

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



28114 LORAIN ROAD NORTH OLMSTED, OHIO 44070

**KEVIN M. KENNEDY, MAYOR**

Jackie Chavez-Anderson, Administrator

**MAYOR'S CORNER**

The Fish Fry's at Springvale began on February 12<sup>th</sup>. They are held every Friday during Lent from 4:00pm-8:00pm. Senior dinners are \$11 unless you can make the Early Bird Special (\$10) from 4:00pm-5:00pm. Local non-profit organizations will serve as waiters and waitresses and the tips will go to the group working that evening.

Daylight Savings Time begins on Sunday, March 13<sup>th</sup> – remember to “spring forward” and move your clocks one hour ahead. This is also the time to change the batteries in your smoke detectors and carbon monoxide detectors.

I'd also like to remind everyone that the Senior Center has begun taking appointments for income tax assistance. The service is available February through the beginning of April. There is no charge- it 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.

Lastly, I wish you all a Happy St. Patrick's Day on Thursday, March 17<sup>th</sup>!

Sincerely;

Mayor Kevin M. Kennedy



**COMMUNITY NEWS &  
EVENTS**

**North Olmsted City Council  
Tuesday, March 1st &  
Wednesday March 16th  
8:00pm/City Hall**

**Friday, March 11th  
Bingo Resumes  
12:00pm/Activity Room**

**Tuesday, March 22nd  
Health & Wellness  
Gadgets to make life easier  
8:30am/Activity Room**

**Wednesday, March 23rd  
Lunch & Learn -Aromatherapy  
12:00pm/Cabin**

**Friday, March 25th  
Good Friday  
Center Closes at 12:00 p.m.**

**Wednesday, March 30th  
Soup & Salad Fundraiser  
12:00pm/Cabin**

# 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

### 1st- Everest

Based on a true-life tale of death and survival on the world's tallest mountain, this epic adventure tracks the fate of two climbing parties that become trapped when a savage snowstorm engulfs the summit of Mount Everest. (Adventure—based on real life / PG-13 / 121 Min.) Starring: Josh Brolin



### 8th- The Walk

In 1974, French aerialist Philippe Petit made headlines worldwide with his daring high-wire walk between the twin towers of the World Trade Center. This elevating drama recalls the unauthorized and unforgettable feat pulled off by Petit and his team. (Based on real life event/ PG / 123 Min.) Starring: Ben Kingsley



### 15th- Voting Day / No Movie

### 22nd- Hot Pursuit

Assigned to protect the sexy widow of a drug kingpin, a straitlaced

Texas police detective is forced to take flight with her precious cargo when an assortment of bad cops and ruthless hit men start closing in on the pair. (Comedy / PG-13 / 87 Min.) Starring: Reese Witherspoon & Sofia Vergara



### 29th- The Martian

Abandoned on the surface of Mars after his crew concludes that he perished in a dust storm, astronaut Mark Watney must find a way to survive the planet's harsh environment -- despite having only 28 days of supplies left. (Sci-Fi / PG-13 / 130 Min.) Starring: Matt Damon



## THURSDAY LIVE ENTERTAINMENT

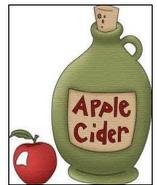
12:15 Everyone is welcome to participate in the lively free entertainment!

### 3rd- MUSIC BINGO

Kenny G taps into our music memories in this fun and interactive program. Sing-A-Long and join the fun!

### 10th- APPLE CIDER VINEGAR

Life Care Center's dietician, Katie, will be presenting a program on Apple Cider Vinegar and other cutting edge "fads".



### 17th- ST. PATRICK'S DAY

The Beck Center for the Arts of

Lakewood presents a musical tribute to the celebration of St. Patrick's Day. Emerald Village will be donating a scrumptious holiday confection and there will also be a special surprise guest!



### 24th- JEFF CAVALLO

"Cabin Fever Party" with steel pan entertainer, Jeff Cavallo. Join us in celebrating the beginning of Spring and the Easter Holiday with the music of warm summer nights in the tropics. A special dessert will be donated by The Villa Camillus.



### 31st- Cleveland Indians OPENER

PARTY-DAVID JAMES Sports enthusiast, David James will be here to kick off the summer baseball season. He will present an educational & historical lecture about the Cleveland Indians. Brookdale Senior Living will provide a light snack.



# ACTIVITIES and EVENTS

## Website of the Month

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

Visit this website for one stop shopping for all your wellness needs, mind, body, & spirit! Read about the latest trends and get tips on maintaining overall health & wellness. Click on "Eat, Move, Live, Breathe, or Love" and delve into an endless supply of interesting articles.



## NOSC Book Club

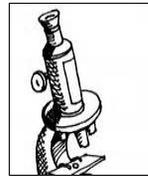
Friday, March 18th

1:00pm/Atrium

### The Immortal Life of Henrietta Lacks

*Rebecca Skloot*

She was a poor black tobacco farmer whose cells—taken without her knowledge in 1951—became one of the most important tools in medicine, vital for developing the polio vaccine, cloning, gene mapping, and more. This phenomenal New York Times bestseller tells a riveting story of the collision between ethics, race, and medicine.



## 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, March 18th 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

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**

**Lunch & Learn**

**Aromatherapy  
Wednesday, March 23rd  
12:00pm/Cabin**

**Please sign up with Tiffany**  
Please join Dianna McBee from the Joshua Tree for this informative and interesting Aromatherapy program. Find out the various scents that can help you relax, sleep, ease pain, and more! You will also have the opportunity to experience some of these aromatic benefits firsthand. A light lunch will be provided.



