

NORTH OLMSTED SENIOR CENTER
Golden Age Bulletin — G. A. B. —
February 2020

28114 LORAIN ROAD NORTH OLMSTED, OHIO 44070

KEVIN M. KENNEDY, MAYOR

JACKIE CHAVEZ-ANDERSON, ADMINISTRATOR

MAYOR'S CORNER

Happy February! I hope all of you are off to a happy and healthy new year. We have some exciting things happening in North Olmsted during the month of February. Please join me on Wednesday, February 5th from 6:00-8:00PM for the annual City of North Olmsted Mayors Art Show featuring North Olmsted High School students. This event will take place at Old Town Hall located at 5186 Dover Center Road. Additional gallery hours will take place Friday, February 7th from 6-8PM and Saturday, February 8th from 1-3PM.

The Springvale Fish Fries will start on February 28th. They will be held every Friday during lent from 4:00 PM – 8:00 PM. Local non-profit organizations will serve as waiters and waitresses and the tips will go to the group working that evening.

Lastly, all city offices, including the Senior Center, will be closed in observance of President's Day on Monday, February 17th.



Mayor Kevin M. Kennedy



COMMUNITY NEWS & EVENTS

North Olmsted City Council
February 4th & 18th at 8:00PM
City Hall 5200 Dover Center Road

Lunch & Learn
Long Term Care Planning
Wednesday, February 12th
12:00PM | Community Cabin

Chair Volleyball
Wednesdays, February 12th &
26th | 10:00AM | Activity Room

OSHIP Medicare Counseling
Wednesday, February 12th
By Appointment Only
12:00PM-3:00PM | Computer Lab

Passport Luncheon
Friday, February 14th
12:00PM | Activity Room

Fundraiser Luncheon
Wednesday, February 26th
12:00PM | Community Cabin

Sign up online to receive the monthly newsletter to your email account

Visit the City of North Olmsted website at: www.north-olmsted.com
Click on "Subscribe" and click on "Subscribe to our E-newsletter"
Fill out the form and you will receive the NOSC newsletter and calendar of our events to your email address.

ACTIVITIES & ENRICHMENT

NOSC Media & Games

- *Computer Lab Access
- *Lending Library / Large print books available
- *Puzzles, VHS & DVD movies

Available by request/See a staff member for assistance

- *Wii Bowling
- *Cornhole
- *Chess & Checkers
- *Cards



NOSC Book Club

The Perfect Couple

Friday, February 21st

1:00PM | Atrium

When one lavish wedding ends in disaster before it can even begin - with the bride-to-be discovered dead in Nantucket Harbor just hours before the ceremony - everyone in the wedding party is suddenly a suspect. Enjoy a lively discussion and light dessert with this month's Beach Read.



NOSC Volunteer Program

The North Olmsted Senior Center Volunteer Group will meet Friday, February 21st to work on community projects. Feel free to join the group or call (440) 777-8100 for detailed information.



HEALTH, WELLNESS, & FITNESS

BLOOD PRESSURE

Every Monday 10:30 – 12:00PM

In the Senior Center Atrium

Provided by St. John Medical Center, Right at Home, O'Neill Healthcare, Rae-Ann Skilled Nursing and Rehab, and Villa Camillus



Springvale

(440) 777-0678
5871 Canterbury Road,
Golf, Ballroom Dance, Party
Events

NO Recreation Center

(440) 734-8200
26000 Lorain Road

Visit the City of North Olmsted's website at:

www.north-olmsted.com
Learn about the many opportunities that the City has to offer.

SUPPORT GROUPS

Multiple Sclerosis

2nd Wednesday of the month at 7:30PM.

Next meeting:
February 12th

Seniors Strong

Supporting Emotional Health & Combating Loneliness

2nd Wednesday of the month at 10:00AM.

Next meeting:
February 12th

~ WEEKLY EXERCISE CLASSES ~

Geri Fit—Carol Silvay instructor

\$5.00 a month

Mondays & Fridays 8:45 AM | Community Cabin



Chair Yoga—Shari R. instructor

\$5.00 a class | Free for SilverSneakers members

Tuesdays & Thursdays 9:30 AM | Activity Room



Chair Volleyball

Free for everyone

Every 2nd & 4th Wednesday 10:00AM | Activity Room



Meals on Wheels

Meals on Wheels service is available to North Olmsted residents in need. **Call Meals on Wheels Westlake at 440-871-2551** for more information or to start service. The cost is \$9/day for two meals.



