

NORTH OLMSTED SENIOR CENTER
Golden Age Bulletin — G. A. B. —
December 2015



28114 LORAIN ROAD NORTH OLMSTED, OHIO 44070

KEVIN M. KENNEDY, MAYOR

Jackie Chavez-Anderson, Administrator

MAYOR'S CORNER

I'd like to wish all of you a wonderful Holiday Season and invite you to attend our final event of the Bicentennial, the North Olmsted Noel. On Sunday, December 6th from 3pm – 6pm at the North Olmsted Park, Community Cabin and Senior Center. Enjoy live musical performances, festive food, and our holiday craft market. Kids will love our games and activities, and can visit with our reindeer straight from the North Pole. Gather with us as the community rings in the holiday season. Santa is scheduled to land in North Olmsted Park at 5pm. It is always a festive and special time for all.

Also, be sure to visit Frostville for 'Holidays at Frostville' on Saturday, December 5th from 11am - 4pm. A visit with Father Christmas. A stroll through festively decorated homes. A warm snack at our Events Barn. A special purchase from our Gifford General Store. A great way to spend a day at Frostville Museum! Also this year, enjoy live entertainment provided by the North Olmsted Middle School and High School Music departments as well as organ performances in the Frostville Village Church. There will be a bake sale in the events barn as well as activities for the kids.

Snow Days! Please note that if the North Olmsted public schools are closed, the Senior Center will also be closed for activities and lunches. The Senior Center staff will be on duty to answer phones and assist with emergency situations.

Closed for the holidays! North Olmsted City Offices will close at noon on Christmas Eve and New Year's Eve and will be closed all day on Christmas Day and New Year's Day .

Happy Holidays to you and your families!

Sincerely;

Mayor Kevin M. Kennedy



**COMMUNITY NEWS &
EVENTS**

North Olmsted City Council
Tuesday, Dec. 1st & 15th
8:00pm/City Hall

Tuesday, December 8th
Health & Wellness
8:30am-9:15am/Activity Rm

Tuesday, December 15th
Join us as we say
goodbye to Ron Millie
Light refreshments served
Wish Ron well in his
retirement
12:00pm/Community Cabin

Thursday, December
24th & 31st
Senior Center Closes at
12:00

Friday, December 25th &
Friday, January, 1st
Senior Center Closed

TUESDAY & THURSDAY HOT LUNCH PROGRAM- MOVIES, LECTURES, ENTERTAINMENT, FOOD, FUN!

Announcements begin before lunch is Served. * \$1.00 Suggested Donation * Everyone 60 and older is Welcome.

Lunch reservations must be made by the week prior.



TUESDAY MOVIE MADNESS 12:30 PM

1st- I'll See You in My Dreams

With her well-ordered life thrown out of balance by the death of her beloved canine companion, aging widow Carol Petersen -- who hasn't dated in 20 years -- unexpectedly finds herself involved with two very different men. (Romance /PG-13/ 95 Min.) Starring: Blythe Danner



8th- Dr. Syed Lecture (See page 6 for details) (No Movie on this date)

15th- A Christmas Story

In this nostalgic look at Christmas in 1940s Indiana, 9-year-old Ralphie Parker desperately wants a "Red Ryder carbine-action, 200-shot Range Model air rifle." But first he'll have to wage an all-out campaign to convince his parents the toy is safe (Comedy/ PG/ 93 Min.) Filmed in Cleveland!



22nd- A Merry Friggin Christmas

Boyd and his family are forced to spend a dreaded Christmas at his parents' house. When he realizes that he left his son's gifts at home, Boyd and his father must hit the road in a blizzard to retrieve the gifts before sunrise to save Christmas. (Comedy/ PG-13/ 81 Min.) Starring: Robin Williams



29th- Max

In this affecting drama based on real events, military dog Max is adopted by the family of his trainer, who was killed in Afghanistan. Besides helping the family overcome their grief, Max's arrival provides new clues about the soldier's death. (Drama based on real life/ PG/ 111 Min.) Starring: Lauren Graham.



Movies & Popcorn / .50 Cents

All movies shown on our Large Screen 'Smart Board' Crisp clear sound and picture perfect theatre experience!

THURSDAY LIVE ENTERTAINMENT

12:15 Everyone is welcome to participate in the lively free entertainment!

3rd- KENNY G/HOLIDAY MUSIC BINGO

Start off the Christmas Holiday month with fun Kenny G and Music Bingo! Play bingo to holiday music and win 'sweet' prizes!



