

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

28114 LORAIN ROAD NORTH OLMSTED, OHIO 44070

KEVIN M. KENNEDY, MAYOR

Jackie Chavez-Anderson, Administrator

MAYOR'S CORNER

I hope everyone will enjoy the Labor Day holiday Monday, September 5th. North Olmsted City Hall and other city offices, including the Senior Center, will be closed in observance.

You still have the opportunity to take advantage of purchasing fresh produce at the Mobile Farmers Market in September and October. Richardson Farms will be at the Community Cabin from 10am-12pm on Tuesday September 13th & 27th and again in October on Tuesday the 11th & 25th.

The North Olmsted Recreation Center will be hosting a Senior Appreciation Day on Wednesday, September 21st from 10am-2pm. Please visit the Recreation Center, located at 26000 Lorain Road to learn all about SilverSneaker programs and the several health opportunities that the Recreation Center has to offer senior citizens. Call the Recreation Center at 440-734-8200 for details regarding this informative and free event.

Are you a senior citizen who is interested in learning how technology can benefit your life? The Center for Aging in the Digital World, a non-profit organization, will be at the Senior Center on Tuesday, September 6th at 12:30 to discuss an exciting new 8 week pilot program titled: **Discover Digital Literacy!** Please see a staff member if you would like to fill out the Pilot Program Interest Form.

Finally, the new school year is under way. Please remember to watch out for our youth when driving and watch your speed in school zones.

Have a safe and happy September!

Sincerely,



Mayor Kevin M. Kennedy



COMMUNITY NEWS & EVENTS

North Olmsted City Council
Tuesdays, Sept. 6th & 20th

Tuesdays,
September 13th & 27th
Mobile Farmer Market
10:00am-12:00pm/Cabin

Wednesday, September 14th
Healing Stones Lunch & Learn
11:30am/Activity Room

Tuesday, September 20th
Health & Wellness
Hearing Health
8:30am/Activity Room

Wednesday, September 28th
Soup Fundraiser
12:00-2:00pm/Cabin

Friday, September 30th
Volunteer Appreciation
Luncheon
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

6th- Connectedness Convo

12:30-1:30pm—Activity Room

Join the Center for Aging in the Digital World for a conversation about technology and it's power to connect with family, friends and the world. (Please note there will not be a movie on this date.) See the flier insert for program details.



13th- Race

While Hitler saw the 1936 Berlin Olympics as an opportunity to demonstrate Aryan supremacy, one African-American man -- Jess Owens -- shattered that dream with a display of athleticism that resulted in four gold medals. This film tells his story. (Sports Drama /PG-13/125 Min.) Starring: Jason Sudeikis



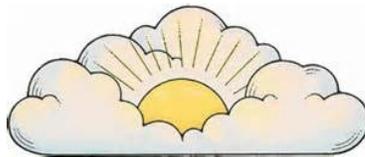
20th- Mother's Day

Offering an ensemble tribute to mothers everywhere, this star-studded comedy focuses on an assortment of moms and their intertwining lives as their annual day of recognition approaches. (Comedy/ PG-13/118 Min.)



27th- Miracles From Heaven

Based on real-life events, this intriguing drama recounts the story of young Annabel Beam, who suffers from an incurable digestive disorder. But when a string of miracles leads to her complete recovery, Annabel's family and doctors are mystified. (Drama/ PG-13/109 Min.) Starring: Jennifer Garner



Movies & Popcorn / .50 Cents

Movies shown on our Large Screen 'Smart Board'
Clear sound and picture perfect theatre experience

THURSDAY LIVE ENTERTAINMENT

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

1st- JOHN KOWALSKI

One of our favorite pianist, John Kowalski, will be playing for your enjoyment. Requests are always welcome.



8th- KENNY G/MUSIC BINGO

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



15th- MEDICARE 101

The Ohio Senior Health Insurance Information Program (OSHIIP) will offer an informational talk on your Medicare options and benefits. Come prepared with any Medicare questions for these experts.



22th- LOGAN WELLS

Logan will be performing a variety of Pop, Country, Folk, Blues and Rock, Jazz, Big Band and Gospel.



30th- JACK MIZENKO/JOIN THE BAND

Join us in welcoming back, local musical talent Jack Mizenko who will delight you with his fun, interactive guitar stylings.



ACTIVITIES and EVENTS

Website of the Month

northeastohiofamilyfun.com

Take advantage of the rest of summer and coming fall by finding out



about all of the exciting festivals, corn mazes, hay rides, and more! With winter around the corner you won't want to miss these fun outdoor events. Many events are free!

NOSC Book Club

Friday, September 16th

1:00pm/Atrium

Mr. Penumbra's 24 Hour Bookstore



Robin Sloan

The customers are few and they never seem to buy anything, but customers "check out" large obscure volumes from strange corners of the store. This is a bookstore you will be intrigued to enter but will never want to leave.



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, September 16th 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:
September 14th
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

Diabetes Self Management
Mondays: 1:30pm-3:30pm
Sept. 12th– Oct. 17th

Please sign up with Tiffany

This 6 week series will help individuals who are diabetic or pre-diabetic to understand and manage their disease. Individuals must be over 60 years of age and have Medicare to participate. See flier for specific program details.