SENIOR CENTER PROGRAMS

***Please sign up in person at the front desk or by phone at 440-777-8100**

Lunch & Learn

**Long Term Care Planning
Wednesday, February 12th
12:00 PM | Community Cabin**

The cost of long term care, be it nursing home, assisted living or home care can quickly drain a family of



its resources. Elder law attorney Elizabeth Perla will discuss how one puts together a long term care plan, including utilizing personal resources, insurance and government benefits. She will also touch upon the recent changes to VA Aid and Attendance and Medicaid. Bring your questions and get informed about a topic that can save you and your family money and improve your quality of life! Lunch will be provided.

PASSPORT LUNCHEON

**Zion: Unparalleled Beauty
Friday, February 14th
12:00PM | Activity Room**

Please welcome back Nature Pam for another travel luncheon to one of the United States' own National Parks, Zion. Zion a visually stunning slot Canyon that is unique to the Colorado plateau. Come see why this small National Park has so many visitors each year. It may not be Grand but its beauty is unparalleled. Lunch will be provided by the Woods on French Creek.



FUNDRAISER LUNCHEON

**Wednesday, February 26th
12:00PM | Community Cabin**
O'Neill Healthcare will sponsor a lunch consisting of pasta, salad, garlic bread and dessert. All proceeds will benefit the senior center. Don't miss this wonderful opportunity to enjoy a nice meal with friends while supporting our center.

Please sign up by Friday, February 21st.



MARDI GRAS

**Tuesday, February 25th
12:00PM | Community Cabin**
Brookdale Senior Living will be bringing Packzi's for our "Fat Tuesday" celebration. Feel free to dress in green, gold and purple with lots of beads!!! Regularly scheduled Tuesday Movie will follow lunch.

COMMUNITY NEWS

Yoga+

**North Olmsted Community Cabin | 28114 Lorain Road
Saturday, February 8th | 9:00 AM - 11:30 AM**

Yoga *Plus*. Each class features a health and wellness topic presented by a local expert. Selected vendors will offer a variety of natural products and services that tie into that month's theme. Classes are free and open to all levels, but space is limited. Instruction by Circle of Life Yoga. Save the date for the last Yoga + event in March:

Saturday, March 14th

9:00 AM - 11:30 AM

Bring your mat, water and comfortable clothes for this 45 minute all levels flow class.



The North Olmsted Senior Center Hot Lunch Program is available to everyone 60 years of age or older every Tuesday and Thursday. Due to the popularity of this program, space is limited and reservations are required before 10AM Thursday of the previous week, so please see a staff member to register. Find our monthly menu on page 3 of our newsletter. Menu is subject to change. Cost is \$1.00 per person; seconds (as available) will be served up for an additional 50 cents. Payment is due at check in time and guests will be provided a lunch ticket. We ask everyone to be seated by 11:30 AM so our volunteers can serve milk and side items such as fruit and bread. All meals must be consumed on site. Bon appétit!





February 2020 Hot Lunch Menu

Cost: \$1.00



TUESDAY Hot Lunch

4th

Hamburger
Ketchup
Seasoned Potato
Wedges
Red Cabbage
Whole Grain Bun
Sliced Peaches

11th

Lemon Gravy Chicken
Breast
Butternut Squash
Green Beans
2 Whole Grain Wheat
Banana

18th

Salisbury Steak
Mushroom Gravy
W.G. Noodles
Swiss Chard Spinach
blend
Mushrooms
Whole Grain White
Sliced Apricots

25th

Chicken Breast Stuffed
w/ Broccoli
Green Beans
Harvard Beets
Whole Grain Dinner
Roll
Banana

THURSDAY Hot Lunch

6th

Sweet & Sour
Meatballs w/ Sauce
Brown Rice
Green Peas
Oriental Blend
Whole Grain Wheat
Tropical Fruit

13th

Stuffed Pepper
w/Sauce
Mashed Potatoes
Succotash
2 Whole Grain Wheat
Fresh Grapes

20th

Stuffed Cabbage
w/Sauce
Mashed Potatoes
Corn w/ Red Peppers
2 Whole Grain Wheat
Sliced Peaches

27th

BBQ Rib Patty
Sweet Potatoes
Brussels Sprouts
Whole Grain Bun
Chunky Applesauce

Please be aware that each individual is responsible for making their own lunch reservation. Due to a limited amount of lunches that will be ordered, reservations are not accepted over the phone. Sign-up is always one week in advance as the reservations are called in to the caterer on Thursdays by 10:00AM.

