

**NORTH OLMSTED SENIOR CENTER
Golden Age Bulletin — G. A. B. —
April 2016**



28114 LORAIN ROAD NORTH OLMSTED, OHIO 44070

KEVIN M. KENNEDY, MAYOR

Jackie Chavez-Anderson, Administrator

MAYOR'S CORNER

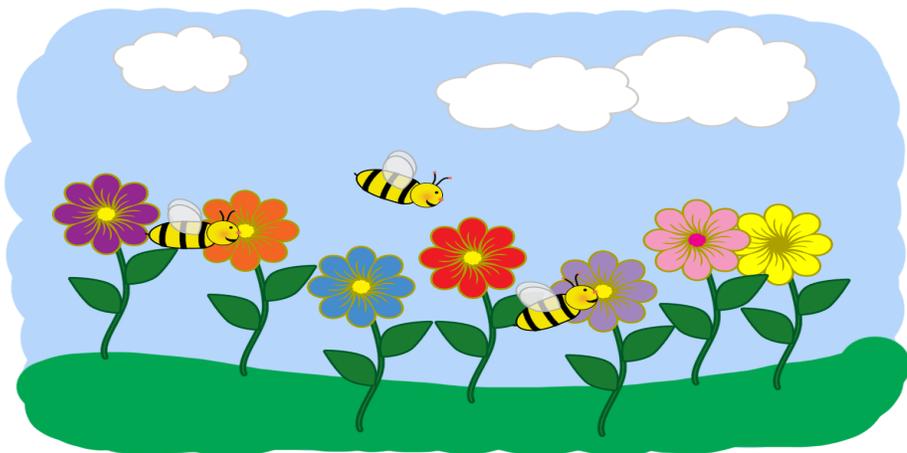
Welcome, Spring! The temperatures are warming and the days are getting longer.

The 2016 Earth Fair, organized by the North Olmsted Art Commission will be on Sunday, April 24th from 1pm - 4pm in the North Olmsted Park. This multi-generational event is free and will feature market vendors, themed activity areas, children's crafts and games, talks and performances, recycled art and more!

Remember that the income tax filing deadline is April 15th. I hope all of you enjoyed the Easter holiday.

Sincerely;

Mayor Kevin M. Kennedy



**COMMUNITY NEWS &
EVENTS**

**North Olmsted City Council
Tuesday, April 5th & 19th
8:00pm/City Hall**

**Tuesday, April 12th
Health & Wellness
Probiotics & Digestion
8:30am/Activity Room**

**Mondays-April 18th-May 23rd
Financial Empowerment
10:30am-12:00pm/Cabin**

**Wednesday, April 20th
Soup & Salad Fundraiser
12:00pm/Cabin**

**Sunday, April 24th
Earth Fair 1:00-4:00**

**Wednesday, April 27th
Lunch & Learn -Reiki
12:00pm/Cabin**

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

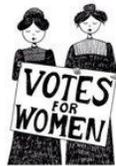
5th- The Intern

Agreeing to participate in a community outreach program, e-commerce entrepreneur Jules Ostin hires a 70-year-old intern -- who ends up bringing his special brand of business savvy to her fashion enterprise. (Comedy / PG-13/ 121 Min.) Starring: Robert DeNiro & Anne Hathaway



12th- Suffragette

Dreaming of the right to vote, working-class Maud eagerly joins the early feminist movement. But when the peaceful protests of the suffragettes accomplish nothing, they're driven to more radical methods of effecting change. (Drama/ PG-13 / 106 Min.) Starring: Meryl Streep



19th- San Andreas

In the wake of a cataclysmic California earthquake, a search-and-rescue chopper pilot and his ex-wife embark on a perilous journey from Los Angeles to San Francisco in hopes of saving their daughter. (Action & Adventure/ PG-13 / 114 Min.) Starring: Dwayne Johnson



26th- He named me Malala

Vividly portraying the obstacles Pakistani women face in getting an education because of prohibitions by the Taliban, this affecting documentary chronicles the story of Malala Yousafzai, a 15-year-old who was shot because of her advocacy efforts. (Documentary/ PG-13 / 87 Min.) Starring: Malala Yousafzai



THURSDAY LIVE ENTERTAINMENT

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

7th- JOHN KOWALSKI

John Kowalski, one of our favorite keyboard/vocalists, will join us for an hour of your most loved all time melodies. Feel free to sing along and make requests.



14th- TOM TODD

Tom Todd returns for another amazing musical event. Tom sings and plays an array of string and wind instruments to a variety of fun sing-a-long music. Requests welcome.



