

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

28114 LORAIN ROAD NORTH OLMSTED, OHIO 44070

KEVIN M. KENNEDY, MAYOR

JACKIE CHAVEZ-ANDERSON, ADMINISTRATOR

MAYOR'S CORNER

It's fish fry season at Springvale Ballroom! Our popular fish fries are held every Friday during Lent from 4:00 PM - 8:00 PM. Local non-profit organizations serve as waiters and waitresses and cash tips are donated to the group working that evening. Senior and early bird specials are available. Springvale Ballroom is located at 5871 Canterbury Road in North Olmsted. All dinners include a side of coleslaw or applesauce, mac & cheese or French fries and a roll. Carry out orders are welcome. Cash, check or credit card accepted. No reservations will be accepted. For more information about Springvale ballroom:
www.springvalegolfcourseandballroom.com

Daylight Savings Time begins on Sunday, March 8th. Remember to "spring forward" and move your clocks one hour ahead. This is also the time to change the batteries in your smoke detectors and carbon monoxide detectors.



Mayor Kevin M. Kennedy



COMMUNITY NEWS & EVENTS

North Olmsted City Council
March 3rd & 18th at 8:00PM
City Hall 5200 Dover Center Road

Lunch & Learn
Fall Prevention
Wednesday, March 11th
12:00PM | Community Cabin

Chair Volleyball
Wednesdays, March 11th & 25th
10:00AM | Activity Room

Bingo Resumes
Friday, March 13th
12:00PM | Activity Room

OSHIP Medicare Counseling
Wednesday, March 18th
By Appointment Only
12:00PM-3:00PM | Computer Lab

Fundraiser Luncheon
Wednesday, March 25th
12:00PM | Community Cabin

Passport Luncheon
Friday, April 3rd
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 Movies | 12:30 PM | Activity Room

Thursday Entertainment or Lecture | 12:00 | Community Cabin

TUESDAY MOVIES | 12:30 PM

3rd — Judy

Thirty years after rising to global stardom, showbiz legend Judy Garland arrives in London to perform a five-week sold-out show. While preparing for the shows, Garland battles with management, reminisces with friends and adoring fans. (Showbiz Drama | PG-13 | 118 Min.) Starring: Renee Zellweger



10th — Brian Banks

The inspirational true story of Brian Banks, an All-American high school football star committed to USC who finds his life upended when he is wrongly convicted of a crime he didn't commit. Despite lack of evidence, Banks is railroaded through a broken justice system and sentenced to a decade of prison and probation. Banks fights to reclaim his life and fulfill his dreams of playing in the NFL. (Drama | PG-13 | 100 Min.) Starring: Greg Kinnear



17th — No Movie | Voting Day

24th — Speaker | Marty Gitlin

Speaker Marty Gitlin covered the Indians for nearly two decades as an award-winning sports journalist. This fun, enlightening program covers the most interesting and greatest teams, players and events in Cleveland Indians history. Marty will also talk about some of his experiences covering the team, including their glory years in the 1990s and early 2000s. The program will include Indians trivia and exciting game highlights. **Special dessert included! Presentation begins at 12:15PM**



31st — Gemini Man

In this action-thriller, aging hit man Henry Brogan discovers he's being stalked by a killer cloned from Henry's DNA. To survive, he must find a way to outmaneuver the younger, stronger and craftier version of himself. Action | PG-13 | 117 Min.) Starring: Will Smith



THURSDAY ENTERTAINMENT | 12:00 PM

5th — JUST THE TWO OF US

Welcome back Ron Stark and Jim Udovich while they entertain us with their piano standards and current pop tunes.



12th — ANGER PRESENTATION

Speaker Aaron Baker will present on the World's most destructive emotion—Anger! Learn how you can be free of all anger and fear through understanding why people can be mean, how not to argue, and secrets for good relationships.



19th— DEBBIE DARLING

Welcome back Debbie Darling and enjoy her musical / informational performance depicting "Black Women in Jazz" commemorating the 100 Year Anniversary of Jazz.



26th — MOVIE: Major League

Determined to relocate her team of misfit players to a warmer climate, Cleveland Indians owner Rachel Phelps is banking on a losing season, which would make the move possible. Unfortunately for her, she's underestimated the motley crew's will to win. (Sports Comedy | R | 106 Min.) Starring: Charlie Sheen



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 Girl Before | JP Delaney
Friday, March 20th

1:00PM | Atrium

NEW YORK TIMES BESTSELLER • In the tradition of *The Girl on the Train*, *The Woman in Cabin 10*, and *Gone Girl* comes an enthralling psychological thriller that spins one woman's seemingly good fortune, and another woman's mysterious fate, through a kaleidoscope of duplicity, death, and deception.

NOSC Volunteer Program

The North Olmsted Senior Center Volunteer Group will meet Friday, March 20th 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:
 March 11th

Seniors Strong

Supporting Emotional Health & Combating Loneliness
 2nd Wednesday of the month at 10:00AM.
 Next meeting:
 March 11th

~ 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 Fall Prevention

**Wednesday, March 11th
12:00PM | Community Cabin**
Fadia Nader, Director of Rehabilitation at O'Neill Healthcare will discuss fall risk factors, home safety & fall prevention, and tips for living life to the fullest while remaining in your home as you age. A light lunch will be provided. Please sign up by March 6th.

FUNDRAISER LUNCHEON

**Wednesday, March 25th
12:00PM | Community Cabin**
Symphony of the Falls will sponsor this breakfast for lunch consisting of pancakes, scrambled eggs, bacon, sausage, pastry and fruit. Monetary donations are suggested and all proceeds benefit the senior center. Join us for a delicious meal and friendship while supporting our center. Sign up by March 20th.

