

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

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 happy and healthy New Year! I hope you and your families had a nice Christmas season.

Winter weather is upon us over the next couple months. 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 however, be on duty to answer phones and assist with emergency situations. City Hall and the Senior Center will close at noon on New Year's Eve and will be closed all day on New Year's Day.



Mayor Kevin M. Kennedy



COMMUNITY NEWS & EVENTS

Wednesday, January 1st
Senior Center Closed

North Olmsted City Council
January 7th & 21st at 8:00PM
City Hall 5200 Dover Center Road

OSHIP Medicare Counseling
Wednesday, January 15th
12:00PM-4:00PM
By Appointment

Fundraiser Luncheon
Wednesday, January 22nd
12:00PM | Community Cabin

Hard Rock Rocksino Trip
Friday, January 31st
8:30AM

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

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.

TUESDAY & THURSDAY HOT LUNCH PROGRAM— MOVIES, LECTURES, ENTERTAINMENT, FOOD, FUN!

Announcements begin before lunch is Served.

*Cost for lunch: \$1.00

*Everyone 60 and older is Welcome.

*Lunch reservations must be made by the week prior.



TUESDAY MOVIE MADNESS 12:30 PM

7th — The Art Of Racing In The Rain

Based on the best-selling novel by Garth Stein, *The Art of Racing in the Rain* is a heartwarming tale narrated by a witty and philosophical dog named Enzo. Through his unique insight into the human condition, Enzo helps his owners racecar driver Denny Swift, his wife Eve, and daughter Zoe navigate life with a refreshing perspective. (Drama based on book | PG | 109 Min.) Starring: Milo Ventimiglia



14th — When The Game Stands Tall

The journey of legendary football coach Bob Ladouceur (Jim Caviezel), who took the De La Salle High School Spartans from obscurity to a 151-game winning streak that shattered all records for any American sport. (Drama | PG | 115 Min.) Starring: Jim Caviezel



21st — Five Feet Apart

Stella is a vibrant, fun-loving 17-year-old. Unlike most teenagers, Stella has to spend much of her time living at a hospital as a cystic fibrosis patient. When Stella meets Will, a charming and rebellious fellow patient, she feels a powerful connection but restrictions dictate that she and Will maintain a safe distance between them. (Romantic Drama | PG-13 | 116 Min.) Starring: Haley Lu Richardson



28th — The Farewell

After learning that her family's beloved matriarch, Nai Nai, has been given mere weeks to live, Chinese-born, U.S.-raised Billi returns to Changchun to find that her family has decided to keep the news from Nai Nai. While the family gathers under the joyful guise of an expedited wedding, Billi rediscovers the country she left as a child, and is forever changed by her grandmother's wondrous spirit. (Drama | PG | 98 Min.) Starring: Awkwafina



Movies & Snack | .50 Cents—Movies shown on our Large Screen 'Smart Board'

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THURSDAY LIVE ENTERTAINMENT 12:00

Everyone is welcome to participate in the lively free entertainment!

2nd — JOHN KOWALSKI

Spend the afternoon with John Kowalski as he entertains and delights us with his assortment of keyboard music and humor.



9th — DEBBIE DARLING

Please welcome new entertainer Debbie Darling. Join Debbie Darling and her pianist for a sing-along performance. In her usual style, Debbie will intersperse interesting anecdotes about some of our favorite songs during her performance.



16th — MIKE MOORE

Welcome back Mike Moore. Mike plays keyboard and sings to popular melodies of pop, country and your all time favorite tunes.



23rd — TRAVELIN MAN DUO with Mark Warrick

Join us for an afternoon of musical entertainment with pianist Mark Warrick and his vocalist. Enjoy popular songs of the decades. Sing-a-longs and requests are encouraged.

30th — LOLITA JONES

Welcome back singer Lolita Jones who has performed at the Rock and Roll Hall of Fame. Lolita performs a wide variety of music including gospel and jazz.



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

Book of Choice
Friday, January 17th
1:00PM | Atrium

All current Book Club Members are invited to read and share a Book of Choice. A current read or book you have enjoyed in the past. New members are always welcome to join in this lively discussion.



NOSC Volunteer Program

The North Olmsted Senior Center Volunteer Group will meet Friday, January 17th 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:
 January 8th

Seniors Strong

Supporting Emotional Health & Combating Loneliness
 2nd Wednesday of the month at 10:00AM.
 Next meeting:
 January 8th

~ 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 440-871-2511** 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**

Ohio Senior Health Insurance Information Program (OSHIIP) Medicare Plan Reviews Wednesday, January 15th 12:00PM-4:00PM By Appointment Only

Rita Dowd-Mikolajczyk, OSHIIP Volunteer, will offer one on one

Medicare counseling sessions on a monthly basis every third Wednesday. The OSHIIP program provides Medicare beneficiaries with free, objective health insurance information, one-on-one counseling, and educates consumers about Medicare options.



