

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



28114 LORAIN ROAD NORTH OLMSTED, OHIO 44070

KEVIN M. KENNEDY, MAYOR

Jackie Chavez-Anderson, Administrator

MAYOR'S CORNER

Mother's Day is Sunday, May 8th and I would like to wish all the mothers and grandmothers a wonderful day! Springvale will be hosting a delicious brunch on Mother's Day. Seatings are at 10:30am or between 12:30 & 1pm. The Senior brunch is only \$21.95 for buffet including several choices of breakfast and luncheon entrees, beverages and accompaniments. Reservations are recommended (440)777-0678.

On Wednesday, May 25th the Senior Center will celebrate our senior center members who are 90 years of age and older. Please make note that this years 90 and older celebration will be taking place at Springvale Ballroom, which is located at: 5871 Canterbury Road. This is a very special annual event, and we wish all of our honorees good health.

On Monday, May 30th the Senior Center and City Hall will be closed in observance of Memorial Day.

Sincerely;

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

Mayor Kevin M. Kennedy



**COMMUNITY NEWS &
EVENTS**

**North Olmsted City Council
Tuesday, May 3rd & 17th
8:00pm/City Hall**

**Wednesday, May 4th
Lunch & Learn - Tuning Forks
12:00pm/Activity Room**

**Tuesday, May 17th
Health & Wellness
Topic: Dehydration
8:30am/Activity Room**

**Tuesday, May 24th
Free Bone Density Screening
9:30am-11:30am/Atrium**

**Wednesday, May 25th
90 & Over Honoree Banquet
12:00pm/Springvale**

**Monday, May 30th
Memorial Day
Senior Center Closed**

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

3rd- Spectre



James Bond continues his run of romance and foreign intrigue in this tense thriller that pits him against the global terrorist organization SPECTRE. (Action/PG-13/148 Min.) Starring: Daniel Craig

10th- In The Heart Of The Sea

Revisiting the incredible true tale of the whaling ship Essex, which was rammed and sunk by a sperm whale in 1820, this historical drama chronicles the crew's horrific 90-day struggle to survive amid storms, hunger and despair. (Adventure/PG-13/122 Min.) Starring: Chris Hemsworth



17th- Brooklyn

After emigrating from Ireland, Eilis Lacey readily adapts to the vastly different New York City, where she falls for a young Italian man. (Romance/PG-13/111 Min.) Starring: Saoirse Ronan



24th- Bridge of Spies

At the height of the Cold War in 1960, the downing of an American spy plane and the pilot's subsequent capture by the Soviets draws Brooklyn attorney James Donovan into the middle of an intense effort to secure the aviator's release. (Thriller/PG-13/142 Min.) Starring: Tom Hanks



31st- The Revenant

Set in the 1820s American frontier, this snowy thriller follows fur trapper Hugh Glass as he relentlessly seeks retribution against the companions who left him for dead in the Missouri River's icy waters after he was mauled by a bear. (Drama based on real life /R/156 Min.) Starring: Leonardo DiCaprio



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!

5th- BINGO/KENNY G

Kenny G will be returning with his **Music Bingo** entertainment program for our Cinco de Mayo themed, Mother's Day celebration. Join us for fun, laughs and prizes.



12th- LOGAN WELLS

Welcome back locally acclaimed, professional vocalist, Logan Wells. Enjoy her musical performance of Country, Pop, Jazz, Blues, Folk and Rock.



19th- BE YOUR OWN ADVOCATE

Paul Forthofer from St. John's Community Outreach will be discussing strategies to become an empowered health care consumer. Advocating for yourself with your chosen healthcare team can greatly improve your satisfaction, treatment, and outcome!



26th- RAISIN' CANES/MEMORIAL DAY CELEBRATION

The Raisin' Canes are an award-winning senior vaudeville dance group consisting of 20 volunteer senior dancers. Their entertaining performance consists of soft-shoe, tap and novelty dance routines to great old songs, Charleston, cane twirling, sing-a-long, celebrity imitations, jokes and lots of audience participation.



ACTIVITIES and EVENTS

Website of the Month

northolmstedcommunitycouncil.org

This new website will keep you up to date on the meetings, activities, and events organized and offered by the North Olmsted Community Council. Learn about our Citizens of the Year and get updates on the upcoming annual Homecoming Festival in August. Consider joining this wonderful volunteer group!



NOSC Book Club

Friday, May 20th

1:00pm/Atrium

Ashley Bell

Dean Koontz



An enigmatic woman convinces Bibi that she escaped death so that she can save someone else. Someone named Ashley Bell. Here is an eloquent, riveting, brilliantly paced story with an exhilarating heroine and a twisting, ingenious plot filled with staggering surprises.



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, May 20th 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

2nd Wednesday of the Month at 7:00pm

Next Meeting:
May 11th



~ 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**

Senior Financial Workshop
Mondays, April 18th through
May 23rd
10:30am-12:00pm/Cabin
Please sign up with Tiffany
Michael Floreth from Empow-
ering and Strengthening Ohio's
People (ESOP), a non profit
financial counseling agency,
will be presenting this series of
educational courses to help you
learn how to protect your
money, property, and identity.
Light refreshments will be
provided. You may still sign
up for the remaining sessions.

