



Ottawa County  
*Senior  
Resources*

# Senior Moments

March 2011

Volume 4, Issue 3

**Don't Forget!**  
**Spring Ahead 1 Hour**  
**on Saturday,**  
**March 12th!!**



## “Pot O’ Gold” Luck of the Irish Game Day

Sunday, March 13, 2010

2:00-5:00 pm

Oak Harbor Senior Center

Riverview Health Care Campus, W. State RT. 163, Oak Harbor

Cards, Dominoes, L-R-C, Cornhole, Wii,  
or bring your own game.

50/50 Raffle & Door Prize Drawings

Hot sandwiches and refreshments will be provided.

Bring a plate of veggies or desserts (or whatever) for sharing.

Wii Bowling Tournament with “traveling trophy”  
to be awarded to the winning site.

Free Admission but **RESERVATION REQUIRED.**

Sponsored by Senior Activities Committee

Call your nearest senior center or

Ottawa County Senior Resources at 877-898-6459 to sign up.



## **Danbury Senior Center**

**419-798-4101**

**Snow, Snow go away. I have had enough of that beautiful white stuff for 10 years, well, at least for another year.**

**Tuesday, March 15, the Danbury Seniors will be holding an auction. If you would like to come to dinner at 5 pm that evening, please call and reserve early. Seats are limited.**

**Tuesday, March 8<sup>th</sup> is the last day for AARP to do your taxes at the Danbury Senior Center. Please call the center at 419-798-4101 to schedule your appointment. Please check out our calendar to see all the programs we have scheduled for the month. We will be going to Game Day on the 13<sup>th</sup> to defend our Wii Bowling title, hosted by Oak Harbor Seniors at Riverview Healthcare Campus. I hope to see other teams there too, it should be a fun day to share with one another. Till next month, stay warm and safe.**

## **Port Clinton Senior Center**

**419-734-1481**

*ENOUGH WINTER--We are all ready for SPRING*

Port Clinton seniors have braved many a snow day to attend our activities at the center. Thank you for your support.

The first of the month we plan on having an "edible" white elephant bingo. Bring a wrapped edible item and join in the fun.

Thursday, March 10th, we will have a special speaker, Dr. Molly Judge—a podiatrist in Port Clinton---You can bring all your foot complaints with you, I know I have a few...

We would like to see a few exercise programs start up--One being the Wii Bowling game on the 11th--Lets try getting fit for spring.

Port Clinton seniors will be having a St Patrick's Day Party on the 17th wear your GREEN and join in the fun.

A special spring craft will be done on the 24th along with the Coffee Clutch that will meet at 10:00 on the last Thursday of the month. We really have a great time and share a few thoughts. Think Spring and join Port Clinton seniors for a great time.

Mary Jane Happel-Meadows—Site Manager

Mary Lazenby—Asst. Site Manager



## Movie Afternoons at the Vineyard.....

**March 4th at 2 pm & March 24th at 2 pm**



**On Friday March 4th we will be viewing The Best of Johnny Carson. These are the skits that were Johnny's Favorite. So be prepared to be entertained.**

**On Friday, March 25th we will be viewing "The Kings Speech". When his older brother abdicates the throne, nervous-mannered successor George "Bertie" VI reluctantly dons the crown. Though his stutter soon raises concerns about his leadership skills, King George eventually comes into his own with the help of unconventional speech therapist Lionel Loque. Before long the King and Lionel have forged an unlikely bond. A bond that proves to have real strength when the United Kingdom is forced to flex its international might.**



## Garden Club

## Garden Club

*"Plant a Salad"*

*Wednesday, March 23rd*

*1:30 pm*

*The Garden Club will meet on March 23rd and will be planting salads. The freshest salads come straight from your garden! Lettuce thrives on cool weather and can be sown directly in the garden. For an even earlier harvest, start indoors and that is just what we are going to do.*

*We will provide everything you need at no charge. Please call The Vineyard office Monday, March 21st, and ask Cindy or Sherrie to reserve a seat for you. This way we will know how many containers to prepare. Refreshments will be served!*

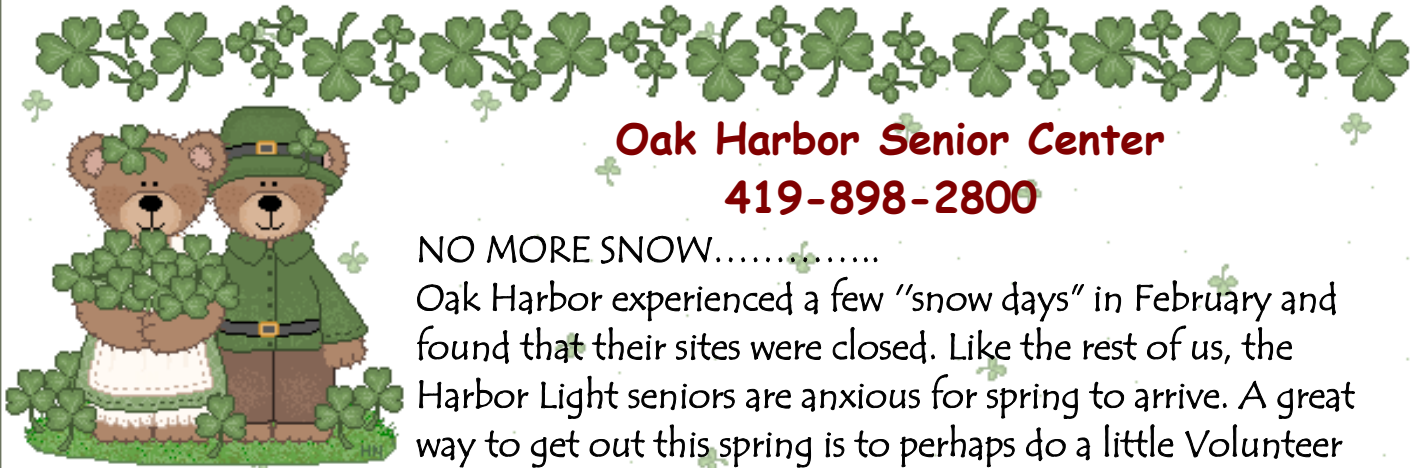
## The Vineyard on Catawba

3820 E. Vineyard Village Dr.

Port Clinton, Ohio 43452

419-797-3100





**Oak Harbor Senior Center**  
**419-898-2800**

NO MORE SNOW.....

