

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

28114 LORAIN ROAD NORTH OLMSTED, OHIO 44070

KEVIN M. KENNEDY, MAYOR

Jackie Chavez-Anderson, Administrator

**MAYOR'S CORNER**

The Farmers Market is open at Frostville Museum every Saturday from 9:00am to 1:00pm. Frostville is located at 24101 Cedar Point Road and is part of the Cleveland Metroparks Reservation. Please visit their website at: [www.frostvillefarmersmarket.com](http://www.frostvillefarmersmarket.com) for market details. The mission of the Frostville Farmers Market is to make fresh, local food part of our community members' daily lives, helping everyone to understand, appreciate, and enjoy the health and economic benefits of a local, sustainable food system.

Join me for my annual North Olmsted Community Scholarship 5K Run and Walk on Saturday, June 4<sup>th</sup> at 8:30am in the North Olmsted Park. Fun and entertainment for the whole family!

Celebrate Father's Day at our beautiful Springvale Golf Course. Tee-times are required so be sure to call ahead at 777-0678 to make your reservation.

The 2016 Family Concert Series will begin on Sunday, June 19<sup>th</sup> at 8:30pm at the North Olmsted Park. Join us for music, food and fun as we kick off summer. Specific concert information and movies in the park can be found on page six of this newsletter.

Sincerely;



Mayor Kevin M. Kennedy



**COMMUNITY NEWS &  
EVENTS**

North Olmsted City Council  
Tuesday, June 7<sup>th</sup> & 21<sup>st</sup>  
8:00pm/City Hall

Friday, June 3<sup>rd</sup>  
Forever Young Ladies  
Summer Luncheon  
12:00pm/ Cabin

Tuesday, June 14<sup>th</sup>  
Health & Wellness  
Topic: Avoiding Burnout  
8:30am/Activity Room

Wednesday, June 22<sup>nd</sup>  
Suds & Spuds Fundraiser  
12:00pm/Cabin

Wednesday, June 29<sup>th</sup>  
Lunch & Learn  
Brain Fitness  
12:00pm/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

### 7th- Secret in Their Eyes

Thirteen years after a colleague's daughter is savagely murdered, former FBI investigator Ray remains haunted by the unsolved case. But as he gets close to nabbing the killer, Ray unearths a shocking truth that casts a different light on past events (Suspense/PG-13/112 Min.) Starring: Julia Roberts & Nicole Kidman



### 14th- The 33

Unspooling one of the most compelling true-life tales of survival in the modern age, this gripping drama chronicles the massive 69-day effort to rescue 33 Chilean miners who were trapped more than 2,000 feet underground. (Drama based on real life/PG-13/127 Min.) Starring: Antonio Banderas



### 21st- Miss You Already

Best friends forever, Milly and Jess are confident they'll weather all of life's struggles together, no matter how different their worlds become. But their relationship is tested when Milly is diagnosed with cancer just as Jess finally gets pregnant. (Drama/ Romantic Comedy/PG-13/112 Min.) Starring: Toni Collette & Drew Barrymore **\*Special treat for this movie!**



### 28th- Minions

Born to serve despicable villains, these crazy, yellow second-fiddles have a tragic history of accidentally killing off their masters. Without leadership they will perish, so three Minions head out on a dangerous journey to find their next evil boss. (Children & Family/ PG/91 Min.) Starring the voices of: Sandra Bullock & Jon Hamm. **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!

### 2nd-RTA

Please welcome back Erica Gordon, Community Relations Specialist with the Greater Cleveland RTA. Erica will provide updates on RTA changes.



### 9th-MIKE JACOBS

Welcome back Mike Jacobs and company for a pregame to the 4th of July with patriotic classic favorites.



### 16th-FATHERS DAY CELEBRATION

Join us for a fun filled hour celebrating our Super Heroes ...DAD! The young jazz band, THRE3, will play drums, guitar and bass to the popular jazz standards. There will also be a special dessert!



### 23rd- NOPEC/ UTILITIES

A representative from the North-east Ohio Public Energy Council will discuss the services provided by NOPEC, energy saving tips with Q & A about gas and electric bills.



### 30th- 4TH OF JULY CELEBRATION

The Northern Cascade Cordsmen will serenade us into the 4th of July weekend with your all time favorite patriotic songs. Enjoy a special treat!



## ACTIVITIES and EVENTS

### Website of the Month

[www.north-olmsted.com](http://www.north-olmsted.com)

Check out the new & improved website of the City of North Olmsted! Find out about all the upcoming fun & exciting activities & events in the city, sign up for monthly emailed newsletters, and look for yourself or your friends on the Senior Center photo gallery. Don't miss out on all our wonderful city has to offer!



**NOSC Book Club**  
**Friday, June 17th**  
**1:00pm/Atrium**  
**Avenue of Mysteries**

*John Irving*

John Irving, writer of *The World According to Garp* and *A Prayer for Owen Meany*, presents an empathically imagined, masterfully told, and utterly transporting tale of transcendent sacrifice and perseverance, unlikely love, and profound mysteries. A novel of fate and memory.



**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, June 17th 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)  
 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:  
 June 8th



### ~ 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—Brain Fit  
Wednesday, June 29th  
12:00pm/Activity Room**

**Please sign up with Tiffany**  
Join us for this interactive program presented by Annie Rahm from Brookdale Westlake Village. Following the presentation on brain fitness, participants will play brain games. Lunch will be provided.

