

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

28114 LORAIN ROAD NORTH OLMSTED, OHIO 44070

KEVIN M. KENNEDY, MAYOR

Jackie Chavez-Anderson, Administrator

MAYOR'S CORNER

Summer greetings! We have a lot of fun, festive events happening in July and I hope you enjoy them with family and friends!

Celebrate Independence Day at 2016 BOOM! The City of North Olmsted is thrilled to bring back fireworks. The event will be on Sunday, July 3rd starting at 7pm with fireworks at dusk. Look for an even bigger & brighter celebration this year, featuring food trucks, music, street performers, face-painters, balloon artists & much more. This event is perfect for all ages, so don't miss this summer showcase event! A special thank you to all of our generous sponsors: Morris Cadillac Buick GMC, DDR – Great Northern Plazas, Nissan of North Olmsted, Harry Buffalo, Chambers Funeral Homes, Inc., Courtyard by Marriott – Airport North, La Quinta Inn & Suites North Olmsted, McAlister's Deli, Sunnyside Toyota, Sportsplex Rentals, PNC Bank, Nutron, Jimmy John's, Radisson Cleveland Airport, Regal Cinemas, Candlewood Suites, North Olmsted Band & Orchestra Boosters (NOBOB), and Red Lobster.

The 2016 Family Concert Series have begun! Join us on Sunday, July 17th from 6pm – 8:30pm at the North Olmsted Park. Enjoy food from Wilbecks BBQ, fun and music by Cities and Coasts!

Gather the family and join us for a Friday evening Movie in the Park. The next showing is *MINIONS* on July 29th at 9:00pm!

I hope to see everyone at these events!

Sincerely;



Mayor Kevin M. Kennedy



**COMMUNITY NEWS &
EVENTS**

**North Olmsted City Council
No Meetings in July**

**Monday, July 4th
Senior Center Closed
Happy 4th of July**

**Tuesdays, July 5th & 19th
Mobile Farmer Market
10:00am-12:00pm/Cabin**

**Tuesday, July 12th
Health & Wellness
Assertive Communication
8:30am/Activity Room**

**Sunday, July 17th
Concert in the Park
6:00pm-8:30pm**

**Wednesday, July 27th
Health Care Fair
11:30am-2:00pm
Cabin & Activity Room**

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- Hello My Name is Doris

Inspired by insights gained through a self-help seminar, 60-year-old Doris Miller brazenly steps forward to pursue the affections of a much younger co-worker -- and inadvertently becomes a hit with his hipster cohorts. (Comedy/R /90 Min.) Starring: Sally Field



12th- Joy

After 10 years of trying to mass-market the revolutionary floor mop she had invented, housewife Joy Mangano strikes gold with a personal pitch on QVC that turns her Miracle Mop into an overnight marketing miracle. (Drama based on real life/PG-13/124 Min.) Starring: Jennifer Lawrence & Robert De Niro



19th- Concussion

When Dr. Bennet Omalu's autopsy studies lead him to conclude that multiple concussions could be the underlying cause of the brain disorders suffered by many U.S. football players, he encounters harsh resistance from the NFL establishment. (Drama based on real life events/PG-13/123 Min.) Starring: Will Smith & Alec Baldwin



26th- Inside Out

When her family relocates across the country, tween Riley Anderson struggles with the stress of her new situation and her animated emotions get carried away -- quite literally -- on a fantastic journey through her mind (Children & Family/ PG/94 Min.) Starring the voice of: Amy Poehler. **Grandchildren are welcome to attend this movie!**



Movies & Popcorn / .50 Cents

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!

7th-MUSIC BINGO

Join us for a patriotic music bingo entertainment program full of fun, laughs, and prizes.



14th-THE TRAVELIN MAN DUO

Welcome new entertainer Mark Warrick of the Travelin Man Duo, playing his assortment of 50's and 60's guitar acoustics accompanied by percussion and harmonica.



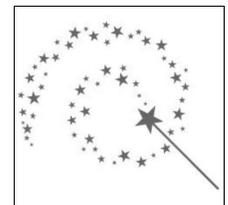
21st- SJMC/ DR. SMITH

Dr. Christopher Smith, Vascular Surgeon at SJMC, will be addressing the topic of "Vascular Health", including Peripheral Artery Disease, Carotid Artery Disease and Aortic Aneurysm.



28th- NORTHEAST OHIO COSPLAY THEATRE

Northeast Ohio Cosplay is pleased to bring Snow White, Cinderella, and their princess friends to the North Olmsted Senior center! They will be performing a short stage show featuring your favorite, classic songs. After, the princesses will be glad to meet and greet with guests and pose for pictures.



Grandchildren are welcome to attend!

ACTIVITIES and EVENTS

Website of the Month

fruitsandveggiesmorematters.org

Learn about the importance of including fruits and vegetables in your diet and get tips on how to do so. Learn about shopping for fruits & veggies on a budget, how to store them and keep them fresh longer and find delicious & healthy recipes!