21st- REDUCE & RECYCLE

To kick off the Earth Day weekend festivities, Diane Beckett, of the Cuyahoga County Solid Waste Management District will be presenting a program on Recycling in your community and Resource ideas for "greening" your home.



28th- ADAPTING TO CHANGE

Bob Piovarchy from Far West Center will be discussing strategies for coping with change throughout our lives. Even small changes can be stressful, uncomfortable and sometimes frightening, but there are ways to make coping with life changes a little easier.



Movies & Popcorn / .50 Cents

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

ACTIVITIES and EVENTS

Website of the Month

211cleveland.org/

Visit this website to search for community, social, health and government resources that are available to assist you. 211 maintains information on over 2000 health & human services agencies. Find help with basic needs, health insurance, job training, transportation and more!



NOSC Book Club

Friday, April 15th

1:00pm/Atrium

Women in History Month

To honor Women in History Month & Mother's Day, each book club member will be reading their choice of biography on a popular woman in history. A variety of book choices will be provided but members may select a book of their preference.



Need Transportation?

Call 1-800-983-4782

Senior Transportation
Connection (STC)

North Olmsted & Olmsted Falls

NOSC Volunteer Program:

The North Olmsted Senior Center Volunteer Group will meet Friday, April 15th at 11:00 to work on community outreach projects. New members are always welcome to join.

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

2nd Wednesday of the
Month at 7:00pm

Next Meeting:
April 13th



~ 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**



NOSC Art League

The N.O. Art class is a multi-media group that meets every Wednesday from 11:00-1:00 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

Senior Financial Workshop
Mondays, April 18th through
May 23rd

10:30am-12:00pm/Cabin

Please sign up with Tiffany

Michael
Floeth from
Empowering
and Strength-
ening Ohio's
People

(ESOP), a
non profit
financial counseling agency,
will be presenting this series of
educational courses to help you
learn how to protect your mon-
ey, property, and identity. Top-
ics will include avoiding finan-
cial exploitation, budgeting,
understanding credit and debt,
and building savings. Light
refreshments will be provided.



Lunch & Learn Therapy Series
Wednesday, April 27th

Reiki Therapy

12:00pm/Cabin

Tammy Danilovic from the Nor-
mandy and Dianna McBee from
Joshua Tree will be discussing the
processes and benefits of Reiki.

Wednesday, May 4th

Tuning Forks

12:00pm/Cabin

Tammy will be demonstrating tuning
fork therapy. Experience the variety
of therapeutic tones that can be pro-
duced with tuning forks and learn
about the benefits.

Lunch will be provided for both
programs by Joshua Tree. Please
sign up with Tiffany.



Walking Club Kick Off Brunch
& St. John Medical Center
Wellness Challenge

Friday, April 8th at

11:00am/Cabin

Everyone is welcome to
join this year's Walking
Club & Wellness Challenge. Joshua
Tree and chef Peder will host the
brunch and Paul from SJMC will
join us to discuss this year's chal-
lenge. Sign up with Beth and help
us defend last year's title!

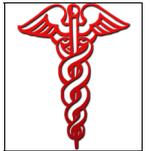
Health & Wellness Program
Probiotics & Digestion

Tuesday, April 12th

8:30am/Activity

Room

Senior Independence
will host this month's
program on Probiotics
and your Digestive Health, along
with a light breakfast. Please sign up
with Beth.



Jackie Chavez-Anderson, Administrator 716-5444

North Olmsted Recreation Center
Senior Appreciation Day!

Wednesday April 20th
Please call the North Olmsted
Recreation Center at:
440-734-8200 for details
regarding Senior Day events.



Soup-er Wednesday—April 20th at 12:00

Everyone is welcome to join us for soup & salad
prepared by O'Neill Healthcare. Please call
440-777-8100 or stop in the NOSC to make your
reservation on or before Friday, April 15th.
Monetary donations will be appreciated. All
money collected will help support the NOSC
activities and programming. Enjoy a delicious
warm meal in a friendly atmosphere. This
month's featured soup: Ravioli Soup



The City of North
Olmsted Arts
Commission Presents:
Earth Fair

Earth Fair 2016 is a free
family event celebrating

environmental awareness and sustainability.
Earth Fair will take place at the North Olmsted
Community Cabin on **Sunday, April 24th**
from 1:00-4:00 PM, this event will feature
market vendors, food trucks, a petting
zoo showcasing at least 20 farm animals,
themed activity areas, children's crafts and
games, a creepy-crawly insect station, a tropi-
cal music performance, upcycled art and more.
Celebrate National Earth Day's 50th Anniver-
sary with friends, family and fun at the park.
Go Green at Earth Fair 2016!