MUSIC TRIVIA AT WESTLAKE SENIOR CENTER
**Wednesday, April 1st
1:30-3:30PM | Westlake Senior Center | 29694 Center Ridge Rd, Westlake**

Join us for this years first Music Trivia competition. Sign up alone or with a team of up to six people by March 27th. Light snacks will be provided.



PASSPORT LUNCHEON

**Friday, April 3rd
12:00PM | Activity Room**
The Woods on French Creek will sponsor our Passport Lunch in April. The country will be Ireland and the food will be catered by A Lunch in Time Catering. Sign up by March 27th.



NORTH OLMSTED SITES STUDENT | SENIOR² TRIVIA

**Wednesday, April 8th
1:00-3:00PM | N.O. Middle School Cafeteria | 5755 Burns**
Register before April 1st to participate in this fun collaborative event with students from North Olmsted High Schools graduating class of 2020. Enjoy delicious desserts baked by the students and join in a fun filled afternoon of intergenerational Trivia.

**SAVE THE DATE:
July 27th - through
August 7th**

Westshore Senior Centers present the first collaborative Senior Center Olympics. Register to participate or cheer for your favorite team. Each city will host events on specific days at their centers to compete for Gold, Silver and Bronze medals. *Additional information and registration will be in upcoming newsletters.*



COMMUNITY NEWS

Final Yoga+ Event

**North Olmsted Community Cabin | 28114 Lorain Road
Saturday, March 14th | 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. Bring your mat, water and comfortable clothes for this 45 minute all levels flow class.

Save The Date:

Earth Fair | Sunday, April 26th | 1:00PM to 4:00PM
North Olmsted Community Cabin | 28114 Lorain Road
Everyone is welcome to attend this free community event. Look for more details in our April newsletter!

Technical Tuesday's with Lizzy

Join our North Olmsted High School SITE Student Lizzy Bonner from **9:30-11:00AM every Tuesday** March, April and May in our Computer Lab. Lizzy will be available to assist senior center members with basic computer knowledge. Assistance will be on a 'first come / first serve' basis, no appointments are necessary. If you would like to learn more about computers, smartphones, laptops or notebooks, and have been curious about websites, Facebook, emailing, apps and Instagram



or you just want to brush up on your current computer skills—Lizzy will be happy to help you!



March 2020 Hot Lunch Menu

Cost: \$1.00



TUESDAY Hot Lunch

3rd
Baked Chicken Breast
w/Gravy
Mashed Potatoes
Red Cabbage
Vinegar
Wh. Grain White
Pineapple Chunks

10th
BBQ Chicken Breast
Sweet Potatoes
Brussel Sprouts
Wh. Grain Buttermilk
Biscuit
Mandarin Oranges

17th
No Lunch



Voting Day

24th
Breaded Fish
Tarter Sauce
Brown Rice
Cauliflower
Kyoto blend
Whole Grain White
Mixed Fruit

31st
Hamburger w/Ketchup
Wh. Grain Bun
Seasoned Potato
Wedges
Baked Beans
Chunky Applesauce

THURSDAY Hot Lunch

5th
Roasted Pork Loin
Sweet Potatoes
Broccoli
Wh. Grain Biscuit
Sliced Apples

12th
Chicken Stir Fry
Oriental Blend
Carrots
Brown Rice
Wh. Grain. Vanilla
Wafers
Sliced Pears

19th
Stuffed Pepper
w/Sauce
Mashed Potatoes
Green Beans
2 Wh. Grain Wheat
Banana

26th
BBQ Rib Patty
BBQ Sauce
Wh. Grain Bun
Sweet Potatoes
Brussels Sprouts
Fresh Grapes



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**

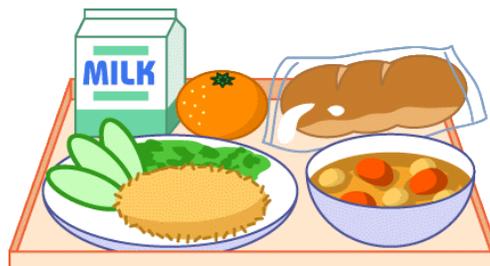
All meals ordered must be consumed on site.

“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

"Ain't Misbehavin'"

The Hanna Theatre

Wednesday, May 13th



The package will include motor coach transportation and tour guide, luncheon at Guarino's in Little Italy and floor seat tickets to the **1:30PM** performance of "Ain't MisBehavin".

***Cost- \$93.00 for transportation | Cash or Check payable to: Great Day Tours**

***Lunch at Guarino's in Little Italy**

***Check in to 9:30AM | Return approx. 6:00PM**

***MODERATE WALKING**

SIGN UP BY FRIDAY, APRIL 10TH



**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
March 14th, 8:00AM-10:30AM
- ◆ Westlake United Methodist Church, 27650 Center Ridge Rd., Westlake, 440-871-3088
4th Wednesday of every month
March 25th, 5:30PM–6:30PM
- ◆ North Olmsted United Methodist, 4600 Dover Center Rd., North Olmsted, 440-779-6634
Last Thursday of the month
March 26th, 4:30PM-6:00PM
- ◆ Clague Road United Church of Christ, 3650 Clague Rd., North Olmsted, 440-734-1040
Last Saturday of the month
March 28th, 4:30-6:00PM
- ◆ West Park United Church of Christ, 3909 Rocky River Drive, Cleveland, 216-671-7228
Last Sunday of every month
March 29th, 11:30AM–12:30PM
- ◆ John Knox Church, 25200 Lorain Rd., North Olmsted, 440-777-3744
Last Tuesday of the month.
March 31st, 5:30PM-7:30PM

**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

March 2020