollinger

June 11

William Wright
Pat Schaefer
Lottie Keahey
Raymond Lykins
Nancy Glovinsky
Richard Anderson

June 12

Kenneth Higgins
Robert Byers
Lowell Brown
Virgil Lambert
Ron Vaughan
Betty Bell
May McClure

June 13

Faber McKenna
Donald Nielson
Rosemarie Jonas
Joe Corso
Carol Christopher

June 14

Luella Jones
Rosemary Rapp
Dee Hartley
Sandra Schnurr

June 15

Nancy Oglesby
Ross Shoff
Tony Matthews

June 16

Marie Malone
Elaine Lutz
Robert Jurs
Barbara Mayer

June 17

Margaret Merkle
Richard Packman
May Kehres
Ruth Mapus
Dot Simonds
Fannie Keys
Nancy Simpson
Richard Farrell
Richard Jacob
Marsha Sheperd

June 18

Margaret Chidester

June 19

Edward Watzel
Peter Cherubini

June 20

Dorothy Miller
Richard Bartels
Loybelle Poole

June Luncheon Programs

All Programs begin at noon

- 2 "Investment Planning", Claudia Hand – Western/Southern
- 3 "Preparing for the Unexpected" – American Red Cross
- 4 Tracy Clark, speaker from Community at Parkvue
- 5 "Container Gardening", Mary Strayer – Master Gardner
- 9 "Diabetes Update", Jean Feick, from Firelands Hospital
- 10 "Benefits for Vets", Brain Heck from Senior Solutions
- 11 Auxiliary BINGO
- 12 Piano music by Carol Zoll
- 16 "Consumer Protections", Chris Zurich – O.C.C.
- 17 Jennifer Vacarro from Arbors at Clyde
- 18 "Aqua Therapy", Melissa Paul – St. Francis Care
- 19 Rev. Shelley & Friends will entertain
- 23 Penny Pitching
- 24 Birthday BINGO
- 25 "211 Program", Erie County Health Dept.
Speaker Jennie Wertenbach
- 26 "Gone with the Wind", Twila Johnson
- 30 Providence Games with Raynelle Bates

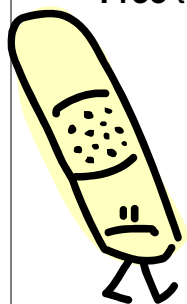
Coming Trips

- June 17 **“Mamma Mia”**
Stranahan Theatre, Toledo
- July 14 **McBride Arboretum**
- July 16 **“White House Gowns”**
Hayes Memorial, Fremont
- July 21 **Easton Town Center**
Columbus shopping mall
- Aug. 13 **Cleveland Indians Game**
- Aug. 28 **Island Hopping Cruise**
Kelly’s Island & Put-in-Bay

For further details on any trips
Call Jeni at the Senior Center

American Red Cross First Aid & CPR Classes

Free to seniors and Volunteers of the Senior Center



CPR: Monday, June 29 at 2:00 pm
 Basic First Aid: Tues., June 30 at 1:00 pm
 Location: Erie County Senior Center
 Advance Registration Required
 (419) 626-2560



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

New items arriving daily!

Sandusky Bay Gift Shop



Located inside the
 Erie County Senior Center

Hours:
 Mon – Fri 9:00 am - 1:00 pm

Unique Gifts for all ages
 Greeting cards only 50 cents each

Chair Exercise / Beach ball Volleyball

Get healthy & have fun all at the same time!
 Every Tuesday & Thursday at the Senior Center
 Everyone Welcome
 Come join in the Fun!





Free Blood Sugar Screening

Available in the Senior Center lobby

Monday, June 22

10 am - noon

(For best results, fast for 2 hours before test)

Sponsored by Firelands Regional Medical Center

Memorial Donations

Donor

Paula Bowie
Mary Koelsch
Jeffrey Limpert, Sr.
Jay & Mary Lou Held
Anonymous

In Remembrance Of:

Fred Ingles
Peter Cherubini
Fred Ingles
Fred Ingles
Fred Ingles

Other Donations

First Congregational U.C.C.	Money
Loren & Marilyn Hoch	Money
Senior Women's Group	Money
Monday Afternoon Bridge	Money
Shirley Stuckey	Bingo Prizes & Coffee
Phyllis Laffey	Napkins
Carla Widdowson	Puzzles
Panera Bread Store	Bread
Virginia Wilson	Bingo Prizes

Thank-You!