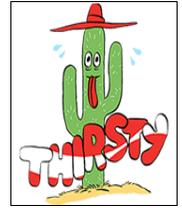


Lunch & Learn
Discussion Topic: Tuning Forks
Wednesday, May 4th
12:00pm/Cabin
Tammy Danilovic from the Norman-
dy will be demonstrating tuning fork
therapy. Experience the variety of
therapeutic tones that can be pro-
duced with tuning forks and learn
about the benefits. Lunch will be
provided by Joshua Tree. Please
sign up with Tiffany.

Free Bone Density Screening
Tuesday, May 24th
9:30am-11:30am/Atrium
St. John Medical
Center Community
Outreach will be
providing free bone
density screenings.
No appointments
necessary.



Health & Wellness Program
Signs and Symptoms of Dehydration
Tuesday, May 17th
8:30am/Activity Rm
Brighton Gardens
will host this months
Health & Wellness
talk, offering ideas
and important infor-
mation on how to stay hydrated. A
light breakfast will be served. Sign
up with Beth.



**Forever Young Ladies
Luncheon**
Friday, June 3rd
12:00pm/Cabin
All Forever
Young Ladies are
invited to celebrate "National Donut
Day" with a catered lunch by Kris-
tyn's Kitchen and a special program
by the USO. See your group leaders
to sign up and for more information
about donations to the USO.



Jackie Chavez-Anderson, Administrator 716-5444

90 & Over Honoree Banquet
Wednesday, May 25th 12:00pm-Springvale

All North Olmsted residents and current Senior Center members that are over the age of 90 or will be turning 90 this year, are welcome to sign up for the 90 and Older Honoree Banquet. This event consists of a luncheon, certificate presentation and cake reception. Please see Beth for more information.

Please be advised that this event has been moved to Springvale Ballroom located at:
5871 Canterbury Road in North Olmsted.



Springvale Mothers Day Brunch
A special Mothers Day brunch will be offered at Springvale Ballroom on Sunday, May 8th. There will be two seating's offered, one at 10:30am and the second at 12:30pm. Fresh and delicious breakfast and luncheon menu items will be served. Cost is \$24.95 for Adults, \$21.95 for Seniors, \$14.95 for kids 10 & under, children 3 & under can eat for free. Reservations recommended. Please call Springvale to make your reservations at: 440-777-0678. Springvale is located at: 5871 Canterbury Road in North Olmsted.

Free Healthcare Fair
Great Northern Mall Food Court
Saturday, May 14th/ 10:00am-2:00pm
Please join the North Olmsted & Olmsted Twp. Fire Departments along with University Hospitals for this informative event that will feature free health screenings and education, CPR information, blood drive and more!

May Hot Lunch Menu

TUESDAY

3rd- Tuna Salad
3 Bean Salad
Cole Slaw
Whole Grain Bun
Pineapple Chunks

10th- Breaded Fish
Tarter Sauce
Cheese Potatoes
Green Peas
Whole Grain Wheat
Graham Crackers
Apple Juice

17th- Cheese Ravioli w/Sauce
Spinach
Mixed Vegetables
Whole Grain Wheat
Graham Crackers
Banana

24th- Cold Roasted Turkey Sandwich
Potato Salad
Tomato, Cucumber, Onion Salad
Whole Grain Rye
Mandarin Oranges

31st- Spaghetti & Meatballs
Green Beans / Brussel Sprouts
Whole Grain Wheat
Tropical Fruit

THURSDAY

5th- Breaded Chicken Breast Pattie
Basil Tomato Sauce
Spinach
Corn
Whole Grain Bun
Banana

12th- Salisbury Steak w/Gravy
Mashed Potato
Green Beans
Whole Grain White
Tropical Fruit

19th- Orange Glazed Chicken
O'Brien Potatoes
Green Peas
Honey Wheat Biscuit
Mixed Fruit

26th- Swedish Meatballs w/Gravy
Buttered Noodles
Broccoli
Cauliflower
Whole Grain White
Sliced Peaches

***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 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, May 11, 2016 —Westside Market & Bakery

Cost- \$10.00 cash for STC / Lunch is out of pocket at ZOUP! in Westlake

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



Wednesday, June 1st, 2016—PRESQUE ISLE DOWNS CASINO

Presque Isle Downs Casino features over 2000 of your favorite slot games and progressive jackpots, plus table games. Choose from four dining options: Café, Buffet, Clubhouse or Fine Dining. The group departs for Erie, PA with a coffee stop enroute. Upon arrival at Presque Isle Casino, each passenger will receive a \$20 gaming bonus (subject to change).

All passengers must have a **driver's license or state ID with them**. This is a combined trip with Fairview Senior Center, please sign up early.

Cost: \$29.00 p/p * Checks payable to Great Day Tours* (waiting list only)

Check in- 7:30am Return approx.- 6:30pm

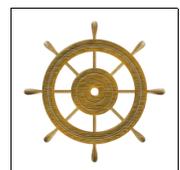


Wednesday, July 6, 2016—LOCKPORT LOCKS & ERIE CANAL CRUISE

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.

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

Report - 6:15am Return approx. - 8:30pm





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, May 25th 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, May 26th 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, May 28th from 4:30pm-6:30pm
 - ◆ John Knox Church, 25200 Lorain Rd., North Olmsted, 440-777-3744
Last Tuesday of every month
Tuesday, May 31st from 5:30-7:00 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

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

May 2016