Lunch & Learn: Healing Stones
Wednesday, September 14th
11:30am/Activity Room

Please sign up with Tiffany

Join us for an interactive, fun Lunch and Learn provided by HCR Manor Care to discover how a simple stone can help you, not only through the aging process, but also through many of life's twists and turns. Speaker Leslie Adams will educate us on how our bodies react to the minerals in certain stones.

“Thanks A Million”
VOLUNTEER APPRECIATION
LUNCHEON

Friday, September 30th
12:00pm/ Cabin

All current registered NOSC volunteers who have volunteered 10 hours or more within the year are welcome to join us for our annual appreciation luncheon. This event will be catered by Corporate Café and speaker, Dan Rominski, will be giving a program about “Millionaires Row” in Cleveland.

Please sign up by September 21st

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
“Hearing Health” Tuesday, Sep-
tember 20th 8:30am/

Activity Room/Sign up with Beth
Join Dr. Kristen Edwards, Audiologist from HearWright, to learn about how hearing can affect your overall health! Free hearing screenings will be offered afterwards from 9:30am-11:30am. A light breakfast will be served.

Free Bone Density Screening
Thursday, September 8th
9:30am-11:30am/Atrium

St. John Medical Center will be offering free bone density screenings.

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 and sign up with Beth by Wednesday, September 28th.

Jackie Chavez-Anderson, Administrator 716-5444

North Olmsted Recreation Center
Senior Open House

Wednesday September 21st 10:00am-2:00pm

You are welcome to visit the N.O. Recreation Center located at 26000 Lorain Road to learn about the several health and fitness opportunities for senior citizens that include SilverSneaker programs. For specific information regarding this free open house please contact the Recreation Center at 734-8200

Soup Fundraiser

Wednesday, September 28th
12:00-2:00pm/Cabin

Everyone is welcome to join us for Broccoli Cheddar Soup & Salad prepared by HCR Manor Care. Please call 440-777-8100 or stop in the NOSC to make your reservation on or before Friday, September 23rd. Monetary donations will be appreciated. All money collected will help support the NOSC.



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 September are Tuesday the 13th & 27th. 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.”

September Hot Lunch Menu

TUESDAY

6th- Orange Glazed Chicken
Brown Rice Pilaf
Spinach
Corn/Diced Red Pepper
Whole Grain Wheat
Sliced Pears

13th- Beef Stew
Brussel Sprouts
Baby Carrots
Whole Grain Wheat
Vanilla Wafers
Banana

20th- Chili Con Carne
Mixed Vegetables
Sliced Carrots
Corn Muffin
Mixed Fruit

27th- Sweet & Sour Pork Loin
Baby Carrots
Green Peas
Honey Wheat Biscuit
Banana

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

THURSDAY

1st- Hawaiian Chicken
Mashed Potatoes
Baby Carrots
Whole Grain White
Tropical Fruit

8th- Salisbury Steak / Gravy
Mashed Potatoes
Brussel Sprouts
Whole Grain Wheat
Banana

15th- Cold Sliced Turkey
Tomato/Cucumber-
Onion Salad
Coleslaw
Whole Grain Rye
Pineapple Chunks

22nd- Tuna Salad
Potato Salad
Corn Relish Salad
Whole Grain Wheat
Sliced Peaches

29th- Beef Stroganoff / Noodles
Mixed Vegetables
Sliced Beets
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



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 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, September 14th —Westside Market & Lunch Trip

Travel to the Westside Market and local bakeries. Lunch is at Shooters and there will be a stop at Sweet Moses sweet shop too!

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



Wednesday, September 7th, 2016—SAWMILL CREEK *Escape on the Lake Tour*

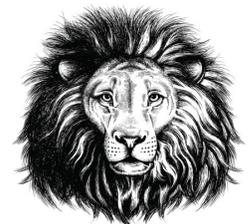
Mark your calendars for this one of a kind day trip excursion to Sawmill Creek Resort in Huron, Ohio. The itinerary will begin with an amazing lunch at Salmon Run Seafood & Steak dining room complete with music accompaniment by "Island Jeff" Cavallo! After, choose a historical resort tour of the Wilderness 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 preclude the relaxing ride home. Moderate walking.



Cost: \$79.00 p/p Checks payable to JKL
Report - 9:30am Return approx.- 5:30pm Sign up with Beth by August 24th

Monday, September 12th 2016—AFRICAN SAFARI WILDLIFE PARK

O'Neill Healthcare of North Olmsted will be hosting this free trip to the Port Clinton, African Safari Wildlife Park ~ This fun-filled day will consist of transportation and tickets to the Animal Safari Park, and a free lunch. Tour, in the comfort of the vehicle, the amazing African wildlife on the park grounds. Moderate walking.



This trip currently has a waiting list.

Cost: Free trip / first 10 people
Report - 8:45am Return approx. - 4:00pm

SAVE THE DATES: Sunday, November 27th/ Pops Cleveland Orchestra
Saturday, December 31st/ Goodtime III/ New Years at Noon!



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

- ◆ Clague Road United Church of Christ, 3650 Clague Rd., North Olmsted, 440-734-1040
Every Last Saturday of the month
Saturday, September 24th from 4:30pm-6:30pm
- ◆ John Knox Church, 25200 Lorain Rd., North Olmsted, 440-777-3744
Last Tuesday of every month
Tuesday, September 27th 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, September 28th 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, September 29th 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

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

September 2016