Oak Harbor experienced a few "snow days" in February and found that their sites were closed. Like the rest of us, the Harbor Light seniors are anxious for spring to arrive. A great way to get out this spring is to perhaps do a little Volunteer work. Stein Hospice will be presenting a program on the 9th in regards to how seniors can volunteer.

Oak Harbor will be hosting GAME DAY on Sunday, March 13th, from 2-5 pm at Riverview Health Campus. Hot sandwiches and refreshments will be provided. Bring a plate of veggies or desserts (or whatever) for sharing. This really should be a fun afternoon--Plan on attending.

We will close out our March calendar on the 30th with Ina Brolis giving a presentation on the State Parks of Ottawa County. Be sure to check your calendar and plan on sharing March with Oak Harbor Seniors.

Mary Jane Happel-Meadows—Site Manager  
Mary Lazenby—Asst. Site Manager

## *Activity and Advisory Meetings*

**MEETINGS:**

**Wednesday, March 2, 2011**

**Activities at 10 am & Advisory at 1:30 pm**

**Ottawa County Senior Resources, 8200 West State Route 163**

**All are welcome to attend the meetings**

*The March Meeting is Subject to Change, Please Call Ahead to Confirm the Meetings are not Cancelled or Rescheduled.*





*"News From The Put-in-Bay Senior Center"  
419-285-5501*

*"Happy St. Patrick's Day  
from the Put-in-Bay Senior Center"*

***Another busy month here on South Bass Island!***

We have lots of community events scheduled throughout the month for all of our "brave" islanders who are "roughing it out" on the rock! Ferries most likely won't be running for at least another month, so we planned loads of activities to keep us going while we wait for the thaw.

Friday, March 4th a very special evening is in store for all - The Jeff Verhoff Scholarship Fundraiser Dinner. The theme this year; "A Night In Italy". The atmosphere will be set from the table linens, the dangling grapevines, the beautiful Italian music, and of course the menu. My husband, being 100% Sicilian, was nominated to help prepare the main dish for the evening - Homemade Lasagna! Trust me when I say; "THE MAN CAN COOK"!!!

March also means Mardi Gras or Fat Tuesday. We have an honored tradition here on the island during this holiday. All the ladies get together for two days and make trays and trays of Paczki's (fruit-filled Polish pastries). We then celebrate the night before Ash Wednesday with Paczki's and Bingo games. Always a good time!

Daffodil Days Fundraiser for The American Cancer Society will take place on Sunday, March 13th at the Senior Center. The daffodil is the first flower of spring and a symbol of hope. The American Cancer Society is offering fresh daffodils to raise money for cancer research, education, advocacy, and service programs. Help us give hope to cancer patients and celebrate more birthdays. Give Daffodils. Give Hope.

Our Annual South Bass Island Talent Show is scheduled for Friday, March 18th. Talent from all over the island perform before judges and compete for this prestigious award. THIS IS HUGE! Not only will the "Top Winner" be awarded a big, shiny trophy and a large cash prize, but more importantly...BRAGGING RIGHTS! We of course, at the Senior Center, will be represented. We have been rehearsing and working very hard on our "special number". The judges will be blown away by the talent of our seniors. I feel very confident that THIS IS OUR YEAR! We're bringing home the trophy!

***Wishing everyone love and laughter :)***

Candace Pucci, Site Manager  
Mella Davies, Site Assistant  
Maisie Ruchala, Site Contingency



# Swing into Spring Craft Show

## Saturday April 2, 2011

9 am-3 pm



Ottawa County  
**Riverview**  
HEALTHCARE CAMPUS



**Come & see egg-citing Easter & Spring Crafts!!**

**Kids Crafts**

**& Free Pictures with the Easter Bunny**

**Easter Story Hour at 10 am**

**Lunch with the Easter Bunny 11:30-12:30**

(Reservations needed for lunch, cost \$5.00 each age 12 and under)