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, January 22nd 12:00PM | Community Cabin

Please join us for our first fundraiser luncheon of 2020!

Danbury North Ridgeville

Assisted Living will sponsor a lunch consisting of chicken with gnocchi soup, salad, a breadstick, 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, January 17th.



COMMUNITY NEWS

Yoga+ North Olmsted Community Cabin | 28114 Lorain Road Saturday, January 11th | 9:00 AM - 11:30 AM

More than a yoga class, kick off 2020 with *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 more Yoga + events:

Saturday, February 8th

9:00 AM - 11:30 AM

Saturday, March 14th

9:00 AM - 11:30 AM



Winter Closing Reminder: If the N.O. City Schools are closed due to bad weather this winter, the senior center will also be closed for all activities. Staff will report to the center to receive all phone calls or assist with emergencies. Please check your local news or radio stations for closings due to severe weather conditions.





January 2020 Hot Lunch Menu

Cost: \$1.00



TUESDAY Hot Lunch

7th

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

14th

Breaded Fish
Tartar Sauce & Ketch-
up Potato Wedges
Cole Slaw
W.G. Hamburger Bun
Sliced Peaches

21st

Vegetable Lasagna
Seasoned Carrots
Spinach w/Lemon
W. G. Dinner Roll
Grape Juice

28th

Stuffed Pepper
w/ Sauce
Mashed Potatoes
Green Beans
2 Whole Grain Wheat
Sliced Pears

THURSDAY Hot Lunch

2nd

Swiss Steak w/Gravy
Carrots
Green Beans
W. G. Dinner Roll
Tropical Fruit

9th

Beef Meatloaf w/Glaze
Baked Beans
Harvard Beets
Whole Grain Roll
Fresh Grapes

16th

Chicken Cordon Bleu
Mashed Potatoes
Harvard Beets
Whole Grain Wheat
W. G. Vanilla Wafers
Orange

23rd

Beef Sloppy Joe
Seasoned Wedge
Potatoes w/Ketchup
Harvard Beets
Whole Grain Bun
Orange

30th

Roasted Pork Loin
Sweet Potatoes
Brussel Sprouts
W.G. Dinner Roll
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

Do you have a trip idea?
Please see Beth Reitz to share your thoughts and or trip ideas.
All trip suggestions are welcome!



Friday, January 31st– Hard Rock Rocksino MGM Northfield Park

*Cost- \$28.00 | With a Casino Bonus of \$25.00

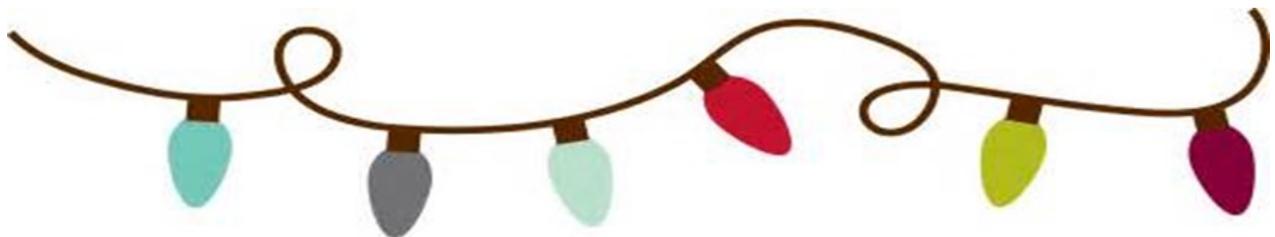
Cash or Check will be payable to: *Great Day Tours*

*Check in 8:30AM | Return approx. 4:30PM

***MODERATE WALKING**

Give yourself a winter getaway treat and visit the Hard Rock Rocksino in Northfield. This casino is an exciting world class facility that features 2,200 slot machines all on one floor, video poker, virtual blackjack and roulette games. The Rocksino offers first class restaurants as well as great spots for a quick bite.

Sign up by January 3rd.





**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
January 11th, 8:00AM-10:30AM
- ◆ Westlake United Methodist Church, 27650 Center Ridge Rd., Westlake, 440-871-3088
4th Wednesday of every month
January 22nd, 5:30PM–6:30PM
- ◆ Clague Road United Church of Christ, 3650 Clague Rd., North Olmsted, 440-734-1040
Last Saturday of the month
January 25th, 4:30-6:00PM
- ◆ West Park United Church of Christ, 3909 Rocky River Drive, Cleveland, 216-671-7228
Last Sunday of every month
January 26th, 11:30AM–12:30PM
- ◆ John Knox Church, 25200 Lorain Rd., North Olmsted, 440-777-3744
Last Tuesday of the month.
January 28th, 5:30PM-7:30PM
- ◆ North Olmsted United Methodist, 4600 Dover Center Rd., North Olmsted, 440-779-6634
Last Thursday of the month
January 30th, 4:30PM-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

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