

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

28114 LORAIN ROAD NORTH OLMSTED, OHIO 44070

**KEVIN M. KENNEDY, MAYOR**

Jackie Chavez-Anderson, Administrator

**MAYOR'S CORNER**

The Homecoming Festival was very successful this year! Thank you to all who contributed that weekend!

It's that time again for seasonal flu shots. The North Olmsted Senior Center will be giving out flu shots on Tuesday, October 18th from 9:00am-12:00pm. High dose shot will be given on Friday, October 21st from 9:00am-11:00am. Please see page 6 for specific details regarding flu shots.

October is the last opportunity to take advantage of purchasing fresh produce at the Mobile Farmers Market. Richardson Farms will be at the Community Cabin from 10am-12pm on Tuesday, October the 11th & 25th.

We will be hosting our annual community shredding event on *Saturday, October 22<sup>nd</sup>* in the City Hall parking lot by the Police Station from 9:00am to noon. The shredding staff from All Ohio Secure Shred will handle documents and shred them while you wait. Each household may bring material equivalent to the capacity of two standard size copy paper boxes (10" x 18" x 9"). This service is being provided to North Olmsted residents at no cost; please bring proof of residency, such as a current utility bill or driver's license with a North Olmsted address.

Halloween Trick-or-Treat will be Monday, October 31<sup>st</sup> from 6:00pm to 8:00pm. Please be extra cautious if you are driving that evening.

Sincerely,



Mayor Kevin M. Kennedy



**COMMUNITY NEWS & EVENTS**

**North Olmsted City Council**  
Tuesdays, Oct. 4th & 18th

**Wednesday, October 5th**  
**Walking Club Brunch**  
11:00am/Activity Room

**Tuesdays,**  
**October 11th & 25th**  
**Mobile Farmer Market**  
10:00am-12:00pm/Cabin

**Tuesday, October 18th**  
**Health & Wellness**  
8:30am-9:15am  
Activity Room

**Tuesday, October 25th**  
**Medicare Checkup Day**  
9:30am-2:30pm  
Computer Lab

**Wednesday, October 26th**  
**(Root)Beer & Brats Fundraiser**  
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

### 4th- All Roads Lead to Rome

New Yorker Maggie takes her teenage daughter to the Tuscan village where she spent time in her own youth. Their floundering mother-daughter relationship worsens, however, when the mother of an ex-lover absconds with their car. (Comedy/ PG13/ 90 Min.) Starring: Sarah Jessica Parker



### 11th- Eddie the Eagle

Forever endearing himself to the British public, Eddie "the Eagle" Edwards becomes the first Englishman to compete in the Winter Olympics ski jump, relying on valor to make up for his lack of experience and bad eyesight. (Biographies /PG-13/105 Min.) Starring: Hugh Jackman



### 18th- Money Monster

Landing in dire financial straits after following a stock tip from bombastic TV persona Lee Gates, fuming Kyle Budwell takes the lout hostage on live television and threatens to kill him unless he turns the stock price around before the closing bell. (Drama/ R/98 Min.) Starring: Julia Roberts & George Clooney



### 25th- Goosebumps

None-too happy about moving to a small Maryland town, teen Zach Cooper finds his outlook changing after meeting the gorgeous girl next door, Hannah Stine -- whose reclusive father happens to be hiding a big secret. (Fantasy/ PG/103 Min.) Starring: Jack Black



## THURSDAY LIVE ENTERTAINMENT

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

### 6th- JIM COLLINS

Join us in welcoming acclaimed speaker, Jim Collins, as he presents a fun and spooktacular program on Ghosts & Hauntings, Paranormal & the Unknown! This event is sponsored by Tridia Hospice and they will provide a dessert as well.



### 13th- TRAVLIN MAN DUO

The Travlin Man Duo will return to our stage with an assortment of seasonal favorite songs as well as your all time much loved melodies.



### 20th- KNOW THE 10 SIGNS OF ALZHEIMER'S

This workshop from the Alzheimer's Association stresses the importance of early detection for Alzheimer's disease and other dementias. Knowing the warning signs of Alzheimer's and getting diagnosed early is vital to receiving the best help and care possible.

### 27th- Halloween Party 50th Anniversary of "IT'S THE GREAT PUMPKIN, CHARLIE BROWN"

Celebrate Charles Schultz's iconic, It's The Great Pumpkin, Charlie Brown, with a "Benefits of Pumpkin" program and a seasonal dessert complements of Katie from Life Care Centers.



**Movies & Popcorn / .50 Cents**  
Movies shown on our Large Screen 'Smart Board'  
Crisp clear sound and picture perfect theatre experience

**Prizes for Best Costume!**

## ACTIVITIES and EVENTS

### Website of the Month

[www.medicare.gov](http://www.medicare.gov)

Open enrollment for 2017 Medicare plans begins October 15th. Don't miss this opportunity to review your current plan and 2017 options! You can search all available plans & get information on coverage and co-pays on Medicare's official website.



### **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. **There will be no Book Club in October.**



**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, October 21st 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:  
October 12th  
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**

### **Flu Shot Clinics**

**No appointments necessary**

**Tuesday, October 18th**

**9:00am-12:00pm**

Walgreens will be offering the regular dose flu shot.