**Easter Egg Hunt at 2 pm**

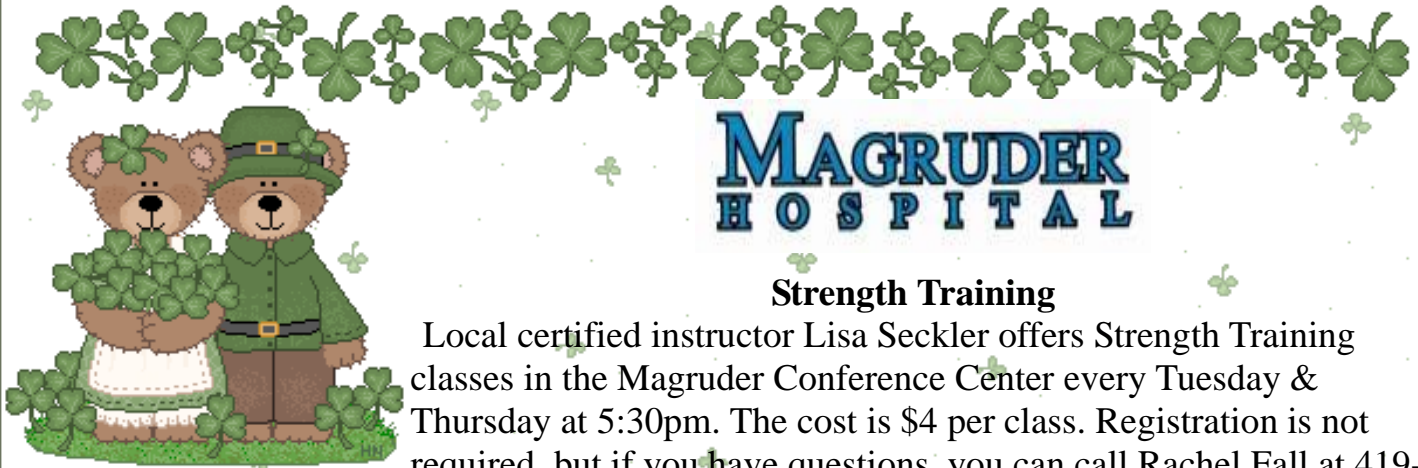
**Lunch Stand with Homemade Soups and Pies**

**Provided by the Riverview Auxiliary**

**To be a vendor or obtain more information,  
please call Kim Geldien**

**At 419-898-2851 or 419-732-3163**





## MAGRUDER HOSPITAL

### **Strength Training**

Local certified instructor Lisa Seckler offers Strength Training classes in the Magruder Conference Center every Tuesday & Thursday at 5:30pm. The cost is \$4 per class. Registration is not required, but if you have questions, you can call Rachel Fall at 419-732-4061.

### **Tai Chi**

Lisa Shuey, certified instructor from the Fremont YMCA offers Tai Chi in the Magruder Conference Center. Cost is \$24 for the 6 week series, which is held on the following Mondays at 5:30pm: March 7, 21, 28 and April 4, 18, 25. If you have questions, call Rachel Fall at 419-732-4061.

### **Education Series**

Magruder will host their monthly education series on Friday, March 18th at noon in the Conference Center. Dr. Adam Hedaya, Director of Magruder's Pain Management Clinic, will present a program on "Chronic Pain." Cost for the lunch is \$6 and we are asking for RSVPs to 419-732-4061 by noon Wed 3/16/11.

### **Colorectal Cancer Awareness**

For National Colorectal Cancer Awareness Month, Magruder will distribute free take-home colorectal health kits in the hospital's main lobby every Mon-Fri in March from 8am to 4pm.

### **A Day for Me**

Port Clinton BPW & Magruder Hospital Auxiliary will present A Day for Me: Women's Health Event on Sunday, March 20th. Check in that day starts at noon in the main lobby. Please register by calling 419-734-3131 ext. 3505. There is no charge for the event. The theme this year is "Home Sweet Home" and the day will be filled with lunch, 3 different break-out sessions, goodies & keynote speaker, Angie Weid, professional organizer from Temperence, MI.

### **Auxiliary Breakfast**

The Magruder Auxiliary will host a free breakfast on Monday, March 7th at 9:00 am in the Conference Center. This is for current Auxiliary members as well as those interested in learning more about the Auxiliary. Please RSVP to 419-734-3131 ext. 3140 by Friday, March 4th. With over 200 members, the Auxiliary helps with the Charity Ball and the Auxiliary Golf Classic and provides healthcare scholarships to local students. The Auxiliary also hosts A Day For Me, the annual women's health seminar, helps with hospital book fairs and uniform sales and coordinates volunteers in a variety of capacities throughout the hospital.



# Ottawa County 60+ Clinics

Available at 7 different locations

Services provided by the Ottawa County Health Department

Just Look At What Your FREE Health Assessment Could

Do For You:



Blood pressure check  
Cholesterol testing  
Health & medication education

Blood glucose testing  
Weight monitoring  
Referrals to private physicians

...and much more...

These clinics are FREE!

Elmore Senior Center at the  
Grace Evangelical Lutheran Church  
*1<sup>st</sup> Tuesday*

Port Clinton: Lakeview Estates  
*2<sup>nd</sup> Tuesday*

Genoa: Elderlife Apartments  
*4<sup>th</sup> Tuesday*

Port Clinton Senior Center  
*3<sup>rd</sup> Tuesday*

Riverview HealthCare Campus  
*2<sup>nd</sup> Wednesday*

Put-in-Bay Senior Center  
*Last Thursday*

Danbury Senior Center  
*1<sup>st</sup> Wednesday*

If you would like to schedule an appointment  
call the Ottawa County Health Department at:

419-734-6800 or 1-800-788-8803



Heart Disease is the leading cause of death among both men and women. However, it is preventable. The following are some simple steps you can implement to take care of your heart:

- Learn your numbers. High LDL "bad" cholesterol, high Total Cholesterol, High Triglyceride levels, low HDL "good" cholesterol, Body Mass Index (overweight/obese), high Blood Glucose levels and high Blood Pressure increase your risk for heart disease.
- Eat a healthy diet. Decrease your saturated and trans fat consumption, while increasing fiber, by choosing whole grains, fish, lean meats, fruits and vegetables. Flavor foods with herbs rather than salt. Information about the D.A.S.H (blood pressure lowering) and the TLC (cholesterol lowering) diets may be found at the National Heart Lung and Blood Institute website or by contacting your physician/dietitian.
- Exercise regularly. At least 30-minutes of physical activity most days, such as walking, is recommended. Exercise can help you regulate blood glucose and blood pressure, maintain healthy body weight, and raise good cholesterol.
- Stop smoking and limit alcohol consumption.
- Know the warning signs of a heart attack and seek immediate medical attention.
  - o Chest discomfort.
  - o Pain in other areas of the upper body; jaw, neck, stomach, back, one or both arms.
  - o Shortness of breath.      o Cold sweat.      o Nausea and/or fatigue.