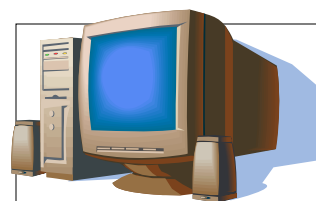
Disasters Happen: Are You Ready?

The **Ready Seniors** program helps Ohio residents prepare for emergency situations.

A representative from Ready Seniors will be at the Senior Center on **Friday, June 12** to provide **Free** personalized emergency action plans.

Simply complete a short survey, and your information will be used to develop your free checklist and action plan, based on your own individual needs and circumstances.

Please sign-up in advance to receive your own emergency checklist and action plan. The survey takes only about 10 minutes to complete, and is completely free of charge.



Introduction to Computers

Wednesday, June 17
12:30 pm -2:00 pm

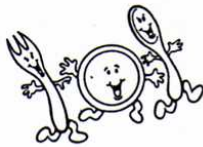
This one-day seminar is for those new to computer usage. Topics covered range from how to properly turn your computer on and off, to how to use the internet and e-mail. Please register in advance at the Senior Center.

Instructor: Jennifer Vaccaro

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**

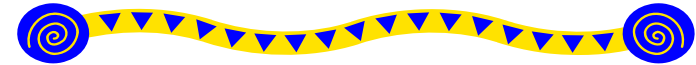


You're invited:

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



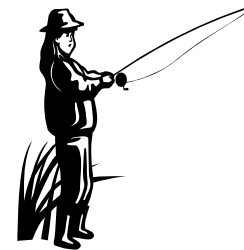
Monthly Flea Market

Held at the Senior Center

The next Flea Market will be:

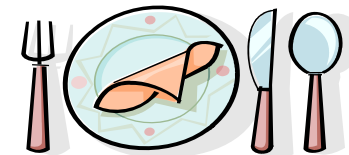
June 11 & 12

Thurs: Noon – 2:00pm / Fri: 9:00 am – 2:00 pm



Anyone interested in starting a **Fly Fishing Club**

Please join us
at an introductory meeting on
Friday, June 5 at 2:00pm
at the Senior Center



Reminder:

Please try to make reservations at least 24 hours in advance when you plan to join us for lunch at the Senior Center. This helps tremendously in our planning!

This One's for the Birds



AMERICAN FLAMINGO
 AMERICAN OYSTERCATCHER
 BLACK RAIL
 BLACKBILLED PLOVER
 BLACKNECKED STILT
 BOBWHITE
 BUFFBREASTED SANDPIPER
 COMMON SNIBE
 DUNLIN
 GLOSSY IBIS
 GROUSE
 KILLDEER
 KING RAIL
 MERLIN
 OSPREY
 PIPING PLOVER
 POOR WILL

RED KNOT
 RINGER PLOVER
 ROSEATE SPOON BILL
 RUDDY TURNSTONE
 RUFF
 SANDERLING
 SCARLET IBIS
 SEMIPALMATED PLOVER
 SEMIPALMATED SANDPIPER
 SNOWY PLOVER
 TURKEY
 VIRGINIA RAIL
 WHIMBREL
 WHITE IBIS
 WHITE RUMPED SANDPIPER
 WILLET
 YELLOW RAIL



Ice Cream Social

**Friday,
June 19**
5 – 7 pm

Hot Dogs,
Coney dogs,
Sloppy joes, Pie,
Brownies,
Banana splits,
Sundaes,
& more

Featuring
Entertainment by:
Ernie Fodor

Tickets \$6 advance / \$8 at the door

Transportation available – call Senior Center
Sponsored by the Senior Center Auxiliary

Winners of the Auxiliary April Raffle:

1st Place – Edith Opper
 2nd Place – Mike Hobra
 3rd Place – Charles Wayne



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!

Recipe Exchange Day

Held the 2nd Wednesday each month at the Senior Center to sample food and share recipes. Participants take turns bringing a dish to share, as well as the recipe for that dish. **Anyone** may participate, come join in the fun!

Wednesday, June 10, 9:30 am

Easy Brownie Muffins

Ingredients: one box chocolate cake mix
One 15 oz. can pure pumpkin



Directions: Preheat oven to 400 degrees.
Mix the 2 ingredients together (will be thick)
Place batter into a 12-cup muffin pan lined with baking cups or sprayed with nonstick spray.
Bake for 20 minutes.

