



TELEPHONE NUMBERS

<i>Emergency</i>	911
<i>Senior Center</i>	(440) 777-8100
<i>Fax</i>	(440) 716-4246
<i>Home Delivered Meals</i>	440) 871-2551
<i>Transportation</i>	(216) 265-1489
<i>City Hall</i>	440)777-8000



HEALTH & WELLNESS

**Weekly Blood Pressure
Screens
Cholesterol Checks
Health Education Programs
Flu Shots
Hearing Screenings
Exercise Groups**

SUPPORT GROUP

Multiple Sclerosis

**SENIOR CENTER HOURS
Monday through Friday
8:00 AM – 4:30 PM**

**Serving Adults 55 Years
and Older**

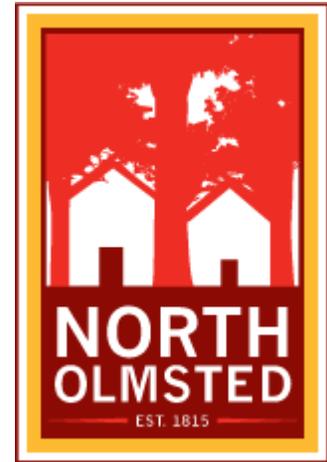
**North Olmsted Senior
Center
28114 Lorain Road
North Olmsted, OH 44070**

Phone: (440) 777-8100

Fax: (440) 716-4246

www.north-olmsted.com

THE NORTH OLMSTED SENIOR CENTER



**28114 Lorain Road
North Olmsted, Ohio
(440) 777 – 8100**

Mayor Kevin M. Kennedy
City of North Olmsted
(440) 777-8000

Jackie Chavez-Anderson
Administrator
(440) 716-5444

Beth Reitz, AAC/AD
Activities Coordinator
(440) 716-5434

Tiffany Hunt, LSW
Outreach Coordinator
(440) 716-4264

Carrie Zdilla
Lunch Program Manager
(440) 777-8100

Tim Smith
Maintenance
(440) 777-8100

Outreach & Social Services
Tiffany Hunt, LSW
(440) 716-4264

OUTREACH

Referrals and Information for Home Health Aides, Handymen, Lawn and outdoor services. Forms are available for HEAP– Ohio Energy Credit, Homestead Exemption, Durable Power of Attorney for Health Care, Living Wills, Absentee Ballots, Handicap Parking Permits, and Golden Buckeye Cards.

SOCIAL SERVICES

Information on local Assisted Living Options, Hospice Services, Adult Protective Services, Geriatric Assessment Centers, Senior Housing, Nursing Home Selection, Respite Care, Health and Supplemental Insurance Information, Social Security Information, Benefits Check-Up, Tax preparation by AARP, and Are You OK? Program with the N.O. Police Dept.

NO MEMBERSHIP FEE

The North Olmsted Senior Center monthly newsletter can be picked up onsite, email subscription or online.

www.north-olmsted.com

Congregate Meals
Carrie Zdilla
(440) 777-8100

NUTRITIONAL PROGRAMS

HOT LUNCH PROGRAM - Hot lunches are served Tuesdays and Thursdays at 11:45. A nutritious and complete hot meal is provided; a donation of \$1.00 is suggested. Boxed cold lunches are offered on Mondays for \$1 donation. Reservations are required. This program is made possible by a grant from the Ohio Department of Aging through the Western Reserve Area Agency on Aging.

HOME DELIVERED MEALS - Meals on Wheels delivers hot and cold meals to the Homebound. Call (440) 871-2551 for specific information regarding Meals on Wheels.

TRANSPORTATION

Wheelchair van service is available to residents of North Olmsted age 60 and older for medical appointments, grocery shopping, and visits to the Senior Center for meals, activities, and special events. For all of your transportation needs please contact STC at (216) 265-1489 .

Senior Center Administrator
Jackie Chavez Anderson
(440) 716-5444

Activities & Programs
Beth Reitz, ACC/AD
(440) 716-5434

EDUCATIONAL PROGRAMS/ LECTURES

Travelogue Lectures, Book Club, Safety/Scam Protection Lectures, Health & Wellness Workshops, Medicare & Medicaid Speakers, Financial Assistance Speakers, AARP Driver Training Class.

PHYSICAL FITNESS

Geri-Fit, Low Impact Exercise, Chair Yoga, Walking Club, Health Fit Challenges.

ACTIVITIES

Art Group, Bingo, Book Club, Bridge, Computer Lab, Mexican Train Dominoes, Pinochle, Trips, Movies, Live Entertainment, Forever Young Ladies Chapters, Volunteer's Recognition Luncheon, Holiday Parties, Spring Fling with North Olmsted High School, 90 and Older Recognition Lunch, Men's Group, Special Events, and more!

FUNDRAISERS

Health Care Fair, Featured Specialty Lunches, International Food Cook Off.

ARTS & CRAFTS

Quilting, Knitting & Crocheting, Drawing & Painting Group.

LIBRARY

Books, Magazines, Videos, and Puzzles.