**Resolve To Be Healthy 2011!**



*Genoa Senior Center & Elmore Golden Oldies*

**Genoa Senior Center—419-855-4491**

**Elmore Senior Center—419-862-3874**



March is here and spring is just waiting to jump on us. The Groundhog did not see his shadow. What more could we ask for? Really, REALLY, REALLY, Nice warm weather, Robins to be chirping, the tulips to be blooming, wonderful walks Outside; riding bikes on the bike trail. Which is a wonderful place to go if you have the wheels to do it, and it is great exercise. I can't wait.

I just spent some time in Florida visiting my mom and my dad. Now I know why they go south for the winters. That little break this time of the year is ever so wonderful.

If you are looking for something different to do, consider coming to the senior center or one of the outings that is scheduled. We have many things happening. A Rep from the Toledo Museum will be visiting us to talk about the history of the museum or the Glass House. Watch for our SCHEDULED Field trip to the Toledo Glass House and lunch, that should be scheduled for April; plus the Dance. So there is a little bit for everyone...Pick up the phone and call in your reservation. Hope to see you soon....And Happy Saint Patrick's Day!



**IRISH TOASTS**

**May you always be blessed**

**With walls for the wind,**

**A roof for the rain,**

**A warm cup of tea by the fire,**

**Laughter to cheer you,**

**Those you love near you,**

**And all that your heart might desire.**

**Here's to the land of the shamrock so green,**

**Here's to each lad and his darlin' Colleen,**

**Here's to the ones we love dearest and most.**

**May God bless ole Ireland, that's an Irish man's toast.**

**Tammy L. Reichert-Senior Site Manager**

**Maria L. Hahn-Senior Site Assistant**



**TAKE NOTE: Government announces deadline for phasing out paper benefit checks INCLUDING Social Security—May 1, 2011**

To help with the switchover for those still getting paper checks, the government has created a website, <http://www.GoDirect.org> and a toll-free phone number, 1-800-333-1795, that people can call for assistance. If you have any further questions, please do not hesitate to contact us at Senior Resources. 419-898-6459.



## Tax Filing Clinic – AARP

Call the Senior Center or Library directly to set up your appointment.

### PORT CLINTON SENIOR CENTER

**419-734-1481**

STARTING: Feb 2<sup>nd</sup>  
Every Wednesday  
Last day April 6<sup>th</sup>  
9-11 am

### DANBURY SENIOR CENTER

**419-798-4101**

Tuesday, March 8<sup>th</sup>  
9-11 am and 1-3 pm



### IDA RUPP LIBRARY

**419-732-3212**

Starts February 3<sup>rd</sup>  
Last day is April 7<sup>th</sup>  
Every Thursday  
9-11 am and 1-3pm  
Every Friday 9-11

### GENOA SENIOR CENTER

**419-855-4491**

Monday, March 14<sup>th</sup>  
9 am - 3 pm  
Monday, March 28<sup>th</sup>  
9-11 am

### ELMORE SENIOR CENTER

**419-862-3874**

Tuesday, March 22<sup>nd</sup>  
9 am-3 pm



Free Tax Filing  
Call **WSOS CAC, Inc** to schedule  
an appointment.  
1-800-775-9767  
419-334-8911

Any household earning less than \$60,000 in 2010  
can file their own taxes for free.

#### Call for Tax Clinic Dates

Clinics held at:  
**WSOS CAC, Inc**  
(Sutton Center)  
1854 E. Perry St., Port Clinton



## **Dr. Stone's Pet Corner**

We all love to hug and kiss our pets but hate that bad “doggie” or “kitty” breath. Bad pet breath isn't just the result of stinky food – it could be a sign of something more problematic. February was Pet Dental Awareness Month but even though it is March, we as pet owners need to focus attention on our pet's teeth year round. While we may go to the dentist on a regular basis, we forget about our dogs and cats. They, too, need regular teeth examinations.

According to the American Veterinary Dental Society, 80% of dogs and 70% of cats develop some degree of periodontal disease by age three. Poor preventative dental health care can lead to a host of serious health issues down the road. Gum problems for dogs and cats not only make it hard for them to eat but can lead to more serious health problems. For example, infected gums can abscess, allowing bacteria to get into the bloodstream. This can lead to an overall infection of the blood, called bacteremia, which in turn can affect your pet's heart, liver, and kidneys. An older dog or cat's sluggishness can be more than just old age. Regular dental cleaning by your veterinarian can help older animals regain youthful energy.

If your pet seems tired or listless, or stops eating, this could be a sign of dental problems. We suggest that you check your dog or cat's gums by simply opening its mouth and looking at his or her teeth and gums. Bad breath, red and swollen gums, a yellow or brown crust of tartar around the gum line and pain or bleeding when you touch the gum are all signs that your pet could have gum disease and should be taken to your veterinarian. Gum disease is not healthy and is extremely painful and should be addressed in a timely fashion.

In addition to regular veterinary checkups, there are things you can do at home to make sure your pet's teeth stay clean and healthy:

- Regularly brush your dog or cat's teeth using special pet toothbrushes.
- Do NOT use human toothpaste as it can upset your pet's stomach.
- There are water additives for your pet's food that can cut down on plaque and tartar build up.
- Keep table scraps down to a minimum as they aid in the buildup of plaque and tartar.

Give me a call or email me if you have any questions about developing a dental health regimen for your pet.

I hope this article is helpful. If you have any questions touch base with me at [drstone@northcoastvets.com](mailto:drstone@northcoastvets.com) .



