

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

28114 LORAIN ROAD NORTH OLMSTED, OHIO 44070

KEVIN M. KENNEDY, MAYOR

Jackie Chavez-Anderson, Administrator

MAYOR'S CORNER

I hope you are enjoying this beautiful summer! Please be sure to mark your August calendar so you can participate in the several summer events that are being offered throughout our community.

Join us for the final installment of our fun, family-friendly concerts at North Olmsted Park from 6:00-8:30pm. This month enjoy Blue Lunch as they perform their Chicago style blues, jazz, jump swing, r&b, doowop & soul tunes in the Gazebo, while Cruise-In Confections Food Truck & Nelly Belly Applewood Fired Pizza & Piadina Truck serve up their delicious eats & treats. The band hits the stage right at 6pm, so come early to get a good seat!

North Olmsted's annual Homecoming Celebration features food, rides, carnival games, vendors and music. The Homecoming parade begins at 1:00pm on Sunday afternoon. This yearly event is organized by Community Council. The annual Homecoming events are scheduled for *Thursday, August 25th* from 6pm-10pm, *Friday, August 26th* from 6pm-11pm, *Saturday, August 27th* from 12pm-11pm and *Sunday, August 28th* from 12pm-6pm. Please be sure to stop by the North Olmsted Park to enjoy this fun and family friendly community celebration.

I look forward to seeing you at these events!

Sincerely;



Mayor Kevin M. Kennedy



COMMUNITY NEWS & EVENTS

North Olmsted City Council
Tuesdays, August 2nd & 16th

Tuesdays,
August 2nd, 16th & 30th
Mobile Farmer Market
10:00am-12:00pm/Cabin

Friday, August 5th
AARP Safe Driver Training
9:30am-1:30pm/Activity Room

Tuesday, August 16th
Health & Wellness
Brain Health
8:30am/Activity Room

Wednesday, August 17th
Luau Patio Party
12:00-2:00pm/NOSC Patio

Wednesday, August 31st
NOSC Men's Summer BBQ
12:00-2:00pm/NOSC Patio

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

2nd- Big Stone Gap

While living an uneventful existence with her mother in a Virginia coal-mining community, pharmacist Ave Maria Mulligan comes upon information that eventually transforms not only her life but the life of the town. (Comedy/PG-13/103 Min.) Starring: Ashley Judd



9th- Creed

Putting a new twist on the Rocky Balboa legend, this spin-off drama follows young boxer Adonis Johnson Creed, the son of Rocky's onetime nemesis Apollo Creed. Looking for a mentor, Adonis travels to Philadelphia to ask for Rocky's help. (Sports Drama /PG-13/133 Min.) Starring: Sylvester Stallone



16th- Zootopia

After an otter suddenly disappears in the animal metropolis of Zootopia, by-the-book bunny police officer Judy Hopps reluctantly joins forces with fast-talking fox Nick Wilde to unravel the mystery. (Animated/ PG/108 Min.) **Grandchildren are welcome to attend this movie!**

23rd- My Big Fat Greek Wedding 2

In this screwball sequel to the 2002 hit romantic comedy, there's a new wedding on the horizon for the wacky Portokalos clan and with it comes a new assortment of family crises and secrets. (Comedy/ PG-13/94 Min.) Starring: Nina Vardalos.



30th- Love the Coopers

Holiday memories will never be quite the same for the Cooper family after their all-generation Christmas Eve gathering becomes a hilarious whirlwind of confusion brought on by unexpected visitors and domestic high jinks. (Comedy/ PG-13/ 107 Min.) Starring: Alan Arkin

THURSDAY LIVE ENTERTAINMENT

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

4th-FLOWER the CLOWN

Celebrate National Clown week with Flower the Clown as he presents a fun-filled hour of balloon art and laughter. Dessert will be served after lunch.



11th-KEVIN MCGEE/ DISCOVERY OF THE ARGO

Kevin will present the history of the 78 year old mystery of the missing "steel tank barge", the ARGO, its sinking in western Lake Erie, the discovery of the wreck and the successful cleanup.



18th- Pro Seniors- MEDICARE FRAUD

Please welcome Tom Gaumer from Pro Seniors. Tom will discuss the many services Pro Seniors offers that include a free legal hotline number & long term care ombudsman services.



25th- TOM TODD

Multi talented Tom Todd will entertain us with his assortment of musical instruments to an array of upbeat summer fun classics and sing-a-longs. Kick-off the Homecoming weekend with this Star-Spangled event!



ACTIVITIES and EVENTS

Website of the Month

www.thisiscleveland.com

Get out and about and experience all of the exciting & fun events Cleveland has to offer.



Coming up in August: Feast of Assumption, Garlic Festival, & Burning River Festival along with ongoing summer events like Edgewater Live and Cleveland Indians games!

NOSC Book Club

Friday, August 19th

1:00pm/Atrium

Ford County

John Grisham

Often hilarious, frequently moving, and always entertaining, this collection of short stories makes it abundantly clear why John Grisham is our most popular storyteller.



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, August 19th 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

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:

August 10th

7:00pm



~ 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

ZUMBA!



Chair Yoga—Shari R. 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**

**AARP DRIVERS TRAINING
Friday, August 5th
9:30am-1:30pm/Activity Rm.
Please sign up with Tiffany
Cost: \$15/AARP members
\$20/non-members**

Tune up 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 in the form of a check made out to AARP-DSP at the time of sign up. We cannot accept cash.



