

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

28114 LORAIN ROAD NORTH OLMSTED, OHIO 44070

KEVIN M. KENNEDY, MAYOR

Jackie Chavez-Anderson, Administrator

MAYOR'S CORNER

Don't forget to "fall back" as Daylight Savings is Sunday, November 6th. Move your clocks back one hour and replace the batteries for your smoke and carbon monoxide detectors.

The 2016 elections will take place on Tuesday, November 8th. The polling locations will be open from 6:30am to 7:30pm. For specific election information please visit the Cuyahoga County Board of Election Website at: boe.cuyahogacounty.us

Veteran's Day Celebration: Friday, November 11th at 9:50am. The City, High School and the VFW Post 7647 are uniting to celebrate our Veterans with a ceremony on Friday, November 11th. Veterans, employees and residents are invited to the North Olmsted High School Gym for a ceremony including the Color Guard, NOHS band, and city and school officials.

City offices will be closed on Thursday, November 24th and Friday, November 25th in observance of Thanksgiving.

Save the date: Sunday December 4th from 2:00-5:00pm. North Olmsted NOEL winter celebration. This event is free to attend and will take place in the North Olmsted Community Cabin/ North Olmsted Senior Center. Enjoy musical performances, food trucks, kids crafts, outdoor bonfire, and hot chocolate as the community welcomes Santa. Enjoy the holiday lights in the gazebo and along the building. Everyone is welcome to kickoff the holiday season.

Sincerely,



Mayor Kevin M. Kennedy



**COMMUNITY NEWS &
EVENTS**

North Olmsted City Council
Tuesdays, Nov. 1st & 15th
Council Chambers 8:00pm

Wednesday, November 2nd
International Food Cook Off
11:30am Springvale Ballroom

Tuesday, November 15th
Health & Wellness
Healthy Holiday Eating
8:30am Activity Room

Thursday, November 24th &
Friday, November 25th
Thanksgiving Holiday
Senior Center Closed

Wednesday, November 30th
Fundraiser Lunch
12:00-2:00pm 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- Now You See Me 2

Who better than a band of illusionists to pull off a heist that leaves everyone bewildered? In this mind-bending sequel, the Four Horsemen do it again, this time with the intent of exposing a shady technology tycoon. (Suspense/PG13/129 Min.) Starring: Michael Caine



8th- Voting Day

No Movie on This Date



15th- Free State of Jones

As the Civil War rages on, Mississippi farmer Newton Knight, his neighbors and a ragtag group of slaves band together and lead Jones County to secede from the Confederacy, establishing a mixed-race free state in the heart of the South. (Action/ R/139 Min.) Starring: Matthew McConaughey



22nd- Me Before You

Planning to stay just six months, Lou Clark takes on the job of looking after rich but depressed Will Traynor, who's been left a quadriplegic by an accident. Despite Will's disillusionment, Lou is determined to show him that his life is worth living. (Romantic Drama/PG13/110 Min.) Starring: Emilia Clark



29th- The Meddler

On the heels of her husband's death, Marnie Minervini moves to Los Angeles and begins interfering with her daughter Lori's life. But after Marnie's chance encounter with a charismatic security guard, she turns her attention in a different direction. (Comedy/PG13/103 Min.) Starring: Susan Sarandon



THURSDAY LIVE ENTERTAINMENT

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

3rd- "HOLIDAY" MUSIC BINGO

Always a blast! ... have fun guessing holiday music selections and earning squares on your BINGO board. Candy and trinket prizes for the winners!



10th- BILLY KAYE

Welcome back the Billy Kaye Trio for a pre-holiday performance mixed with your all time favorite tunes. Requests are welcome.



17th- MIKE JACOBS

Enjoy one of our all time favorite entertainers, Mike Jacobs as he brings us into the holiday spirit with classic festive melodies.



24th- THANKSGIVING HOLIDAY

The North Olmsted Senior Center Staff wishes everyone a safe and happy holiday.