**Health & Wellness Program  
Gadgets to Make your Life Easier  
Tuesday, March 22nd 8:30am/  
Activity Room**

Please welcome Angela Albores, Wellness Ambassador with Rite Aid. Angela will be discussing the various devices available to help make your daily activities safer and easier. Breakfast will be provided by Villa Camillus.  
**Please sign up with Beth.**



**Walking Club Kick Off Brunch  
& St. John Medical Center  
Wellness Challenge  
Friday, April 8th at  
11:00am/ Cabin**

Everyone is welcome to join this year's Walking Club & Wellness Challenge. Joshua Tree and chef Peder will host the brunch and Paul from SJMC will join us to discuss this year's challenge. Sign up with Beth and help us defend last year's title!



**BINGO RESUMES!  
FRIDAY, March 11th  
Starts at 12:00pm**

The Bingo program takes place every 2nd and 4th Friday of the month.



**Tribe Opener Party  
Thursday, March 31st  
at 12:15**

David James, sports enthusiast, will present a historical program on the Cleveland Indians. Wear your Tribe colors for this fun event. Go Team!



**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 through April 13th.

**Soup-er Wednesday—March 30th at 12:00.**

Everyone is welcome to join us for soup & salad prepared by Chef Peder from the Joshua Tree. Please call 440-777-8100 or stop in the NOSC to make your reservation on or before Friday, March 25th. Monetary donations will be appreciated. All money collected will help support the NOSC activities and programming. Enjoy a delicious warm meal in a friendly atmosphere.

**Seniorfest Spring Fling!  
Wednesday, March 16th**

**Doors open at 12:30.** Springfling will take place at Springvale Ballroom, located at 5871 Canterbury Road in North Olmsted. Tickets may be purchased at the North Olmsted Senior Center Monday-Friday 8:30am-4:30pm. Tickets cost \$5.00 per person. Tickets will not be sold at the door, tickets must be purchased in advance. Live music performed by the LBJ Band. Lunch, dessert, beverages, games and prizes will be available for your enjoyment! This multigenerational program is sponsored by the North Olmsted High School SITES program. Purchase your ticket today for this fun event.



# March Hot Lunch Menu

## TUESDAY

- 1st-- Lemon Gravy Chicken Breast  
Sweet Potatoes  
Green Beans  
Whole Grain Wheat  
Banana
- 8th- Hamburger  
Ketchup  
Whole Grain Bun  
Seasoned Potato Wedges  
Green Peas  
Sliced Pears
- 15th- Voting Day  
No Lunch Served
- 22nd- Roasted Turkey Breast  
Gravy  
Mashed Potatoes  
Cauliflower/Broccoli  
Whole Grain Wheat Bread  
Banana
- 29th- Salisbury Steak  
Gravy  
Mashed Potatoes  
Mixed Vegetables  
Whole Grain White  
Banana

## THURSDAY

- 3rd- Sweet & Sour Meatballs  
Brown Rice  
Corn  
Capri Blend Vegetables  
Whole Grain Wheat  
Tropical Fruit
- 10th- Stuffed Cabbage  
Mashed Potatoes  
Corn w/ Red Peppers  
Whole Grain Wheat Bread  
Banana
- 17th- Chili Con Carne  
Mixed Vegetables  
Buttered Beets  
Corn Muffin  
Pineapple Chunks
- 24th- Swedish Meatballs w/ Gravy  
Noodles  
Peas  
Carrots  
Whole Grain White Bread  
Sliced Peaches
- 31st- BBQ Rib Patty  
Sweet Potatoes  
Brussel Sprouts  
Whole Grain Bun  
Chunky Applesauce



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



**\*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.



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, March 23rd —WESTSIDE MARKET & BAKERY**

**Cost: \$10.00/ STC / Lunch is out of pocket at Beachcliff in Lakewood**

**Report - 9:45am      Return approx. - 2:00pm**



### **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. Please contact Activities Coordinator Beth Reitz for details. Space limited, be sure to sign up soon!



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

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

### **Friday, April 22nd, 2016—CLEVELAND TOUR / PART 5**

Part history and part mystery, we’ll continue exploring Planet Cleveland and its fascinating neighborhoods & unique areas to discover what makes them special. If you enjoyed any of our previous Cleveland adventures, you will surely appreciate this one! Stops include, but are not exclusive to, the Rockefeller Greenhouse, a tour on the Waterfront Trolley to the Terminal Tower, lunch at the Hofbrauhaus, Millionaires Row, Peterson’s Nuts, a tour of the amazing restoration of the new Heinen’s at Cleveland Trust as well as the Metropolitan Hotel. **This escorted trip is by deluxe motor coach and includes lunch and many surprises.**



**Cost: \$69.00 p/p \* Checks payable to JKL Tours\***

**Report - 7:30am      Return approx.– 6:30pm**



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

- ◆ Westlake Christian Church, 25800 Hilliard Rd., Westlake, 440-871-2400  
In process of moving – dinners cancelled until further notice
- ◆ Westlake United Methodist Church, 27650 Center Ridge Rd., Westlake, 440-871-3088  
Every 4th Wednesday of the month  
Wednesday, March 23rd 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, March 26th from 4:30pm-6:30pm
- ◆ John Knox Church, 25200 Lorain Rd., North Olmsted, 440-777-3744  
Last Tuesday of every month  
Tuesday, March 29th 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, March 31st 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.

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

**March 2016**