

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



28114 LORAIN ROAD NORTH OLMSTED, OHIO 44070

KEVIN M. KENNEDY, MAYOR

Jackie Chavez-Anderson, Administrator

**MAYOR'S CORNER**

There are a lot of exciting things happening in North Olmsted during the month of February!

The Senior Center has begun taking appointments for income tax assistance. This free service is available each Wednesday beginning February through April 13th. This service is compliments of AARP volunteers. An appointment is necessary (no walk-ins please). Please call the Senior Center for additional information or to schedule an appointment.

The annual State of the City Address will be held on Thursday, February 18<sup>th</sup> at Springvale Ballroom from 11:30am – 1:30pm. Tickets can be purchased at [www.celebratenortholmsted.com](http://www.celebratenortholmsted.com).

Celebrate Fat Tuesday at the NOSC on Tuesday February 9th immediately following hot lunch in the Community Cabin. Mark your calendars for the second soup fundraiser luncheon of the year on Wednesday February 24th at 12:00, proceeds benefit the center.

The Springvale Fish Fry's will begin on February 12<sup>th</sup>. They will be held every Friday during lent from 4pm-8pm. Local non-profit organizations will serve as waiters and waitresses and the tips will go to the group working that evening.

Lastly, all city offices, including the Senior Center, will be closed in observance of President's Day on Monday, February 15<sup>th</sup>.

Sincerely;

A handwritten signature in black ink that reads "Kevin M. Kennedy". The signature is written in a cursive, flowing style.

Mayor Kevin M. Kennedy



**COMMUNITY NEWS &  
EVENTS**

North Olmsted City Council  
Tuesday, Feb. 2nd & 16th  
8:00pm/City Hall

Thursday, February 4th  
Hearing Screen/Wax Cleaning  
9:30am-11:30am/Atrium

Wednesday, February 10th  
Lunch & Learn  
Medicaid Planning  
12:00pm/Cabin

Monday, February 15th  
Senior Center Closed  
President's Day

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

Thursday, February 18th  
Cholesterol/Glucose/BP  
9:30am-11:30am/Atrium

# 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- Mission Impossible: Rogue Nation

Legendary superspy Ethan Hunt pushes his mental and physical capabilities to the limit once again as he accepts another ridiculously dangerous assignment in this explosive globe-trotting sequel. (Action-Adventure /PG-13/ 131 Min.) Starring: Tom Cruise



### 9th- Mardi Gras Party

Let's kick off the Lenten Season with a Mardi Gras party with music by Jack Mizenko and yummy sweet treats provided by Arden Courts. Don't forget to dress for the occasion; masks, beads and traditional Mardi Gras colors of purple, gold and green!



### 16th- Pan

This fantasy drama based on J.M. Barrie's beloved tale about ageless sprite Peter Pan is reset in World War II. With pirates still roaming the landscape, Peter is transported to the magical kingdom of Neverland, where he's destined to become a hero. (Action-Adventure/ PG/ 111 Min.) Starring: Hugh Jackman



### 23rd- A Walk In The Woods

Returning to America after living abroad many years, aging travel writer Bill Bryson decides to focus on his native land by hiking the length of the Appalachian Trail with his long-estranged pal Stephen Katz - a tottering, wisecracking ex-alcoholic. (Based on real life events/ R/ 104 Min.) Starring: Robert Redford & Nick Nolte



### 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!

### 4th- MIKE JACOBS

Mike Jacobs will entertain us with drum rendition selections and keyboard accompaniment. Dancing is encouraged.



### 11th- TOPPS SWING BAND

Join us for a special hour with the famous Cleveland Topps Swing Band. Enjoy the Big Band era music with a romantic twist to celebrate Valentine's Day. Delicious treats will be donated by The Normandy.