# 2011 March

## Danbury Senior Center



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<b>1</b> 5 pm Evening Meal	<b>2</b> 8:30 - 60+ Clinic 10 - Chair Ex 10 - Dominoes <b>12:30 - Health Dept</b> 1- Cards	<b>3</b> 10 - Dominoes <b>12:30 - Mind Games</b> 1 - Bingo	<b>4</b> 10- Coffee Clique 10- Wii Games <b>12:30- Deb w/ Stein Hospice</b>  1- Cards
<b>7</b> 9:30 - Brd. Mtg 10 - Dominoes 10:30 - BP <b>12:30 - Telephone Time Line</b> 1 - Cards	<b>8</b> <i>AARP Taxes</i> 9 - 3  5 pm Evening Meal	<b>9</b> 10 - Chair Ex. 10 - Dominoes <b>12:30 - Carrie w/ Edgewood</b> 1- Cards	<b>10</b> 10 - Dominoes 10 - BP w/Jody <b>12:30 - Site Council</b> 1- Bingo	<b>11</b> 10 - Coffee Clique 10 - Wii Games <b>12:30 - Harriet Beecher Stowe</b> 1- Cards
<b>14</b> 10 - Dominoes <b>12:30 - Dr. Seuss</b>  1- Cards	<b>15</b>  5 pm Evening Meal	<b>16</b> 10 - Chair Ex. 10 - Dominoes <b>12:30 - Michelle Visits</b> 1- Cards	<b>17</b> 10 - Dominoes <b>12:30-Mind Games</b> 1- Bingo	<b>18</b> 10 - Coffee Clique 10 - Wii Games <b>12:30 - A visit from AmeriCare</b> 1- Cards Friday Nite Dinner
<b>21</b> 10 - Dominoes 10:30 - BP <b>12:30 - Trans Fats</b> 1 - Cards	<b>22</b>  5 pm Evening Meal	<b>23</b> 10 - Chair Ex. 10 - Dominoes <b>12:30 - Sleep Disorders</b> 1- Cards	<b>24</b> 10 - Dominoes <b>12:30- Pat Gory w/ Senior Independence</b> 1 - Bingo	<b>25</b> 10- Coffee Clique 10- Wii Games <b>12:30-Old Time Remedies</b> 1- Cards
<b>28</b> 10 - Dominoes 10:30 - BP <b>12:30 - Dar Mensing OSU Ext.</b> 1- Cards	<b>29</b>  5 pm Evening Meal	<b>30</b> 10 - Chair Ex. 10 - Dominoes <b>12:30 - Riverview Visits</b> 1 - Cards	<b>31</b> 10 - Dominoes <b>12:30- Mind Games</b> 1- Bingo	

 **Site Manager**  
**Paula Shenkel**

Lunch is served at 11:30 am, Monday through Friday  
Suggested Donation \$3.00 – 60 years of age and older  
\$5.00 for those under age 60  
Call by 10:00 am the day prior to your desired reservation

[danburyseniors@co.ottawa.oh.us](mailto:danburyseniors@co.ottawa.oh.us)


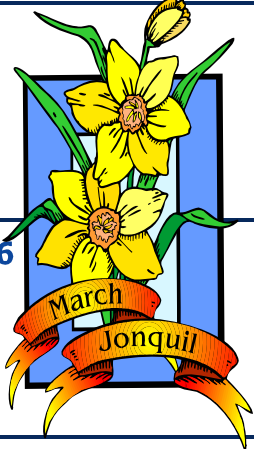

Danbury Senior Center  
8470 East Harbor Rd  
Marblehead, OH 43440  
419-798-4101

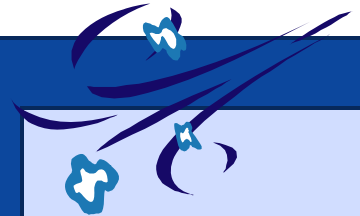




# 2011 March

## Elmore "Golden Oldies" Senior Center

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<b>1</b> 60+ Clinic <b>9:30 Crocheting</b> Ottawa County Health Dept.	<b>2</b>	<b>3</b> <i>Bev Hart Hospice of Memorial Health</i>	<b>4</b>
<b>7</b> 	<b>8</b> Pastor Dave Nevergall Talks about <b>CAGE</b>	<b>9</b> 	<b>10</b> <i>10:30 AM Site Council Mtg. The History of The Toledo Museum</i>	<b>11</b>
<b>14</b>	<b>15</b> 9:30 Crocheting <b>April Hille</b> <i>Osteoporosis</i>	<b>16</b>	<b>17</b> <i>Celebrate St Patrick's Day</i>	<b>18</b> <i>Happy St. Patrick's Day</i>
<b>21</b>	<b>22</b> <b>AARP Tax Day</b> <b>Make Appt.</b> Cheryl Conley Alzheimer's Association	<b>23</b>	<b>24</b> Consumer Protection Week w/Amy Carles	<b>25</b>
<b>28</b> 	<b>29</b> <i>BP and Sugar</i> <b>Bingo</b>	<b>30</b>	<b>31</b> <i>Lori Atwater Hospice</i>	



Site Manager  
Tammy L. Reichert  
Lunch is served at  
12:00 Noon  
Tuesday & Thursday  
Suggested Donation  
is \$3.00 for those 60 years  
of age and older.  
\$5.00 for those under  
the age of 60  
Call by 10 am the day  
prior to your reservation

[elmoreseniors@co.ottawa.oh.us](mailto:elmoreseniors@co.ottawa.oh.us)