THE SENIOR CENTER IS CLOSED THURSDAY THE 24TH AND FRIDAY THE 25TH

Movies & Popcorn / .50 Cents

Movies shown on our Large Screen 'Smart Board'

Crisp clear sound and picture perfect theatre experience

ACTIVITIES and EVENTS

Website of the Month

mentalhealthamerica.net/live-your-life-well

This season can be a difficult and stressful time for many of us. Review these top 10 tools to help you feel stronger and more hopeful including tips to stay positive, get physically active, and deal better with hard times. Use these tools to strengthen your ability to cope with everyday hassles & more serious crises.

NOSC Book Club

Friday, November 18th
1:00pm/Atrium

11.22.63

Stephen King

On November 22, 1963, Three Shots rang out in Dallas, President Kennedy died, and the World changed. What if you could change it back? Stephen King takes readers on an incredible journey into the past and the possibility of altering it.



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, November 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

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:
November 9th
7:00pm



~ 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**

**Home Energy Assistance
Program (HEAP)**

Applications for the 2016-2017 heating season are now available. Qualified individuals and families can receive a one-time annual credit applied directly to their heating bill. Individuals with an income at or below \$20,790/year and couples with an income at or below \$28,035/year may qualify. Please see Tiffany for more information, assistance completing an application, or to pick up an application. Applications are accepted all winter.



PANCAKES & PAJAMAS

FYL Holiday Brunch

Friday, December 2nd

11:30am/ Community Cabin

All Forever

Young Ladies are

invited to dress

for a Pajama

themed brunch

catered by Krystin's Kitchen. Prizes

for most creative attire. RSVP to your

group leaders.



PAINT YOUR OWN POTTERY!

Wednesday, December 7th

10:00-11:30am/ Activity Room

Sign up to create a holiday art project

with Barb from **Maggie & Ellie's**. Paint

a 7 1/4 inch diameter snowflake plate

for your holiday treats.

The plate will then be

glazed & fired for a pro-

fessional finish and re-

turned to you in one

week. Cost of the class is



HEALTH & WELLNESS

"Healthy Eating for the Holidays"

Tuesday, November 15th

8:30am-9:15am/Activity Room

Courtney from O'Neill Healthcare,

will host this months holiday themed

lecture. A light

breakfast will

be served.

Sign up with

Beth



MASHED POTATO BAR

FUNDRAISER

Wednesday, November 30th

12:00/ Community Cabin

Join us for the last lunch fundraiser

of the year. HCR Manor care will

sponsor a **Mashed Potato Bar** with

toppings (bacon, gravy, chives &

cheese). There will also be a side

salad and Pumpkin Pie! Sign up

with a staff member.

All donations contribute to the

NOSC programming.

Jackie Chavez-Anderson, Administrator 716-5444

A Time To Give Thanks: As we give thanks and reflect on all of our blessings this month we want to recognize and be thankful to all of the local businesses, or-

ganizations and individuals who have generously contributed to our Senior Center:

AARP Tax Volunteers, Anchor Home Health Care, Arden Courts, Bella Care,

Bridgewater, Brighton Gardens, Brookdale Senior Living, Center for Aging in the

Digital World, Chambers Funeral Homes, Christ the King Church, Columbia Road

Baptist Church, Crossroads Hospice, Emerald Village, Fairview Hospital, Gardens

of Westlake, HCR Manor Care, Hanson Services, HearWright, Home Instead, Hospice of the Western Re-

serve, Independence Village, John Knox, Joshua Tree, Key Bank, Leslie Adams, Life Care Centers, Mayor

Kennedy and the City Hall Staff, Mille & Constable Co., Normandy Manor, North Olmsted Community

Council, North Olmsted Fire Dept, North Olmsted High School Sites Program, North Olmsted Kiwanis,