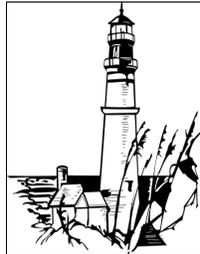


NOSC Book Club

Friday, July 15th
1:00pm/Atrium

The Last Summer of the Camperdowns

Elizabeth Kelly



A witty, suspenseful tale of murder, marital conflict and agonizing secrets. . . . This exuberant story is transporting and delicious, worthy of a summer read.



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, July 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

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

SUPPORT GROUPS

Multiple Sclerosis

Next Meeting:
Picnic for current members
Sunday, July
24th



~ 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 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

Health Care Fair
Wednesday, July 27th
11:30am-2:00pm

Take advantage of the many health and educational information that this annual healthcare event offers. You will have the opportunity to obtain informative material regarding health and receive giveaways from over 40 vendors. Life Care Centers of Westlake will be offering free hot dogs and snacks on the patio. St. John Medical Center's Outreach staff will be offering free blood pressure, glucose, cholesterol, and balance screenings in the atrium area.



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

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



Health & Wellness Program
"Asking for and Getting
What you Want"

Tuesday, July 12th
8:30am/Activity Rm

Our House will be hosting this month's H & W program which will encompass the basics for assertive communication, whether it be with doctors, nurses, service people or family & friends. Getting what you need without being taken advantage of. A light breakfast will be served. Sign up with Beth.

CONGRATULATIONS!!

Walkers of the SJMC
Walking Challenge

The North Olmsted Senior Center has proudly defended its title in the SJMC Walking Challenge! The group won 3 out of 5 screening categories as well as the overall title.

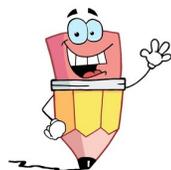
Congratulations to all those who participated.



Jackie Chavez-Anderson, Administrator 716-5444



BOOM! City of North Olmsted
Fireworks Sunday, July 3rd
7:00pm Fireworks at dusk.
Celebrate Independence Day at 2016 BOOM! Great Northern Mall's southern parking lots. This community gathering is perfect for all ages, so don't miss this summer showcase event. (Rain Date Sunday July 10th)



School Supplies Needed!

We are collecting school supplies for Birch Elementary School Teachers. All items will be collected at the NOSC until Thursday, August 11th. Examples of items needed: Pencils, Erasers, Hand Sanitizers, Boxes of band-aids, Stickers, Small packs of tissues, i.e. Kleenex, Markers, Crayons, Post-it notes. Your donations are greatly appreciated!

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 July: Tuesday 5th & 19th. Don't forget to use you 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."

July Hot Lunch Menu

TUESDAY

- 5th- Meatballs
Spaghetti w/ Sauce
Broccoli
Green Peas
Whole Grain Wheat
Applesauce
- 12th- Chicken Breast w/
Alfredo Sauce
Buttered Noodles
Mixed Vegetables
Spinach
Whole Grain White
Sliced Pears
- 19th- Stuffed Cabbage w/ Sauce
Mashed Potato
Baby Lima Beans
Honey Wheat Biscuit
Tropical Fruit
- 26th- Sweet & Sour Pork
Green Peas
Baby Carrots
Honey Wheat Biscuit
Banana

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

THURSDAY

- 7th- Hamburger
Ketchup
Green Beans
Corn
Whole Grain Bun
Banana
- 14th- Breaded Pork Pattie
Sweet Potato
Green Peas
Whole Grain White
Applesauce
- 21st- Chicken Breast
Marinara Sauce
Green Beans
Capri Blend
Whole Grain Breadstick
Sliced Peaches
- 28th- Beef Stroganoff
Gravy
Noodles
Mixed Vegetables
Sliced Beets
Whole Grain Wheat
Pineapple Chunks



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.



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, July 13th —Martins Blueberry Farm & Local Marketing Trip

Its that time again! Join us for our annual Local Marketing Excursion to Martin’s Blueberry Farm, Red Wagon Farm, Gibbs Butcher Block, Uncle John’s Plant Farm, Coe Lake and Mootown Creamery! Moderate walking.

Cost- \$20.00 (Cash for STC & Box Lunch provided by Krystin’s Kitchen)

Check in– 9:45am Return– approx. 3:00pm Sign up with Beth by July 1st

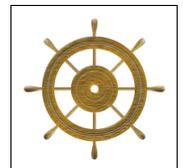


Wednesday, July 6, 2016—LOCKPORT LOCKS & ERIE CANAL CRUISE

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. Moderate walking.

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

Report - 7:15am Return approx. - 8:30pm



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 Salm-on 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 preclude 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.

- ◆ John Knox Church, 25200 Lorain Rd., North Olmsted, 440-777-3744
Last Tuesday of every month
Tuesday, July 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, July 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, July 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, July 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

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