

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



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 happy and healthy New Year! I hope you and your families had a nice Christmas season.

Please continue to visit the Celebrate North Olmsted website at: www.celebratenortholmsted.com. This website will continue to serve as an initiative to recognize our city as a great place to live, visit and invest. Celebrate North Olmsted brings you accounts of the city's history, information on upcoming community events, local news and stories of great people, businesses and projects in North Olmsted. We welcome you to stay connected and sign up to receive important updates and city events throughout the year.

Winter weather is upon us over the next couple months. 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 however, be on duty to answer phones and assist with emergency situations.

City Hall and the Senior Center will be closed in observance of New Years on Friday, January 1st.

Sincerely;

Mayor Kevin M. Kennedy



**COMMUNITY NEWS &
EVENTS**

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

Friday, January 1st
Senior Center Closed
Happy New Year!

Wednesday, January 13th
Soup Fundraiser Lunch
12:00pm/Cabin

Friday, January 22nd
AARP Safe Driver Training
9:00am-1:00pm/Activity Rm

See page 4 for a complete listing of the various exercise classes that are offered every week!

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 Man from U.N.C.L.E.

With both their countries threatened by a powerful global crime cartel, the CIA's Napoleon Solo and KGB operative Illya Kuryakin must work together in this Cold War thriller inspired by the classic 1960s TV series. (Action-Adventure /PG-13/ 116 Min.) Starring: Henry Cavil



12th- Ricki and the Flash

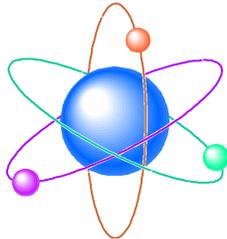
Abandoning her family to chase -- and ultimately attain -- her dream of rock stardom, guitarist Ricki Rendazzo

returns years later to try to mend fences. Unfortunately, her estranged sons and daughter want little to do with her ... at first. (Comedy/ PG-13/ 101 Min.) Starring: Meryl Streep



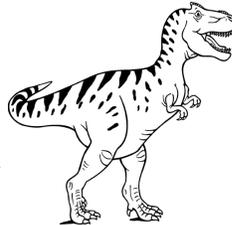
19th- Tomorrowland

Sharing the ability to perceive a utopian alternate dimension known as Tomorrowland, a reclusive inventor and a relentlessly curious teen begin a perilous quest to unlock the secrets of the magical world, which holds the promise of a brighter future. (Sci-Fi Fantasy/ PG/ 130 Min.) Starring: George Clooney



26th- Jurassic World

Once a popular, state-of-the-art dinosaur-themed attraction, Jurassic Park has fallen behind the times. In response, the owners decide to design a bold new exhibit, but the terror it inspires becomes all too real after the technology malfunctions. (Sci-Fi Adventure/ PG-13/ 124 Min.) Starring: Chris Pratt.



THURSDAY LIVE ENTERTAINMENT

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

7th- KENNY G MUSIC BINGO

Kenny G of 'Music Bingo' starts out the new year with a fun filled hour of music, laughter and prizes! Requests welcome!



14th- BILLY KAYE

Join us for a special hour with the Billy Kaye duo as they play your favorite songs. Feel free to get up and dance or relax and enjoy.



21st- THE SHINGLES VIRUS

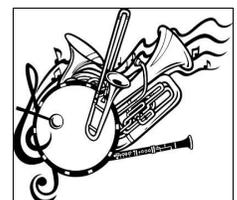
Please welcome Andrew Young, Osteopathic Medicine student with St. John's Medical Center.

Andrew will be educating us on the shingles virus. Find out more about causes, symptoms, and prevention at this informative lecture.



28th- TOM TODD

Enjoy the multi-instrumentalist, Tom Todd, for an hour of everyone's favorite popular music. Feel free to just listen or sing-along. Requests are always welcome.



Movies & Popcorn / .50 Cents

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

ACTIVITIES and EVENTS

Website of the Month

www.ted.com

TED is a nonprofit organization that is devoted to spreading ideas, usually in the form of short, powerful talks (18 minutes or less). TED covers almost all topics, from science to business to global issues. Check out this website to learn, be inspired, laugh, and be entertained. TED has something for everyone!



NOSC Book Club

Friday, January 15th

1:00pm/Atrium

What I Know for Sure

Oprah Winfrey

These thoughtful gems offer a rare, powerful and intimate glimpse into the heart and mind of one of the world's most extraordinary women— while providing readers a guide to becoming their best selves.