North Olmsted Library, North Olmsted Recreation Center, OSHIIP, O'Neill Healthcare, Pathways Hos-

pice, Perla Law Firm, Rae-Ann Skilled Nursing, Renaissance Retirement Campus, Right at Home, Rite

Aid, Riverview Pointe, Rockport Senior Living, Salvation Army, SeniorBridge, Senior Independence,

Springvale Country Club & Ballroom, Senior Transportation Connection, St. John's Community Outreach,

St. Richard Parish, Symphony of the Falls, USO, The Woods on French Creek, Villa Camillus, Walgreens,

Wesleyan Senior Living, West Bay, Westlake Rehab & Nursing Center. We would also like to extend a

special **Thank You to all of the Senior Center members** who give of themselves throughout the year to

make our Senior Center special.



Thank You!

November Hot Lunch Menu

TUESDAY

- 1st- Stuffed Green Pepper
Butternut Squash
Broccoli
Whole Grain Rye
Applesauce
- 8th- Voting Day
No Lunch Served
- 15th- Salisbury Steak / Gravy
Mashed Potatoes
Brussel Sprouts
Whole Grain Wheat
Tropical Fruit
- 22nd- Beef Hot Dog
Mustard
Corn w/ Red Peppers
Green Beans
Whole Grain Bun
Banana
- 29th- Chicken Cacciatore
Brown Rice
Diced Beets
Brussel Sprouts
Whole Grain Wheat
Pineapple Chunks

THURSDAY

- 3rd- Meatballs
Spaghetti/ Tomato Sauce
Cauliflower
Green Beans
Whole Grain Wheat
Apple
- 10th- Rosemary Rub Roasted
Pork Loin w/ Gravy
Green Peas
Butternut Squash
Honey Wheat Biscuit
Applesauce
- 17th- Swedish Meatballs
Noodles
Mixed Vegetables
Red Cabbage
Whole Grain Wheat
Sliced Pears
- 24th- Thanksgiving Day
Senior Center Closed

***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 by 10:00a.m.

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 11:25am.



NORTH OLDMSTED 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, November 16th —Westside Market & Lunch Trip

Travel to the Westside Market and local bakeries. Lunch is at the Beachcliff in Rocky River/out of pocket

Cost- \$10.00 Check in- 9:45am Return- approx. 3:00pm



Sunday, November 27th —POPS CLEVELAND ORCHESTRA

Start your holiday season at the newly renovated Palace Theatre in Playhouse Square. Enjoy a wonderful afternoon of classic Christmas music featuring the Cleveland Pops Orchestra. This year's theme is "Let the Merry Bells Keep Ringing". Before the show, the Pops Vocal chorus will raise their voices in song and Yuletide cheer. The trip also includes deluxe motor-coach, a wonderful post-show and a plated dinner at the Windows on the River; offering a spectacular riverfront view of Cleveland's skyline. Enjoy the twinkling lights of downtown Cleveland on your way home.

This trip sells quickly, so make your reservation soon.

Cost: \$85.00 p/p / checks made to JKL Tours

Check in - 12:30pm Return approx. - 7:30pm



Saturday, December 31st —ROARING TWENTIES NEW YEARS AT NOON

Enjoy New Year's at the Cleveland Metropolitan Hotel. Details will be in the December newsletter and posted on the trip board.



*Wishing you all safe Holiday Travels
Happy Thanksgiving*



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, November 29th 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
NOTE: for November & December it will be the 3rd Wednesday of the month
Wednesday, November 16th 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
NOTE: no meal in November/ December 1st there will be a Holiday meal
- ◆ Clague Road United Church of Christ, 3650 Clague Rd., North Olmsted, 440-734-1040
Every Last Saturday of the month
Saturday, November 26th from 4:30pm-6:30pm
- ◆ All Saints Lutheran Church, 7230 Columbia Rd., Olmsted Falls, 440-235-1000
Every 1st, 2nd & 3rd Wednesday
Wednesday, November 2nd, 9th & 16th – 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

Fax # (440) 716-4246

November 2016