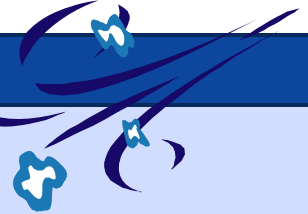
Elmore Senior Center  
19225 W. Witty Road  
Elmore, OH 43416  
419-862-3874





# 2011 March

## Genoa Senior Center



**MONDAY**

**TUESDAY**

**WEDNESDAY**

**THURSDAY**

**FRIDAY**

	<b>1</b> 	<b>2</b> 12:30 Games <b>Special Bingo</b>	<b>3</b> 	<b>4</b> Scrap Booking World Day of Prayer Play Wii
<b>7</b> 9:30 - 11:00 <b>Bingo</b> Merry March Monday 12:30 Games	<b>8</b> 	<b>9</b> BP and Sugar Jodi Biggert Fremont Memorial Home Health 12:30 Games	<b>10</b>	<b>11</b> Scrap Booking Johnny Appleseed Day Play Wii
<b>14</b> <b>NO BINGO</b> <b>AARP TAX DAY</b> 12:30 Games	<b>15</b> 	<b>16</b> Site Council Mtg. Dar Mensing OSU Extension Office 12:30 Games	<b>17</b> <b>Happy St. Patrick's</b> 	<b>18</b> Scrap Booking Kewpie Doll Day Play Wii
<b>21</b> 9:30 - 11:00 <b>Bingo</b> Spring Equinox 12:30 Games	<b>22</b> 	<b>23</b> <u>Cheryl Conley</u> <u>Alzheimer's</u> <u>Assoc.</u> 12:30 Games	<b>24</b> 	<b>25</b>
<b>28</b> <b>NO BINGO</b> <b>AARP TAX DAY</b> 12:30 Games	<b>29</b> 	<b>30</b> Amy Carles National Consumer Protection Week	<b>31</b>	

Site Manager  
 Tammy L. Reichert  
 Lunch is served at  
 11:30 Monday,  
 Wednesday & Friday  
 Suggested Donation is  
 \$3.00 – 60 years of age  
 and older  
 \$5.00 for those under  
 the age of 60  
 Call by 10 am the day  
 prior to your  
 reservation

[genoaseniors@co.ottawa.oh.us](mailto:genoaseniors@co.ottawa.oh.us)


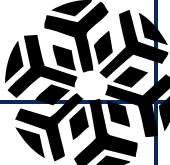






**Genoa Senior Center**  
 514 Main Street  
 Genoa, OH 43430  
 419-855-4491





# 2011 March

## Oak Harbor "Harbor Lights" Senior Center

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>REMINDER</b> Sunday, March 13 2 - 5 pm <b>GAME DAY at</b> <b>OAK HARBOR</b> <b>SENIOR CENTER</b>	1	2 <b>BP &amp; BS</b> <b>UNITED WAY</b> <b>AMERICORP</b> <b>CHRIS GALVIN &amp;</b> <b>KRISTEN GERVEN</b>	3	4
7 <b>HEART &amp; STROKE</b> <b>AWARENESS</b> <b>American Red</b> <b>Cross</b>		9 <b>60+ Clinic</b> <b>ASH WEDNESDAY</b> <b>VOLUNTEER</b> <b>STEIN HOSPICE</b> <b>DEB ATWATER</b>	10 	11 
14 <b>SITE COUNCIL</b> <b>MEETING</b>  <b>DIME BINGO</b>	15 	16 <b>ST PATRICK'S DAY</b> <b>CELEBRATION</b> <b>PORTLAND</b> <b>HOUSE</b>	17 	18 
21 <b>WELCOME</b> <b>SPRING SOCIAL</b> <b>TRIVIA</b> <b>BRING A FRIEND</b> <b>TO LUNCH</b>	22 	23	24	25
28 <b>Edible</b> <b><u>WHITE</u></b> <b><u>ELEPHANT</u></b> <b><u>BINGO</u></b>	29 	30 <b>Ina Brolis</b> <b>OTTAWA</b> <b>COUNTY STATE</b> <b>PARKS</b>	31	



*Mary Jane*  
*Happel-Meadows*  
*Site Manager*  
 Lunch is served at  
 11:45  
 Mon & Wed  
 Call by 10 am the day  
 prior to your  
 reservation  
 Suggested Donation is  
 \$3.00 – 60 years of age  
 and older  
 \$5.00 for those under  
 the age of 60

[ohseniors@co.ottawa.oh.us](mailto:ohseniors@co.ottawa.oh.us)

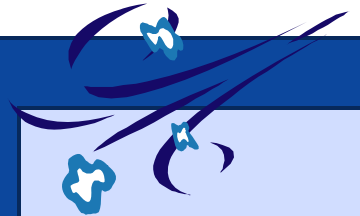
"Harbor Lights"  
 Senior Center  
 8180 W St Rte 163  
 Oak Harbor, OH 43449  
 419-898-2800