**Luau Patio Party
Wednesday, August 17th
12:00-2:00pm
NOSC Patio**

Join us for a community picnic/Luau, compliments of Joshua Tree Senior Living Campus and Always Best Care Senior Services. Enjoy a pig roast, pasta salad, coleslaw, baked beans, corn bread and dessert. Performing on the gazebo stage for your musical enjoyment will be: **Eddie & the Edsels**. **Dress in your most festive Hawaiian Luau attire!** The deadline to sign up for this event is August 12th. Monetary donations will be appreciated, all money collected will help support NOSC programing.



**Health & Wellness Program
"Brain Health"**

**Tuesday, August
16th 8:30am/
Activity Rm**

Manor Care of North Olmsted, will be hosting this month's program. Learn how to enhance your brain function for the best possible quality of life. A light breakfast will be served. Sign up for this program with Beth.

NOSC Men's Summer BBQ

**Wednesday, August 31st
12:00-2:00pm/ NOSC Patio**

All NOSC gentleman members are invited to the Annual Summer Patio BBQ. Life Care Centers will sponsor the burgers, brats, macaroni salad, baked beans, caprese salad and dessert. Sign up with Beth by August 19th.



Jackie Chavez-Anderson, Administrator 716-5444

**Save The Date:
Diabetes Self Management Workshop
Mondays from 1:30pm-3:30pm
September 12th- October 17th
Please sign up with Tiffany**

This free workshop series will educate individuals who are diabetic or pre-diabetic to understand and manage this disease. Individuals must be over 60 years of age and have Medicare to participate.

This program encourages small lifestyle changes while educating participants about diabetes and the way it affects their health. Learn about meal planning, medication, monitoring, and tips for increasing physical activity.



**WRAAA Mobile Farmer Market-
Every other Tuesday 10:00am-12:00pm.**

Richardson Farms will be selling locally grown produce inside the Community Cabin. Everyone is welcome to shop for fresh fruits, vegetables, herbs, honey, salsas, jams and much more! Dates in August: Tuesday 2nd, 16th, 30th. Don't forget to use your WRAAA Farmers Market Vouchers. All vouchers expire October 31st 2016. "The Senior Farmers' Market Nutrition Program is supported by Federal funds from the U.S. Department of Agriculture, the Ohio Department of Aging, and the Western Reserve Area Agency on Aging. This institution is an equal opportunity provider."



August Hot Lunch Menu

TUESDAY

- 2nd- Stuffed Pepper
Mashed Potatoes
Spinach/ Vinegar
Whole Grain Wheat
Sliced Pears
- 9th- Chili Con Carne
Mixed Vegetables
Sliced Carrots
Corn Muffin
Mixed Fruit
- 16th- Beef Stew
Brussel Sprouts
Baby Carrots
Whole Grain Wheat
Vanilla Wafers
Banana
- 23rd- Tuna Salad
Potato Salad
Corn Relish Salad
Whole Grain Wheat
Banana
- 30th- Orange Glazed Chicken
Broccoli
Brown Rice Pilaf
Corn/Diced Red Pepper
Whole Grain White
Applesauce

THURSDAY

- 4th- Hawaiian Chicken
Mashed Potatoes
Baby Carrots
Whole Grain White
Tropical Fruit
- 11th- Salisbury Steak / Gravy
Mashed Potatoes
Broccoli
Whole Grain Wheat
Banana
- 18th- Cold Sliced Turkey
Tomato/Cucumber-
Onion Salad
Coleslaw
Whole Grain Rye
Pineapple Chunks
- 25th- Pepper Steak / Sauce
Butternut Squash
Green Beans
Whole Grain White
Mandarin Orange

***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 by 10:00a.m.

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.



NORTH OLMSTED ACTIVE ADULTS
TRAVEL PLANNER



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, August 10th —Westside Market & Lunch Trip

Travel to the Westside Market and local bakeries. Lunch is at Cracker Barrel.

Cost- \$10.00 Check in- 9:45am Return- approx. 3:00pm



Wednesday, August 24th, 2016—AFRICAN SAFARI WILDLIFE PARK

O'Neil Healthcare of North Olmsted will be hosting this free trip to the Port Clinton, African Safari Wildlife Park ~ This fun-filled day will consist of transportation and tickets to the Animal Safari Park, and a free lunch. Tour, in the comfort of the vehicle, the amazing African wildlife on the park grounds. Moderate walking. **Seating is limited, please sign up with Beth as soon as possible.**

Cost: Free trip / first 12 people

Report - 8:45am Return approx. - 4:00pm



Wednesday, September 7th, 2016—SAWMILL CREEK *Escape on the Lake Tour*

Mark your calendars for this one of a kind day trip excursion to Sawmill Creek Resort in Huron, Ohio. The itinerary will begin with an amazing lunch at Salmon Run Seafood & Steak dining room complete with music accompaniment by "Island Jeff" Cavallo! After, choose a historical resort tour of the Wilderness Hall or shop at the amazing Sawmill Creek Shops. Next enjoy a scenic lake cruise exploring the Lake Erie shoreline and Cedar Point. A patio refreshment hour will prelude the relaxing ride home. Moderate walking.

Cost: \$79.00 p/p

Checks payable to JKL

Report - 9:30am

Return approx.- 5:30pm

Sign up with Beth by August 24th





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

- ◆ Westlake United Methodist Church, 27650 Center Ridge Rd., Westlake, 440-871-3088
Every 4th Wednesday of the month
Wednesday, August 24th 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, August 25th 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, August 27th from 4:30pm-6:30pm
 - ◆ John Knox Church, 25200 Lorain Rd., North Olmsted, 440-777-3744
Last Tuesday of every month
Tuesday, August 30th 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.
 - ◆ 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

Fax # (440) 716-4246

August 2016