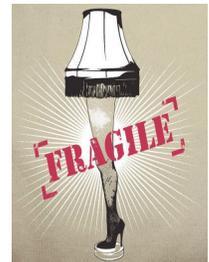
10th- CHESTNUT ELEMENTARY SCHOOL 4TH, 5TH, AND 6TH GRADE CHOIRS

Join us for a special Holiday Christmas Concert with Chestnut Elementary School.



17th- CHRISTMAS PARTY WITH FRANK & DEAN

This year's event is themed from the iconic Holiday movie "A Christmas Story". Join us for a fun & entertaining afternoon complete with Holiday music performed by Frank & Dean!



24th- CHRISTMAS EVE! SENIOR CENTER CLOSSES AT 12:00PM

31st- NEW YEARS EVE! SENIOR CENTER CLOSSES AT 12:00PM

ACTIVITIES and EVENTS

Website of the Month

www.ewg.org

Visit this website to learn more about the foods we eat and everyday products we use around the home. Learn more about food, beauty products, cleaning products, and more. Become a more informed consumer and help protect your health and the environment!



NOSC Book Club & Volunteer Group Pizza Party

Friday, December 18th at 12:00pm in the Activity Room. These two fun groups will join together for their annual Holiday pizza party. Dessert and treats complements of Rockport Senior Living. Please sign up with Beth by 12/11.



Need Transportation?

Call 1-800-983-4782
Senior Transportation

NOSC Volunteer Program:

Volunteer group will join the Book Club for their annual Holiday pizza party on Friday, December 18th at 12:00pm. Sign up with Beth by 12/11. The group will meet at 11:00am prior to the party to work on their annual holiday donation project.



HEALTH, WELLNESS, and FITNESS

BLOOD PRESSURE

Every Monday 10 - 11:30am
In the Senior Center Atrium



Provided by St. John Medical Center, Fairview Hospital, O'Neill Healthcare and Rae-Ann Skilled Nursing and Rehab

Springvale (440) 777-0678

5871 Canterbury Road– N. Olmsted Golf, Ballroom Dance, Party Events

North Olmsted Recreation

(440) 734-8200
26000 Lorain Road– N. Olmsted

Visit the City of North Olmsted's website at:

www.north-olmsted.com

To learn about the many opportunities that Springvale and the Recreation Center have to offer.

SUPPORT GROUPS

Multiple Sclerosis

There will be no meeting the month of December.

The Holiday Party will be on Sunday, December 13th at 12:00pm.



~ WEEKLY EXERCISE CLASSES ~

Geri Fit—Carol Silvay instructor/ \$5.00 a month

Mondays & Fridays 8:45 AM

Zumba Gold—Sheri Lugo instructor/ \$5.00 a class

Free for SilverSneakers members
Wednesdays 9:00 AM

Chair Yoga—Shari Rusnak instructor/ \$5.00 a class

Free for SilverSneakers members
Tuesdays & Thursdays 9:30 AM

Tai Chi—Michael Stadul instructor/ \$5.00 a class

Mondays 10:30 AM



ZUMBA!



NOSC Art League

The N.O. Art class is a multi-media group that meets every Wednesday from 12:00-2:00 in the Atrium. Feel free to bring your art project of choice.



**Tiffany Hunt, LSW
Outreach Services
(440) 716- 4264**

**Beth Reitz, AAC/AD Activities Coordinator
Activity Highlights (440) 716-5434**

AARP DRIVERS TRAINING
Friday, January 22nd, 2016
9am-1pm/Activity Room
Please sign up with Tiffany
Cost: \$15/AARP members
\$20/non-members

Ring in the new year with a tune up of your driving skills and update your knowledge on the rules of the road! This course will teach you about defensive driving techniques and also qualifies most people for a discount on your car insurance. Payment will be collected the day of the course.



HEALTH & WELLNESS

Tuesday, December 8th
8:30am/ Activity Room
This month's Health & Wellness forum is sponsored by Crossroads Hospice. The topic will be *Non-Medical Pain Management*. A light breakfast will be provided.
Sign up with Beth



HATS, SCARVES & MITTENS

DONATIONS for the Domestic Violence Centers of Cleveland
The NOSC Volunteer Group is collecting hats, scarves and mittens for women and children of the Domestic Violence Centers of Cleveland. Donated items will be accepted until December 17th.