# 2011 March

## Port Clinton Senior Center



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<b>1</b> 10:00 Dominoes WHITE ELEPHANT BINGO EDIBLE 1:00 Euchre	<b>2</b> 1:00 Cards	<b>3</b> 10:00 Site Council Meeting <i>Social</i> 1:00 Pinochle	<b>4</b> 10:00 Dominoes  ZUMBA w/JUANITA 1:00 CARDS
<b>7</b>  1:00 Golden Age Pinochle	<b>8</b> 10:00 Dominoes DAWN PORTLAND HOUSE  1:00 Euchre	<b>9</b> 1:00 Pocket Change Bingo  ASH WEDNESDAY	<b>10</b> 10:00 Dominoes BP  DR. MOLLY JUDGE 1:00 Pinochle	<b>11</b> 10:00 Dominoes  Wii BOWLING  1:00 CARDS
<b>14</b>  1:00 Golden Age Pinochle	<b>15</b> 10:00 Dominoes 60+Clinic STEIN HOSPICE VOLUNTEERING  1:00 Euchre	<b>16</b>  1:00 Cards	<b>17</b> 10:00 Dominoes ST PATRICK'S DAY PARTY 1:00 Pinochle	<b>18</b> 10:00 Dominoes  <b>DOMINOES</b>  1:00 CARDS
<b>21</b>  1:00 Golden Age Pinochle	<b>22</b> 10:00 Dominoes INA BROLIS HISTORY OF STATE PARKS IN OTTAWA CO  1:00 Euchre	<b>23</b> 1:00 Pocket Change Bingo	<b>24</b> 10:00 Dominoes Coffee Clutch 10:00 Spring Craft 1:00 Pinochle	<b>25</b> 10:00 Dominoes Part 2 SPRING CRAFT  1:00 CARDS
<b>28</b>  1:00 Golden Age Pinochle	<b>29</b> 10:00 Dominoes  CHRIS GALVIN UNITED WAY  1:00 Euchre	<b>30</b> 1:00 CARDS  POT LUCK 5:00	<b>31</b> 10:00 Dominoes MOVIE TIME 1:00 Pinochle	REMINDER GAME DAY AT OAK HARBOR SR. CENTER MARCH 13 <sup>TH</sup> 2-5

Mary Jane  
Happel-Meadows  
Site Manager  
Lunch is served at  
11:30 am Tuesday,  
Thursday & Friday  
Suggested Donation  
is \$3.00 – 60 years of  
age and older  
\$5.00 for those under  
the age of 60  
Call by 10 am the day  
prior to your  
reservation

[pcseniors@co.ottawa.oh.us](mailto:pcseniors@co.ottawa.oh.us)

**PC Senior Center**  
320 E. Third Street  
Port Clinton, OH  
43452  
419-734-1481

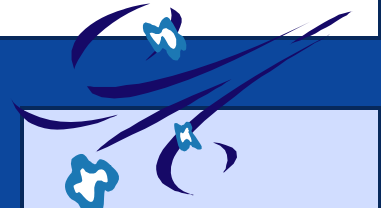




# 2011 March

## Put-in-Bay Senior Center

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<b>18:30 Water Walk</b> 9 am Aquamotion 1 pm Knitting 7 pm Bridge	<b>2</b> 9 Strength Train 10 Coffee Social 1 Card Party	<b>3</b> 8:30 Water Walk 9 am Aquamotion 12 Senior LUNCH @ Tipper's	<b>4</b> 9 Strength Train 10 Coffee Social 1 pm Mah Jongg Verhoff Dinner
<b>7</b> 9 Strength Train 10 Blood Pressures 10 Coffee Social Making PACZKI'S	<b>8</b> Mardi Gras 8:30 Water Walk 9 am Aquamotion 11 Making Paczki's BINGO NIGHT	<b>9</b> Ash Wednesday 9 Strength Train 10 Coffee Social 1 Card Party	<b>10</b> Water Walking 9 am Aquamotion 12 Senior LUNCH @ Tipper's	<b>11</b> 9 Strength Train 10 Coffee Social 1 pm Mah Jongg
<b>14</b> 9 Strength Train 10 Blood Pressure 10 Coffee Social 7 pm Game Night	<b>15</b> 8:30 Water Walk 9 am Aquamotion 1 pm Knitting 7 pm Bridge	<b>16</b> 9 Strength Train 10 Coffee Social 1 Card Party	<b>17</b> St. Patrick's Day 9 am Aquamotion 11:45 American Legion Lunch <b>60+ CLINIC</b>	<b>18</b> 9 Strength Train 10 Coffee Social 1 pm Mah Jongg Talent Show
<b>21</b> 9 Strength Train 10 Blood Pressure 10 Coffee Social 7 pm Game Night	<b>22</b> 8:30 Water Walk 9 am Aquamotion 1 pm Knitting 7 pm Bridge	<b>23</b> 9 Strength Train 10 Coffee Social 1 Card Party	<b>24</b> Water Walking 9 am Aquamotion 12 Senior LUNCH @ Tipper's	<b>25</b> 9 Strength Train 10 Coffee Social 1 pm Mah Jongg
<b>28</b> 9 Strength Train 10 Blood Pressure 10 Coffee Social 7 pm Game Night	<b>29</b> 8:30 Water Walk 9 am Aquamotion 1 pm Knitting 7 pm Bridge	<b>30</b> 9 Strength Train 10 Coffee Social 1 Card Party	<b>31</b> Water Walking 9 am Aquamotion 12 Senior LUNCH @ Tipper's	



**Put-in-Bay Senior Center**  
 195 Concord Ave.  
 419-285-5501  
[pibsenior@co.ottawa.oh.us](mailto:pibsenior@co.ottawa.oh.us)



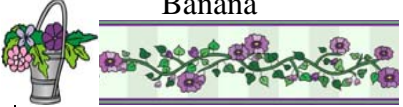




Lunch is served on  
 Thursdays at  
 12:00 Noon  
 Suggested Donation:  
 \$3.00  
 Please call by noon  
two days prior to your  
 reservation

Site Manager:  
 Candace Pucci  
 Site Assistants  
 Mella Davies  
 Maisie Ruchala



# March 2011

To access ingredient content, call Jane Wolf-Riverview Healthcare Campus at 419-898-2851 ext. 216

