

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

28114 LORAIN ROAD NORTH OLMSTED, OHIO 44070

KEVIN M. KENNEDY, MAYOR

Jackie Chavez-Anderson, Administrator

MAYOR'S CORNER

I'd like to wish all of you a wonderful Holiday Season and invite you to attend North Olmsted Arts Commission's North Olmsted Noel on Sunday, December 4th from 2:00-5:00pm. 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.

Snow Days! Please note that if the North Olmsted public schools are closed, the Senior Center will also be closed for activities and lunches. The Senior Center staff will be on duty to answer phones and assist with emergency situations.

Closed for the holidays! North Olmsted City Offices will close at noon on Christmas Eve and New Year's Eve and will be closed all day on Christmas Day and New Year's Day.

Happy Holidays to you and your families!

Sincerely,



Mayor Kevin M. Kennedy



COMMUNITY NEWS & EVENTS

North Olmsted City Council
Tuesdays, Dec. 6th & 20th
Council Chambers 8:00pm

Christmas Holiday Schedule

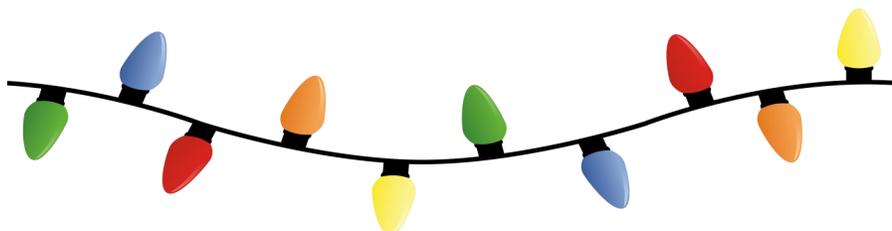
Friday, December 23rd
Senior Center Closes at 12:00

Monday, December 26th
Senior Center Closed

New Years Schedule

Friday, December 30th
Senior Center Closes at 12:00

Monday, January 2nd
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

6th- Elf

After inadvertently wreaking havoc on the elf community due to his ungainly size, a man raised as an elf at the North Pole is sent to the U.S. in search of his true identity. (Comedy/PG/97 Min.)

Starring: Will Farrell



13th- The Grinch Who Stole Christmas

On the outskirts of Whoville, there lives a green, revenge-seeking Grinch who plans on ruining the Christmas holiday for all of the citizens of the town.

(Fantasy/PG/105 Min.) Starring: Jim Carrey



20th- The Polar Express

A young boy embarks on a magical adventure to the North Pole on the Polar Express. During his adventure he learns about friendship, bravery, and the spirit of Christmas. (Drama, Fantasy/PG/100 Min.) Starring: Tom Hanks



27th- Home Alone

An 8-year old troublemaker must protect his home from a pair of burglars when he is accidentally left home alone by his family during Christmas vacation.

(Comedy/PG/103 Min.) Starring: Macaulay Culkin



THURSDAY LIVE ENTERTAINMENT

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

1st- FOOD SAFETY

Westlake Rehab's dietitian will be discussing food safety tips.

8th- "FRANK & DEAN"

Join us for the first in our Holiday lineup, for a fun & entertaining afternoon with a memorable "Rat Pack" performance by **Frank & Dean!**



15th- CHRISTMAS PARTY/ Chestnut

School Choir

Enjoy a special Christmas celebration featuring the 50th Anniversary of "The Grinch Who Stole Christmas" complete with Chestnut Elementary School Choir, cookies and a Hot chocolate bar!



22nd- CLEVELAND

TOPPS SWING BAND

Christmas month continues as the Topps Swing Band brings us the holiday spirit with classic festive melodies.



29th- LOGAN WELLS

Logan Wells closes the holiday lineup with a tribute to all the Country Christmas favorites. Patsy Kline, Dolly Parton etc. Requests welcome.



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

www.northpole.com

Visit this fun website before the holidays for recipes, craft & gift ideas, and decorating tips! You can also track Santa with the Norad Santa Tracker, send Santa a letter, and explore the North Pole with interactive & educational games & videos. You can even watch Santa "boogie" for a smile!



NOSC Book Club

Holiday Pizza Party

Friday, December 16th

12:00pm/Activity Room

All current Book Club Members are invited to enjoy their annual Holiday Pizza Party with the Volunteer Group. Please sign up with Beth.



Need Transportation?

Call 1-800-983-4782

Senior Transportation
Connection (STC)

North Olmsted & Olmsted Falls

NOSC Volunteer Program:

The Volunteer Group will meet Friday, December 16th at 11:00am in the Activity Room for their meeting and the annual Holiday Pizza Party with the Book Club.

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—

No meeting in Dec., Jan. & Feb.

Next Meeting:

March 8th

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

ZUMBA!



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**

FINANCIAL BUCKET LIST

Lunch & Learn

Wednesday, January 11th, 2017

Noon/Activity Room

Michael Solomon from Solomon, Steiner, & Peck will be reviewing some of the most important items needed for advance long term care planning. A light lunch will be provided. Please sign up with Tiffany.