SPECIAL PROGRAM:

DR. SYED - S.J.M.C.
Tuesday, December 8th
12:15 to 1:15 / Cabin
Dr. Syed of St John Medical Center will be here to bring a special program on Health & Wellness. If you are not signed up for lunch this day, you must make a reservation for this lecture. Contact Beth



Free Computer Consultations

Join our North Olmsted High School SITE student Jimmy Clark as he offers his services regarding beginner computer knowledge that will include; how to surf the web, set-up emails and basics of Microsoft Word. Wednesday, December 2nd and 9th in the computer lab from 9:15 to 10:15am. Class is limited to 5 people, first come first serve.

Jackie Chavez-Anderson, Administrator 716-5444

May the warmth and peace of the holiday season be yours today and always.
"We wish you health, and happiness this holiday season and throughout the year."

Jackie Chavez-Anderson, -Administrator
Tiffany Hunt, LSW- Outreach Worker
Beth Reitz, AAC/AD - Activities Coordinator
Lynda Hudson -Nutrition Program Coordinator
Joyce Swartz - Nutrition Aid
Chris Juchem- Maintenance Service



North Olmsted Noel

Sunday December 6th from 3:00-6:00pm. This event is free to attend. Final event of the 2015 bicentennial! Take in our indoor/outdoor holiday market atmosphere in North Olmsted Park. Enjoy musical performances, food, and crafts as the community welcomes Santa and lights up the park as a kickoff to the holiday season.

Senior Appreciation Day Thursday December 3rd from 9:00am-1:00pm at the North Olmsted Recreation Center located at 26000 Lorain Road. Tour the facility, enjoy snacks, enter raffles, and talk to healthcare professionals. Learn all about the various Silver Sneaker programs that are offered throughout the year. Get a head start on your New Years resolution to get in shape!

December Hot Lunch Menu

TUESDAY

- 1st- Breaded Fish /Tarter Sauce
Scalloped Potatoes
Broccoli
Whole Grain Hamburger Bun
Sliced Pears
- 8th- Beef Ravioli
Green Beans
Corn
Whole Grain Crackers
Mixed Fruit
- 15th- Rosemary Rub Roasted Pork
Loin w/Gravy
Brown Rice
Broccoli
Green Peas
Whole Grain Wheat
Sliced Peaches
- 22nd- Pepper Steak
Seasoned Wedge Potatoes
Ketchup
California Blend
Whole Grain Wheat
Applesauce
- 29th- Lemon Gravy Chicken
Sweet Potatoes
Broccoli
Whole Grain Wheat

THURSDAY

- 3rd- Rosemary Rub Roasted Pork
Loin w/Gravy
Green Peas
Butternut Squash
WG Honey Wheat Biscuit
Applesauce
- 10th- Tomato Basil Chicken
Sauce
Spaghetti
Mixed Vegetables
Corn
Whole Grain Wheat
Sliced Pears
- 17th- Beef Meatloaf/Ketchup Glaze
Mashed Potatoes/ Gravy
Zucchini Squash
Honey Wheat Biscuit
Banana
- 24th- **Christmas Eve**
No Lunch Served
- 31st- **New Years Eve**
No Lunch Served

Menu Subject to change without notice



Please note that announcements will begin at 11:35 or earlier, lunch will be served shortly after. Please refer to the entertainment page for a schedule of movies and performers. All meals ordered must be consumed on site. "Carry-Out" lunches are not permitted.

The only exceptions are the following:

1. Individually wrapped cookies.
2. Individually wrapped bread.
3. Fresh Fruit (apple, orange etc.)
4. UNOPENED milk during the winter months.

Your cooperation is greatly appreciated.



A Donation of \$1.00 is suggested



Please be aware that each individual is responsible for making his / her own lunch reservation. Due to a limited amount of lunches that will be ordered, reservations will not be made over the phone. Sign-up is always one week in advance as the reservations are called in to the caterer on Thursdays at noon.

All persons 60 and older are welcome to join us for lunch. A registration form must be completed and can be obtained at the front desk. Once this has been completed and is on file, you may sign up for any lunches that you choose. Please contact the center for more details! This program was made possible by a Grant from the Ohio Department of Aging through the Western Reserve Area Agency on Aging. Please acquire your lunch ticket at the sign in desk and be in your seats no later than 11:30am.

2015 TRIPS & TOURS Info

You may sign up for trips Monday through Friday 8:00am-4:30pm, please speak with Beth Reitz, Activity Coordinator to help you with all of your travel registration needs.

On trips that leave before 8:00 A.M., please note that the Center will not be open earlier than the check-in time indicates. Also, please park in the **LOWER** parking lot for all trips!

***Please be advised to bring a "Current State Issued" photo ID for all Casino Trips!**

2015 & 2016 Trip Schedule

Attention: Payment in full must be received in order to sign up for all trips offered.