### 18th- GREAT DAY TOUR "NEW ENGLAND" CRUISE PROGRAM

Paul from Great Day Tours will be giving an informative presentation regarding the 'Fall Foliage Cruise' to New England! This program will cover trip details and will include plenty of time for questions and answers. Join us for dessert while you learn more about this amazing opportunity.



### 25th- MARY OSBORN

Mary Osborn and her piano accompaniment will finish off the romantic month of February with a variety of familiar love songs and sing-alongs. Requests welcome.



## ACTIVITIES and EVENTS

### Website of the Month

[www.celebratenortholmsted.com](http://www.celebratenortholmsted.com)

Find all your exciting 2016 North Olmsted news and events on this community based website. New events are always being added so check this site regularly. This website is designed to educate, celebrate and inspire. You can also purchase merchandise designed exclusively for North Olmsted.



### **NOSC Book Club**

**Friday, February 19th  
1:00pm/Atrium**

#### Book of choice month

February is book of your choice month. Everyone will have an opportunity to share a favorite book that they have read. The book club is also beginning a 9 month journaling program. A different writing topic will be discussed each month. Everyone is welcome to share their writings. Members may also choose to keep a gratitude journal.



#### **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, February 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](http://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  
No meeting in January or February  
Next Meeting: March 9th



### ~ 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**

**Lunch & Learn  
Medicaid Planning  
Wednesday, February 10th  
12:00pm/Cabin**

**Please sign up with Tiffany**  
Given the skyrocketing cost of long-term care, Medicaid Planning is an essential part of any estate plan. Attorney Elizabeth Perla will walk you through the basics of long term care and Medicaid. Bring your questions and get educated on this vital topic. A light lunch will be provided.

**Free Cholesterol, Glucose & Blood Pressure Screening  
Thursday, February 18th  
9:30am-11:30am**  
Offered by St. John Medical Center. No appointments necessary.

**Health & Wellness Program**

**Tuesday,  
February 16th  
8:30am in the  
Activity Room**



Join Life Care Center's dietician, Katie, for an informative program on the health benefits of **coconut oil**. A light breakfast will be provided. Learn how this popular food source aides in digestion, immunity, skin & hair care and much more. **Please sign up with Beth.**

**Free Hearing Screening, Ear Wax Cleaning, and Hearing Aid Cleaning**

**Thursday, February 4th  
9:30am-11:30am**

Offered by Hear-Wright. No appointments necessary.



**Mardi Gras Party  
Tuesday, February 9th**



Join us for a fun filled Mardi Gras with entertainment by Jack Mizenko immediately following hot lunch.

Everyone will be treated to a scrumptious dessert donated by Arden Courts and don't forget to dress in colorful Mardi Gras attire

**Valentine's Party  
Thursday, February 11th**

Join us immediately following hot lunch to hear the all time favorite, Cleveland Topps Swing Band. A special treat will be provided by The Normandy Senior Living.



**Jackie Chavez-Anderson, Administrator 716-5444**

**AARP Tax Assistance:** The North Olmsted Senior Center is currently taking appointments for income tax assistance. This free service is provided by the generous men and women volunteers of AARP. If you would like to make an appointment to have your taxes prepared please call the Senior Center at: 777-8100. All appointments will take place on Wednesday's beginning February 3rd through April 13th. The appointment time begins at 11:00 and take place in 30 minute time slots, the last appointment of the day can be scheduled at 2:00. Please be sure to inform the staff member or volunteer who is making your appointment if you have sold any stocks, bonds or mutual funds because you will need a longer appointment. Please remember to bring all of your tax information with you at the time of your scheduled appointment. If you have questions concerning your taxes please call the center on Wednesdays between 11:00-3:00 so you may speak with an AARP tax volunteer.