**Friday, October 21st**

**9:00am-11:00am**

Rite Aid will be offering the high dose flu shot.

All Medicare recipients can receive the shot at no cost. Bring all of your insurance cards the day of the shot. Please note:

Even if you have a Medicare Advantage Plan be sure to bring your red, white & blue Original Medicare card with you. The cost for those not covered by Medicare will be \$31.99 for the regular shot. The high dose shot will only be available to those with Medicare.

### **Walking Club End of Season**

**Brunch....Wednesday,  
October 5th/ 11:00am/  
Cabin**

All Walking Club participants are welcome to attend the end of the season brunch complements of Joshua Tree Senior Living Campus. Celebrate another great season.

Sign up with Beth

### **PAINT YOUR OWN POTTERY!**

**Friday, October 7th**

**10:00-11:30am/ Activity Room**

Sign up for a fun Fall art project with Barb from **Maggie & Ellie's**. Paint a 7 1/4 inch diameter pumpkin plate for all your Fall holiday treats. The plate will then be glazed & fired for a professional finish and returned to you within the week.

Cost of the class is \$13.00 per person. Sign up with Beth.



### **Health & Wellness Program "Fall Prevention"**

**Tuesday,**

**October 18th**

**8:30am-9:15am**

**Activity Room**

Courtney from

O'Neill Healthcare, will host this months lecture on Fall Prevention. A light breakfast will be served.

Sign up with Beth



### **Medicare Check Up Day**

**Tuesday, October 25th**

**9:30am-2:30pm/computer lab**

**Please make an appointment**

Sign up to have an OSHIP representative review your Medicare plans for 2017. Open enrollment ends on

December 7th so don't miss this opportunity to review your current coverage and 2017 options!



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

### **BEER & BRATS FALL FUNDRAISER**

**Wednesday, October 26th at 12:00 pm/Cabin**

Everyone is invited to attend the fall Oktoberfest Fundraiser. Brats and (Root) Beer will be served. This event is sponsored by Life Care Centers of Westlake and prepared by Chef Tony. Monetary donations will be appreciated. Please sign up with a staff member. Space is limited.

### **7th Annual International Food Cook Off**

**Wednesday, November 2nd from 11:30am-1:00pm**

**Springvale Ballroom- 5871 Canterbury Rd.**

Please join us for this exciting annual fundraiser. Local senior living facilities will be presenting their best international dishes to gain your vote and the trophy for Best Dish at this year's cook off. The cost for the event is \$5 per person and all proceeds benefit the senior center. Tickets will be available at the center. This event will be held at Springvale Ballroom.

### **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

October are Tuesday the 11th & 25th. Don't

forget to use your 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."



# October Hot Lunch Menu

## TUESDAY

- 4th- Stuffed Green Pepper  
Butternut Squash  
Green Beans  
Whole Grain Rye  
Applesauce
- 11th- Tomato Basil Chicken  
Sauce  
Spaghetti  
Mixed Vegetables  
Corn  
Sliced Pears
- 18th- Beef Meatloaf  
Ketchup Glaze  
Gravy  
Mashed Potatoes  
Capri Blend  
Honey Wheat Biscuit  
Sliced Peaches
- 25th- Beef Fried Steak  
Gravy  
Mashed Potatoes  
Mixed Vegetables  
Whole Grain Dinner Roll  
Orange

**\*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 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.

## THURSDAY

- 6th- Meatballs  
Spaghetti/ Tomato Sauce  
Cauliflower  
Green Beans  
Whole Grain Wheat  
Apple
- 13th- Swiss Steak / Gravy  
Mashed Potatoes  
Baby Carrots  
Whole Grain Wheat  
Whole Grain Vanilla Wafers  
Banana
- 20th- BBQ Chicken Breast  
Green Peas  
Sweet Potatoes  
Whole Grain White  
Mixed Fruit
- 27th- Chicken Cacciatore  
Sauce  
Brown Rice  
Diced Beets  
Brussel Sprouts  
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





NORTH OL MSTED 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, October 12th —Westside Market & Lunch Trip

Travel to the Westside Market and local bakeries. Lunch is at Sokolowski's /out of pocket  
**Cost- \$10.00    Check in- 9:45am    Return- approx. 3:00pm**

### Wednesday, October 19th —MAPLESIDE \*Apple Farm Tour\*

Mark your calendars for a Fall festive afternoon at Mapleside Apple Farm. You will first enjoy a leisurely lunch at Bianca's Ristorante Italiano restaurant in Brunswick. Then a fun filled Apple Farm Tour complete with apple picking and shopping at the famous Mapleside Bakery and shop. Space is limited

**Cost: \$21.00 cash p/p / for STC and Apple Tour (lunch is out of pocket)**  
**Check in - 10:30am        Return approx.- 4:00pm**



### 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 —\*NEW YEARS AT NOON\* Goodtime III

**Details to follow in November's newsletter.**





**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, October 25th 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, October 26th 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, October 27th 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, October 29th 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](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

Fax # (440) 716-4246

**October 2016**