Wednesday, December 16th– LAST WESTSIDE MARKET & BAKERY TRIP TILL MARCH OF 2016

Lunch is out of pocket at the **Moosehead in Olmsted Falls**

Cost- \$10.00 (S.T.C.) Check in– 9:45am Return– approx. 3:00pm



Thursday, December 31st - NEW YEARS ON THE NAUTICA

Join us as we sing *Auld Lang Syne* to say goodbye to Old Man 2015 and Welcome Baby New Year 2016, with a unique New Year's at NOON celebration aboard the elegant *Nautica Queen*.

Our deluxe, escorted motor-coach will deliver us to the ship at 11:30 am. with time to put on our Party hats and ring our noise makers for the big, 12 O'clock count down with a Champagne salute (or soft drink if you prefer.) We'll toast Good-bye to 2015 and get a Head Start on 2016!

We'll enjoy the wonderful Buffet *The Nautica Queen* is famous for followed by a Lake Erie shoreline cruise taking in spectacular skyline views. Plus, we'll be entertained by the *Nautica Queen* staff DJ with music for listening and dancing. After the cruise, we'll have free time to view the Holiday decorated windows at Higbee's on Public Square, see the many decorations in Tower City or even have time at the Horseshoe Casino. You will be home safe and sound by 5:00 pm. but feel like you were out for New Year's Eve.

(We were only able to reserve a limited number of seats on the ship, so gather your friends and join us to ring in the start of a great, New Year!)

Cost: \$65.00 (Checks payable to JKL Tours)

Report - 10:45am Return approx.– 5:00pm Sign up with Beth by December 10th



Wednesday, January 27th, 2016 - HARD ROCK ROCKSINO

Try your luck with their 2,200 slot machines all on one floor of gaming. There are five dining selections (Hard Rock Café, Kosar's Wood Fired Grill, Fresh Harvest, Constant Grind and Center Bar). Be sure to take notice of the rock & roll memorabilia throughout the entire property.

We are combining with Fairview Park Senior Center for this tour so there are a limited number seats....so please book early!

Cost: \$22.00 (Checks payable to Great Day Tours)

Report - 8:30pm Return approx.– 4:30pm

Gaming bonus is \$20.00 Rocksino Free Play

Sign up with Beth by January 13th 2016





Free Community Meals
All are welcome to attend these meals.
Reservations are not required.

- ◆ North Olmsted United Methodist, 4600 Dover Center Rd., North Olmsted, 440-779-6634
Special Holiday Dinner
Thursday, December 3rd from 4:30-6:00 p.m.
- ◆ Westlake United Methodist Church, 27650 Center Ridge Rd., Westlake, 440-871-3088
Every 4th Wednesday of the month: ***Note date change for December***
Wednesday, December 16th from 5:30-6:30 p.m.
- ◆ Westlake Christian Church, 25800 Hilliard Rd., Westlake, 440-871-2400
Third Sunday of every month
Sunday, December 20th from 5:00-6:00 p.m.
- ◆ Clague Road United Church of Christ, 3650 Clague Rd., North Olmsted, 440-734-1040
Every Last Saturday of the month
No dinner in December
 - ◆ John Knox Church, 25200 Lorain Rd., North Olmsted, 440-777-3744
Last Tuesday of every month
Tuesday, December 29th from 5:30-7:00 p.m.
 - ◆ All Saints Lutheran Church, 7230 Columbia Rd., Olmsted Falls, 440-235-2212
Every Wednesday
Wednesdays, 6:00-6:45 p.m.

You can access the monthly newsletter for free on our City's website! www.north-olmsted.com

With your mouse left click

"Departments" then left click "Senior Center" OR Sign up using your email account and receive our monthly newsletter via email.

"E-Newsletters" is located on the left hand side of the City of North Olmsted home page. Choose the Senior Center E-Newsletter box and simply input your email address and create a password and click "subscribe".

North Olmsted Senior Center -Main Line (440) 777-8100

Jackie Chavez-Anderson—Administrator /email: andersonj@north-olmsted.com (440) 716-5444

Beth Reitz- AAC/AD, Activities Coordinator /email: reitzb@north-olmsted.com (440) 716-5434

Tiffany Hunt-LSW, Outreach /email: huntt@north-olmsted.com (440) 716-4264

Lynda Hudson, Hot Lunch Program Manager/email: hudsonl@north-olmsted.com (440) 777-8100

Chris Juchem/ Custodian / (440) 777-8100

Fax # (440) 716-4246

December 2015