***Milk served with every meal.**



***Menu Subject to change**

All meals ordered must be consumed on site.

“Carry-Out” lunches are not permitted.

The only exceptions are the following:

1. Individually wrapped cookies/bread
2. Fresh Fruit
3. UNOPENED milk during the winter months (Oct-March)

Hot Lunch consumers must be 60 years of age or older. All first time hot lunch consumers must complete a registration form prior to signing up. Please acquire your lunch ticket at the sign in desk and be in your seats no later than 11:15AM on hot lunch days.



2020 TRIPS & TOURS Information

You may sign up for trips Monday through Friday 8:00AM-4:30PM, please speak with Beth Reitz, Activities Coordinator to help you with all of your travel registration needs.

*On trips that leave before 8:00 AM, please note that the Center will not be open earlier than the check-in time indicates.

*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!

*Payment in full must be received in order to sign up for all trips offered.

*Please be advised a cancelation refund is at the discretion of the tour company.

2020 Trip Schedule

American Greeting Tour & Shopping Cheese Cake Factory Friday, February 28th

*Cost- \$10.00 for transportation | Cash or Check
payable to: STC

*Lunch is out of pocket

*Check in 9:15AM | Return approx. 3:30PM

***MODERATE WALKING**



AMERICAN
GREETINGS

Enjoy a fun afternoon at Crocker Park in Westlake. Tour the Creative Studios of the American Greetings Company and then a scrumptious lunch at the Cheese Cake Factory. Stretch your legs after lunch with a little light shopping at the various nearby stores. Barnes & Nobles, Bath & Body Shop, Rocky Mountain Chocolate Factory, Charming Charlie's and more!
Sign up by February 21st. Seating is limited.





**Free Community Meals—All are Welcome
Reservations are not required.**

- ◆ Ascension Church 28081 Lorain Rd, North Olmsted, 440-777-6365
Free Community Breakfast
2nd Saturday of the month
February 8th, 8:00AM-10:30AM
- ◆ West Park United Church of Christ, 3909 Rocky River Drive, Cleveland, 216-671-7228
Last Sunday of every month
February 23rd, 11:30AM–12:30PM
- ◆ John Knox Church, 25200 Lorain Rd., North Olmsted, 440-777-3744
Last Tuesday of the month.
February 25th, 5:30PM-7:30PM
- ◆ Westlake United Methodist Church, 27650 Center Ridge Rd., Westlake, 440-871-3088
4th Wednesday of every month
February 26th, 5:30PM–6:30PM
- ◆ North Olmsted United Methodist, 4600 Dover Center Rd., North Olmsted, 440-779-6634
Last Thursday of the month
February 27th, 4:30PM-6:00PM
- ◆ Clague Road United Church of Christ, 3650 Clague Rd., North Olmsted, 440-734-1040
Last Saturday of the month
February 29th, 4:30-6:00PM

**SENIOR
TRANSPORTATION
CONNECTION**

Need Transportation?

Call (216) 265-1489

Senior Transportation
Connection (STC)

Serving the City of North Olmsted
& other local communities.

North Olmsted Senior Center - Main Line (440) 777-8100 / Fax # (440) 716-4246

Jackie Chavez-Anderson - Administrator/ email: andersonj@north-olmsted.com (440) 716-5444

Beth Reitz - APC/AD, Activities Coordinator/ email: reitzb@north-olmsted.com (440) 716-5434

Tiffany Hunt - LSW, Outreach/ email: huntt@north-olmsted.com (440) 716-4264

Carrie Zdilla- Hot Lunch Program Manager/ email: zdillac@north-olmsted.com (440) 777-8100

Tim Smith - Maintenance/ email: smitht@north-olmsted.com (440) 777-8100

February 2020