Monday	Tuesday	Wednesday	Thursday	Friday
<p>LS Alt—Low Sodium Alternate</p> <p>LF Alt— Low Fat Alternate</p> <p><i>These items must be ordered ahead</i></p>	<p>1. Italian Breaded Fish White Rice Sugar Snap Peas Carrots Wheat Bread/Marg Mandarin Oranges</p> <p><b>Alt: Pork Steak</b></p>	<p>2. Ham, Macaroni &amp; Cheese Casserole Stewed Tomatoes Green Beans Breadstick Fruited Gelatin</p> <p><b>Alt: Chicken Breast</b></p>	<p>3. Meatloaf Mashed Potatoes &amp; Gravy Lima Beans Dinner Roll/Marg Pears</p> 	<p>4. Breaded Pork Cutlet Fried Potatoes Prince Charles Blend Dinner Roll/Marg Fruit Medley</p>
<p>7. Apple-Raisin Chicken Mashed Potatoes/Gravy Baby Carrots Dinner Roll/Marg Plums</p> 	<p>8. Roast Pork Hubbard Squash Buttered Broccoli Dinner Roll/Marg Hot Baked Apple</p>	<p><b>9. Ash Wednesday</b> 10. Cheeseburger on Bun Relish Plate (Lettuce/Tomato) Tater Tots Fresh Orange Wedges</p> <p><b>Alt: Egg Salad Sandwich</b></p> 	<p>10. Salisbury Steak Mashed Potatoes/Gravy Zucchini Dinner Roll/Marg Banana</p>	<p>11. Spaghetti with Meatballs Lettuce Salad w/Tomatoes &amp; Cucumber Breadstick— Peaches</p> <p><b>Alt: Beer Batter Fish and Cottage Cheese</b></p>
<p>14. Breaded Pork Tenderloin Whipped Sweet Potatoes California Blend Dinner Roll/Marg Fruit Cocktail</p> 	<p>15. Chicken Tenders French Fries Buttered Peas Graham Crackers Dinner Roll/Marg Fresh Grapes</p>	<p>16. Cube Steak with Stroganoff Sauce Egg Noodles Winter Squash Cauliflower Wheat Bread/Marg Pears</p>	<p>17. Corned Beef w/ Sauerkraut Mashed Potatoes Parsley Noodles Rye Bread Mandarin Oranges</p> <p><b>Alt: Marinated Chicken</b></p>	<p>18. Beef Roast Mashed Potatoes/Gravy Baby Carrots Dinner Roll/Marg Applesauce</p> <p><b>Alt: Tuna Salad</b></p>
<p>21.. Roast Turkey Mashed Potatoes w/Gravy Buttered Broccoli Dinner Roll/Marg Apricots</p> 	<p>22. Beef Macaroni Casserole Green Beans Tossed Salad Garlic Toast Pineapple Tidbits</p>	<p>23.. Italian Baked Chicken Oven Brown Potatoes Zucchini Dinner Roll/Marg Peaches</p> <p><b>Oak Harbor, Genoa Bday</b></p>	<p>24. Parmesan Breaded Pork Parsley Noodles Buttered Peas Wheat Bread/Marg Mandarin Oranges</p> <p><b>Elmore &amp; Danbury Bday</b></p>	<p>25. Dutch Chicken Red Bliss Potatoes Italian Green Beans Wheat Bread/Marg Baked Apple</p> <p><b>Alt: Cheese Ravioli HDM Bday dessert</b></p>
<p>28 Egg Salad Sandwich Marinated Carrots Tomato Juice Applesauce</p> 	<p>29 Country Fried Pork with Cream Sauce Egg Noodles Green Beans California Blend Bread Slice/Marg Tropical Fruit Salad</p>	<p>30 Herb Marinated Chicken Baked Potato with Sour Cream Buttered Broccoli Dinner Roll/Marg Hot Peach Delight</p>	<p>31 Open Face Roast Beef Sandwich Mashed Potatoes/Gravy Harvard Beets Graham Crackers Fruit Medley</p>	



Ottawa County  
**Senior**  
Resources

8200 West State Route 163  
Oak Harbor, Ohio 43449  
Phone: 877-898-6459  
or 419-898-6459  
Fax: 419-898-3252

*HELPING  
SENIORS  
MAINTAIN  
THEIR  
INDEPENDENCE*

OFFICE CONTACTS

**Dianne Mortensen**  
Executive Coordinator  
dmortensen@co.ottawa.oh.us

**Kim Sedlak**  
Senior Information Clerk  
(Newsletter)  
ksedlak@co.ottawa.oh.us

**Shelley Seamon**  
Fiscal Clerk  
sseamon@co.ottawa.oh.us

**Judith Meyer-Hall**  
Home Care Services  
jmeyerhall@co.ottawa.oh.us

877-898-6459  
419-898-6459

*Stay updated by visiting our website  
[www.co.ottawa.oh.us/ocseniorresources](http://www.co.ottawa.oh.us/ocseniorresources)*

**2011 Events**

**WATCH FOR THE FOLLOWING EVENTS**

- MARCH 13th: POT O'GOLD GAME DAY at Riverview Healthcare Campus
- APRIL 3rd: ANNUAL "SPRING INTO HAPPINESS DANCE"
- MAY 11th: \*SPRING SENIOR DAY AT CAMP PERRY
- JUNE: \*"WEST END OF THE COUNTY" PICNIC
- JULY 20th: \*SENIOR DAY AT THE FAIR
- AUGUST 5th: \*COUNTY-WIDE PICNIC AT LAKEVIEW PARK, PORT CLINTON
- SEPTEMBER: \*SENIOR DAY AT THE BAY
- OCTOBER: \*CHILI COOK-OFF
- NOVEMBER 9th: \*FALL SENIOR DAY AT CAMP PERRY
- DECEMBER 2nd: OTTAWA COUNTY SENIOR RESOURCES OPEN HOUSE

*Game Day and the spring dance are set.*

*Those items marked with a \* will be updated as details become available.*