April Hot Lunch Menu

TUESDAY

5th- Beef Meatloaf
Gravy
Mashed Potatoes
Green Beans
Whole Grain Wheat
Sliced Peaches

12th- BBQ Rib Patty
Baby Lima Beans
Baby Carrots
Whole Grain Bun
Tropical Fruit

19th- Roasted Pork Loin
Sweet Potatoes
Green Beans
Whole Grain Rye
Applesauce

26th- Stuffed Cabbage
Mashed Potatoes
Corn
Whole Grain Rye
Mandarin Oranges

***Menu Subject to change
without notice***

THURSDAY

7th- Stuffed Pepper
Mashed Potatoes
Green Peas
Honey Wheat Biscuit
Tropical Fruit

14th- Cold Roasted Sandwich
Turkey Breast
Potato Salad
Tomato/Cucumber/Onion Salad
Whole Grain Rye
Mandarin Orange

21st- Orange Glazed Chicken
O'Brian Potatoes
Mixed Vegetables
Honey Wheat Biscuit
Mixed Fruit

28th- Beef Hot Dog
Ketchup
Baked Beans
Seasoned Potato Wedges
Whole Grain Bun
Banana



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 before 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.

2016 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!**

2016 Trip Schedule

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

Wednesday, April 13th —WESTSIDE MARKET & BAKERY

Cost: \$10.00/ STC / Lunch is out of pocket at Sokolowski's in Cleveland

Report - 9:45am Return approx. - 2:00pm



Friday, April 22nd, 2016—CLEVELAND TOUR / PART 5

Part history and part mystery, we'll continue exploring Planet Cleveland and its fascinating neighborhoods & unique areas to discover what makes them special. Stops include, but are not exclusive to, the Rockefeller Greenhouse, a tour on the Waterfront Trolley to the Terminal Tower, lunch at the Hofbrauhaus, Millionaires Row, Peterson's Nuts, a tour of the amazing restoration of the new Heinen's at Cleveland Trust as well as the Metropolitan Hotel. This escorted trip is by deluxe motor coach and includes lunch and many surprises.

Cost: \$69.00 p/p * Checks payable to JKL Tours*

Report - 7:30am Return approx.- 6:30pm



Wednesday, June 1st, 2016—PRESQUE ISLE DOWNS CASINO

Presque Isle Downs Casino features over 2000 of your favorite slot games and progressive jackpots, plus table games. Choose from four dining options: Café, Buffet, Clubhouse or Fine Dining. The group departs for Erie, PA with a coffee stop enroute. Upon arrival at Presque Isle Casino, each passenger will receive a \$20 gaming bonus (subject to change). All passengers must have a **driver's license or state ID with them**. This is a combined trip with Fairview Senior Center, please sign up early.

Cost: \$29.00 p/p * Checks payable to Great Day Tours*

Check in- 6:45am Return approx.- 6:30pm



Wednesday, July 6, 2016—LOCKPORT LOCKS & ERIE CANAL CRUISE

Two-hour cruise aboard the Lockport Locks and Erie Canal ~ This unique narrated cruise along the Old Erie Canal that passes through historic sites and five original 1825 locks. You will be raised and lowered 50 feet in the only double locks on the Erie Canal. Lunch will be at the elegant Veranda banquet room at Canalside. We will also visit the Made in America Store which sells exclusively 100% American made products.

Cost: \$84.00 p/p * Checks payable to Great Day Tours*

Report - 6:15am Return approx. - 8:30pm





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

- ◆ John Knox Church, 25200 Lorain Rd., North Olmsted, 440-777-3744
Last Tuesday of every month
Tuesday, April 26th from 5:30-7:00 p.m.
- ◆ Westlake United Methodist Church, 27650 Center Ridge Rd., Westlake, 440-871-3088
Every 4th Wednesday of the month
Wednesday, April 27th from 5:30-6:30 p.m.
- ◆ North Olmsted United Methodist, 4600 Dover Center Rd., North Olmsted, 440-779-6634
Last Thursday of every month
Thursday, April 28th from 4:30-6:00 p.m.
- ◆ Clague Road United Church of Christ, 3650 Clague Rd., North Olmsted, 440-734-1040
Every Last Saturday of the month
Saturday, April 30th from 4:30pm-6:30pm
- ◆ All Saints Lutheran Church, 7230 Columbia Rd., Olmsted Falls, 440-235-2212
Every Wednesday
Wednesdays, 6:00-6:45 p.m.
- ◆ Westlake Christian Church, 25800 Hilliard Rd., Westlake, 440-871-2400
In process of moving – dinners cancelled until further notice

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 / email: juchemc@north-olmsted.com (440) 777-8100

Fax # (440) 716-4246

April 2016