New Members always welcome



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, January 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

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

ZUMBA!



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

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.



OHIO HOMESTEAD EXEMPTION PROGRAM

A Homestead Exemption is available for Ohio homeowners who are 65 years of age or older or who will turn 65 in the year 2016 and meet income qualifications. Income limits are \$31,500 annually per household. Qualified individuals will receive a reduction in their property taxes. This program allows the homeowner to exempt the first \$25,000 of the market value of their home for an average savings of \$400/year. Applications are only accepted the first Monday in January through the first Monday in June and are available for pickup at the Senior Center. Please contact Tiffany with any questions.



SOUP FUNDRAISER
Wednesday, January 13th
12:00pm/ Cabin

Join us for our first Soup Fundraiser of 2016. Life Care Centers of America will host this first event with a delicious homemade "chicken chili" sure to warm you up on a cold winter's day! A side salad and dessert will also be served. Sign up for this event will start Monday, January 4th. All proceeds from this program benefit the NOSC.



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.



The ladies of the North Olmsted Senior Center Volunteer Group would like to thank all the people who generously donated hats, scarves and gloves to the battered women's shelter. We were overwhelmed at all the wonderful donations. It is nice to know that each woman and child will have warmth and comfort from the generosity of all of you...Thank You!

Reminder: If the N.O. City Schools are closed due to bad weather this winter, then the NOSC will also be closed for all activities. Staff will report to the center to receive all phone calls or assist with emergencies. **Please check your local news/radio stations for school closings due to severe weather conditions.**

January Hot Lunch Menu

TUESDAY

- 5th- Swiss Steak w/ Gravy
Mashed Potatoes
Baby Carrots
Whole Grain White
Tropical Fruit
- 12th- BBQ Chicken Breast
Buttered Squash
Brussel Sprouts
Whole Grain Honey Biscuit
Orange Juice
- 19th- Breaded Fish w/tartar sauce
Tater Tots
Broccoli
Whole Grain Wheat
Sliced Peaches
- 26th- BBQ Rib Patty
Sweet Potatoes
Brussel Sprouts
Whole Grain Bun
Chunky Applesauce

THURSDAY

- 7th- Chili Con Carne
Mixed Vegetables
Corn Muffin
Apple Juice
Banana
- 14th- Beef Stroganoff
Noodles
Harvard Beets
Green Beans
Whole Grain White
Pineapple Chunks
- 21st- Breaded Chicken Breast Pattie
Mashed Potatoes
Gravy
Green Peas
Whole Grain Wheat
Graham Cracker
Pineapple Chunks
- 28th- Salisbury Steak
Gravy
Mashed Potatoes
Mixed Vegetables
Whole Grain Honey Wheat Biscuit
Banana

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.



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.

WESTSIDE MARKET & BAKERY TRIPS WILL RESUME IN MARCH OF 2016

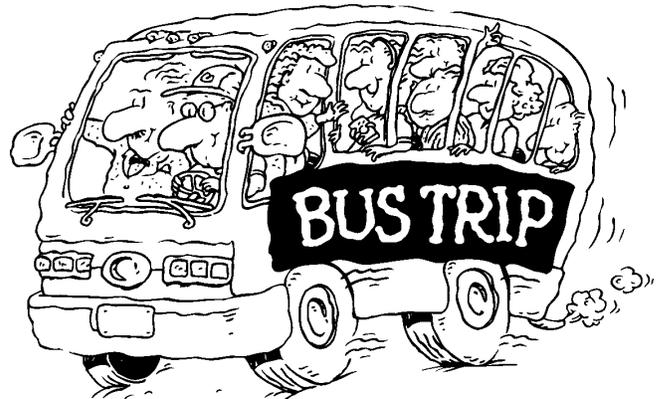
Wednesday, January 27th, 2016 - HARD ROCK ROCKSINO

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) Gaming bonus is \$20.00 Rocksino Free Play Report - 8:30pm Return approx.- 4:30pm WAITING LIST ONLY

*"There's no end to the adventures we can have, if only we seek them with our eyes open"
~Nehru*



Join us in 2016 for an amazing year of fun filled trips and adventures!



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, January 17th from 5:00-6:00 p.m.
- ◆ John Knox Church, 25200 Lorain Rd., North Olmsted, 440-777-3744
Last Tuesday of every month
Tuesday, January 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, January 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, January 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, January 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.

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

January 2016