Per serving: 181 calories, 3.5 g fat, 357 mg sodium, 2 g fiber, 20 g sugar, 2 g protein, 37 g carbs

Communication

At a marriage seminar dealing with communication, a man and his wife listened to the instructor;

“It is essential that husbands and wives know each other’s likes and dislikes.”

The instructor addressed the man;
“Can you name your wife’s favorite flower?”

The man leaned over, touched his wife’s arm gently and whispered, “It’s Pillsbury, isn’t it?”

Dartball Highlights

03/27/09

1st Game: South 3 North 1 **2nd Game:** South 8 North 5
H.R. George, Dorothy, Kay 2, Carl, Bettie 1
RBI. Vince 5, Dorothy 4, George 3, Kay 2, Arnie, Carl, Joanne 1
AVE. Vince 555, George 362, Dorothy 333

04/03/09

1st Game: North 5 South 1 **2nd Game:** North 2 South 0
H.R. Arnie 2, Helen, Carl, John, Betty 1
RBI. Arnie, Carl 2, Vince, John, Betty, Helen 1
AVE. Vince 625, Arnie 273, Carl 200

04/17/09

1st Game: North 5 South 4 **2nd Game:** South 6 North 2
H.R. Joanne 3, George, Dorothy, Kay 1
RBI. Bettie 4, Joanne, Kay 3, Helen, George, Carl, John, Nancy, Dorothy, Vince 1
AVE. Bettie 763, Kay 400, John 333

Players

Arnie Arnold
Nancy Fraley
Carl Gysan
Bettie Kane
John Kinn
Joanne Lee
Kay McClusky
Curt Miller
Dorothy Miller
Nancy Showalter
Helen Steele
Betty Trammell
Vince Trautman
George White

Numbloc

Fill in the blanks with consecutive numbers from 1 – 81 in a connecting path of horizontal and/or vertical numbers (No diagonals)

1	11		31		33		75
5	9		29		71		77
19	17				69		79
21	43		41		59		65
47	49		53		55		63

Monday Afternoon Bridge Scores

3-02-09 High Series

4200 Fran Krinke
3810 Mary Branam
2990 Ruth Smith
2780 Lynn Clemons
2350 Ruth Thiede

High Game

Lynn Clemons & Fran Krinke
1080

3-09-09 High Series

3690 Katie Giardinia
3100 Jeannie Neff
2500 Amelia Keegan
2130 Laura Smith
1220 Lynn Clemons

High Game

Katie Giardinia & Jeanne Neff
1760

3-16-09 High Series

4230 Amelia Keegan
3770 Jeannie Neff
3360 Fran Krinke
2930 Ruth Smith
2820 Katie Giardinia

High Game

Amelia Keegan & Jeannie Neff
1220

3-23-09 High Series

3920 Fran Krinke
2750 Amelia Keegan
2640 Jan Ross
2530 Jeannie Neff

High Game

Fran Krinke & Amelia Keegan
940



Wii Bowling (Wed. & Fri. Afternoons)

Participants:

Arnie Arnold, Julie Donovan, Ellie Farrell, Gloria Filsinger,
Don Nielson, Maria Parsons, Aretta Smith,
Helen Steele, Perry Trammell, Ruth Zimmerman

High Scores:

4/22 Ruth (268), Aretta (223), Perry (185), Julie (160), Maria (103)
4/24 Ruth (256), Don (202), Julie (197), Ellie (156)
4/29 Ruth (228), Gloria (195), Julie (178), Perry (158), Helen (151)
5/1 Ruth (247), Don (190), Ellie (178), Julie (175), Perry (164)
5/6 Ruth (257), Aretta (248), Julie (197), Perry (196)
5/13 Ruth (276), Julie (222), Perry (183)

New Players Welcome!



Public Card Party

Sunday, June 28

1:00 - 4:00 pm

Cost: \$5.00

Hear Again Co., LLC has opened a new office located inside of the Erie County Senior Center. **Hear Again** is a leader in fitting the most advanced digital hearing aid technology. They will be conducting free hearing screenings on Wednesdays and Fridays. Please call 1-888-334-7731 (toll free) to schedule your free, no-obligation appointment.