HATS, SCARVES & MITTENS DONATIONS

The NOSC Volunteer Group is collecting hats, scarves, mittens and socks for women and children at the domestic violence center.

Donated items will be accepted until December 16th.



PANCAKES & PAJAMAS

FYL Holiday Brunch

Friday, December 2nd

11:00am/ 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 professional finish and returned to you in one week. Cost of the class is \$13.00 per person. Sign up with Beth.



MEXICAN TRAIN DOMINOS
"Sign up for a fun, new table game"

Monday, January 16th, 2017

12:00 to 2:00pm/

Atrium

Join a few gamers to learn this fun addition to the Monday card schedule; similar to the game Dominos. Sign up with Beth.



NEW PROGRAM FOR 2017

Tuesday, January 17th

8:30am/ Activity Room

"Save the date" for an exciting new program in the New Year. We will be offering an introductory forum for Sammy's Self Defense/Balance Class. This program will take the place of the Health & Wellness time slot for January. A light breakfast will be provided. Sign up with Beth.



Jackie Chavez-Anderson, Administrator 716-5444



North Olmsted NOEL Winter Celebration: Sunday December 4th from 2:00-5:00pm. 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.

May the warmth and peace of the holiday season be yours today and always. "We wish you health and happiness this holiday season and throughout the year."

*Jackie Chavez-Anderson, -Administrator
Tiffany Hunt, LSW- Outreach Worker
Beth Reitz, AAC/AD - Activities Coordinator
Lynda Hudson -Nutrition Program Coordinator
Joyce Swartz - Nutrition Aid
John Masterson- Maintenance Service*



December Hot Lunch Menu

TUESDAY

- 6th- Swiss Steak w/Gravy
Mashed Potatoes
Baby Carrots
Whole Grain Wheat
WG Vanilla Wafers
Banana
- 13th- Beef Ravioli w/Sauce
Green Beans
Corn
Crackers
Mixed Fruit
WG Vanilla Wafer
- 20th- Swedish Meatballs w/
Noodles
Mixed Vegetables
Red Cabbage
Whole Grain Wheat
Sliced Pears
- 27th- Pepper Steak
Seasoned Wedge Potatoes
w/Ketchup
Spinach
Whole Grain Wheat
Mandarin Oranges

THURSDAY

- 1st- Stuffed Green Pepper
Butternut Squash
Broccoli
Whole Grain Rye
Applesauce
- 8th- Spaghetti w/Meatballs
Cauliflower
Green Beans
Whole Grain Wheat
Apple
- 15th- Tomato Basil Chicken w/
Spaghetti Sauce
Spinach
Corn
Whole Grain Wheat
Sliced Pears
- 22nd- Breaded Fish w/Tartar
Sauce
Tator Tots w/Ketchup
Spinach
Whole Grain Wheat
Mandarin Oranges
- 29th- BBQ Rib Patty
Scalloped Potatoes
Broccoli
Whole Grain Bun
Sliced Peaches



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, December 14th—Westside Market & Lunch Trip

Travel to the Westside Market and local bakeries. Lunch is at the Moosehead Hoof & Ladder in Olmsted Falls / Lunch is out of pocket

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



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

Come join your friends from the North Olmsted Senior Center as we say Goodbye to 2016 and Hello to 2017 with a special kick-off at NOON on December 31! We'll head to downtown Cleveland and arrive at the Metropolitan Hotel at the 9, one of downtown's newest and most elegant hotels.

On the bus, you will be given your special Password to enter *Pappa Joe's Speakeasy* in the Basement. (Men wearing Fedoras and Women wearing Fringe and Boas will go to the front of the line!) Next, we'll go to *Mamma Mia's Ristorante* for lunch starting with a 12:00 NOON Toast to welcome Baby New Year!

After lunch, we'll head up to the second floor of the hotel to the intimate, Big Al's Alex Theatre for an afternoon concert performance of **Elvis by Kelvis!**

We'll complete our day by visiting the Tower City complex where you can meet Lady Luck at the JACK Casino, see all the holiday decorations of Tower City and/or stop in the romantic lobby bar of the Renaissance Hotel that looks out over Cleveland's fabulous Public Square.

You will be home by 5:00 pm., but feel like you have been to Times Square for New Year's Eve!

Make your reservation soon as space IS limited.

\$69.00 p/p / checks made to JKL Tours Check in - 10:00am Return approx. - 5:00pm



*Wishing you all safe Holiday Travels
Merry Christmas & Happy New Year!*



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, December 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
NOTE: for November & December it will be the 3rd Wednesday of the month
Wednesday, December 21st 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
NOTE: no meal in December, will resume in January 2017
- ◆ All Saints Lutheran Church, 7230 Columbia Rd., Olmsted Falls, 440-235-1000
Every 1st, 2nd & 3rd Wednesday
Wednesday, December 7th, 14th & 21st – 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: hunttt@north-olmsted.com (440) 716-4264

Lynda Hudson, Hot Lunch Program Manager/email: hudsonl@north-olmsted.com (440) 777-8100

Fax # (440) 716-4246

December 2016