**Western Reserve Area Agency  
on Aging Presents:  
Senior Wellness Expo  
Great Northern Mall**

Wednesday June 8th from 9:00am-1:00pm (in the food court, near Dick's Sporting Goods). FREE Health Screenings for blood sugar & blood pressure. Vendor tables showcasing helpful products and services

**SPUDS and SUDS  
FUNDRAISER LUNCHEON**



Wednesday, June 22nd at 12:00 in the Community Cabin. Enjoy a baked potato bar (the "spuds") compliments of Life Care Centers. You will also be treated to a nice cold root beer (the "suds") and a delicious side salad. Everyone is welcome to participate in this luncheon event. Please call 440.777.8100 or stop in the NOSC to make your reservation on or before Friday June 17th. Space is limited. Voluntary monetary donations will be appreciated. All money collected will help support the NOSC.



**Health & Wellness Program  
Taking Care of You-  
Avoiding Burnout**

**Tuesday, June 14th 8:30am/  
Activity Rm**  
Right At Home will be hosting this month's

Health & Wellness program. A light breakfast will be served. Sign up with Beth.



**Attention all Walkers in the  
SJMC Walking Challenge  
Thursday, June 9th**

**9:30-11:30 before hot lunch**

All Walkers will be screened the day before the Senior Challenge Banquet Ceremony which will be the following day at SJMC at 11:30am. See Beth with any questions.



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

**Summer in the City  
Free Movies & Concerts in the Park**

**Movies: June 10th /Inside Out/ showing at 9:00pm  
July 29th / Minions/ showing at 9:00pm**

Family Concert Series sponsored by State Farm Insurance agent Robbie Anderson. Performances will take place in the gazebo from 6:00-8:30pm.

**June 19th—Ray Flanagan & the Authorities**

Food Truck: The Brunch Box.

**July 17th- Cities & Coasts**

Food Truck: Wilbeck's BBQ.

**August 21st- Blue Lunch**

Food Truck: Cruise-in Confections & Nelly Belly.

Enjoy fun, family friendly entertainment at the North Olmsted Park all summer long.



**Western Reserve Area Agency on Aging  
Farmers Market— Coupon Application**

On Monday June 13th the North Olmsted Senior Center will distribute the WRAAA Farmers Market Coupons. You must be 60 years of age or older during time of application and receive an annual income of \$21,775 (for a single person) or \$29,471 (for a 2 person household) or less. Eligible seniors will receive \$50.00 in market coupons. All coupons expire October 31st. Please stop into the senior center to fill out your application. Please continue to check our newsletter for possible Mobile Farmer's Market details. "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."

# June Hot Lunch Menu

## TUESDAY

- 7th- Roasted Turkey Breast  
Brown Rice  
Harvard Beets  
Brussel Sprouts  
Whole Grain White  
Orange
- 14th- Chicken Cacciatore  
w/ sauce  
Spaghetti  
Corn  
Green Peas  
Whole Grain Wheat  
Sliced Peaches & Pears
- 21st- Mushroom Steak  
Gravy & Mashed Potatoes  
Spinach  
Whole Grain Wheat  
Sliced Peaches
- 28th- Sweet & Sour Chicken  
Brown Rice  
Green Peas  
Baby Carrots  
Whole Grain Wheat  
Applesauce

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

## THURSDAY

- 2nd- Beef Meatloaf  
w/ Ketchup Glaze  
Gravy & Mashed Potatoes  
Green Beans  
Whole Grain Wheat  
Sliced Peaches
- 9th- BBQ Rib Patty  
Baby Lima Beans  
Baby Carrots  
Whole Grain Bun  
Banana
- 16th- Roasted Pork Loin  
Mashed Potatoes  
Green Beans  
Whole Grain Rye  
Applesauce
- 23rd- Stuffed Cabbage w/ Sauce  
Mashed Potatoes  
Corn  
Whole Grain Rye  
Banana
- 30th- Meatballs/ Spaghetti/Sauce  
Green Beans  
Brussel Sprouts  
Whole Grain Wheat  
Tropical Fruit



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, June 8, 2016 —Westside Market & Bakery**

**Cost- \$10.00 cash** for STC / Lunch is out of pocket at **SHOOTERS** in Cleveland

**Check in– 9:45am    Return– approx. 2:00pm**



### **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 - 6:15am    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 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: tba \* Checks payable to JKL\*    Check in– tba    Return approx.– tba**

**\*check the trips board for details on cost and time as they become available**



**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, June 22nd from 5:30-6:30 p.m.
- ◆ Clague Road United Church of Christ, 3650 Clague Rd., North Olmsted, 440-734-1040  
Every Last Saturday of the month  
Saturday, June 25th from 4:30pm-6:30pm
  - ◆ John Knox Church, 25200 Lorain Rd., North Olmsted, 440-777-3744  
Last Tuesday of every month  
Tuesday, June 28th from 5:30-7:00 p.m.
- ◆ North Olmsted United Methodist, 4600 Dover Center Rd., North Olmsted, 440-779-6634  
Last Thursday of every month  
Thursday, June 30th from 4:30-6:00 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](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

**June 2016**