“Great Food For All” Food Ministries

This is a nonprofit, nondenominational organization dedicated to helping people find relief from high food prices.

This organization is able to make high quality food available to anyone at reduced prices. You do not need to be low income or elderly to participate.

For further information

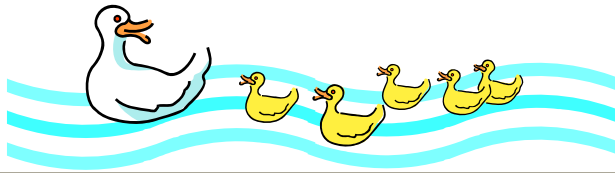
A representative will be at the Senior Center to answer questions and take orders:

Tuesday, June 16th

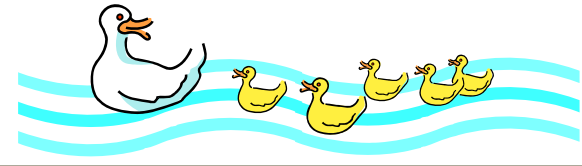
Friday, June 19th


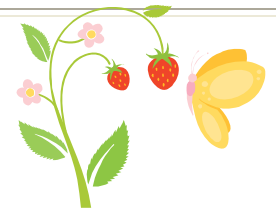
Thursday, June 25th

From 10 am until 1 pm



June Menu



Monday	Tuesday	Wednesday	Thursday	Friday
1	2	3	4	5
CHICKEN BREAST PASTA ITALIAN BLEND VEGS. GARLIC BREAD GRAPE JUICE	CUBE STEAK MASHED POTATOES SICILIAN VEGETABLES FRUIT COCKTAIL	BAKED BREADED PORK CHOP POTATO WEDGES DILLED CARROTS & BRUSSELS SPROUTS APPLESAUCE	HAMBURGER GRAVY OVER DICED POTATOES CARIBBEAN BLEND VEGETABLES APRICOTS	STIR FRY BEEF W/ VEGETABLES RICE STRAWBERRIES 
8	9	10	11	12 FLAG DAY
CHILI NOODLES SWEET CORN PINEAPPLE TIDBITS MANDARIN ORANGES	SALMON PATTY MASHED POTATOES CREAMED PEAS APRICOTS	ROAST PORK POTATO WEDGES SAUERKRAUT BABY CARROTS AMBROSIA SALAD	CHILI HOT DOG BUN TAVERN FRIES GREEN BEANS MANDARIN ORANGES	CHICKEN WINGS MACARONI SALAD CORN SALAD W/ BLACK BEANS BANANA
15	16	17	18	19 FATHER'S DAY
BBQ RIBLETT BAKED BEANS SWEET CORN CORNBREAD APRICOTS	ITALIAN SAUSAGE W/ GREEN PEPPERS & ONIONS BUN DICED POTATOES BAKED APPLE SLICES	BAKED HAM YAMS PARMESAN SPINACH ORANGE PINEAPPLE GELATIN	GRILLED CHICKEN SALAD W/ CROISSANT POUND CAKE FRESH STRAWBERRIES	CHOPPED SIRLOIN STEAK W/ SAUTE ONIONS MASHED POTATOES BROCCOLI AMANDINE RHUBARB PIE
22	23	24 BIRTHDAY BINGO	25	26
SUNSHINE CHICKEN HASH BROWN POTATOES COZUMEL BLEND VEGS MANDARIN ORANGES	BBQ SHREDDED PORK BUN POTATO WEDGES BROCCOLI PEACHES	BEEF STROGANOFF NOODLES BABY CARROTS CAKE ICE CREAM	HAWAIIAN PORK BROWN RICE ASIAN BLEND VEGS. FRESH HONEYDEW MELON	TURKEY CUTLET W/ STUFFING ASPARAGUS CRANBERRY/ORANGE RELISH FRESH STRAWBERRIES
29	30			
MEATLOAF MASHED POTATOES DICED TOMATOES W/ FRESH BASIL GREEN BEANS PINEAPPLE	SWISS STEAK W/ VEGS. DICED POTATOES SPRING BLEND VEGS. PEACH CRISP		LUNCH SERVED: <i>11:30am. - 12:15pm.</i> Senior Donation \$2.50 All others \$4.50	For Reservations: (419) 626-2560 or 1-800-701-3221 For meal content please contact the site manager at the Senior Center