**Soup Fundraiser  
Wednesday, February  
24th 12:00pm/Cabin**

Please welcome back Chef Dan Copenhaver from the Renaissance. Chef Copenhaver will be preparing his Kapusniak (Polish Cabbage Soup) which was the runner up at our International Food Cook Off last year! This delicious soup consists of cabbage, chopped pork, pieces of kielbasa, diced potatoes and carrots. Chef Copenhaver will also prepare a side salad and dessert. We will begin taking reservations for this soup fundraiser on February 1st. All proceeds will benefit the North Olmsted Senior Center. This is a community event, everyone is welcome, please bring your friends, family and neighbors!



# February Hot Lunch Menu

## TUESDAY

- 2nd- Meatballs  
Spaghetti & Sauce  
Spinach / Vinegar  
Cauliflower  
Banana
- 9th- Hamburger  
Ketchup  
Whole Grain Bun  
Seasoned Potato Wedges  
Green Peas  
Sliced Pears
- 16th- BBQ Chicken Breast  
Butternut Squash  
Brussel Sprouts  
Honey Wheat Biscuit  
Orange Juice
- 23rd- Roasted Turkey Breast  
Gravy  
Mashed Potatoes  
Cauliflower/Broccoli  
Whole Grain Wheat Bread  
Banana

## THURSDAY

- 4th- Lemon Gravy Chicken Breast  
Sweet Potatoes  
Green Beans  
Whole Grain Wheat Bread  
Orange
- 11th- Stuffed Cabbage  
Mashed Potatoes  
Corn w/ Red Peppers  
Whole Grain Wheat Bread  
Banana
- 18th- Sweet & Sour Meatballs  
Brown Rice  
Capri Blend Vegetables  
Whole Grain Wheat Bread  
Tropical Fruit
- 25th- Swedish Meatballs w/ Gravy  
Noodles  
Peas  
Carrots  
Whole Grain White Bread  
Sliced Peaches

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

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.



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.

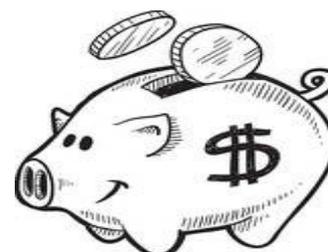
The only exceptions are the following:

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





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.**

**You may sign up for the March WESTSIDE MARKET/Beachcliff Lunch Trip starting Wednesday, February 24th**

### REMINDER:

**Thursday, February 18th—GREAT DAY TOUR "NEW ENGLAND CRUISE" PROGRAM**

**12:15 to 1:15pm in the Community Cabin immediately following Hot Lunch**

Paul from Great Day Tours will be giving an informative program on a Fall Foliage Cruise opportunity to New England! The program will cover trip details and will include plenty of time for questions and answers. The cruise will include: New York City, Newport Rhode Island, Boston Massachusetts, Bar Harbor Maine, Saint John New Brunswick and Halifax Nova Scotia. Join us for dessert while you learn more about his amazing trip. All interested travelers are welcome.



**Friday, March 11th, 2016—ST. PATRICK'S DAY PARTY AT TANGIERS**

***Faith and Begorrah!!!*** Get ready to Shake your Shillelagh for our very own Irish Celebration in Akron's finest night club! Start your St. Patrick's Day celebration early as we combine the spirit and fun of a St. Patty's Day party with good food and good company. In addition to lunch, you'll enjoy Irish dancers, and Irish music. Payment deadline is February 17, 2016. Please contact Activities Coordinator Beth Reitz for details.



**Cost: \$59.00 p/p \* Checks payable to JKL Tours\***

**Report - 9:30am Return approx.- 4:30pm**



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

- ◆ Westlake Christian Church, 25800 Hilliard Rd., Westlake, 440-871-2400  
Third Sunday of every month  
Sunday, February 21st from 5:00-6:00 p.m.
- ◆ John Knox Church, 25200 Lorain Rd., North Olmsted, 440-777-3744  
Last Tuesday of every month  
Tuesday, February 23rd 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, February 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, February 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, February 27th 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.

You can access the monthly newsletter for free on our City's website! [www.north-olmsted.com](http://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

**February 2016**