

**NORTH OLMSTED SENIOR CENTER
G. A. B. — Golden Age Bulletin
December 2011**



28114 LORAIN ROAD NORTH OLMSTED, OHIO 44070

KEVIN M. KENNEDY, MAYOR

Jackie Chavez-Anderson, Administrator

MAYOR'S CORNER

You are cordially invited to attend the Annual Tree Lighting Ceremony on Monday, December 5th at Springvale Ballroom. Doors open at 6:45 pm with the official lighting ceremony taking place at 7:00 pm. Join Santa, the Chestnut School Black and Orange Choir, the North Olmsted High School Pep Band, and me for holiday songs, cookies, and hot chocolate. It is always a festive and special time for all.

Please note that if the North Olmsted public schools are closed due to inclement weather 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. The holiday schedule is as follows- City Hall and the Senior Center will close early at 12:30 pm on Friday, December 23rd and Friday, December 30th. Christmas and New Years fall on Sundays this year so both buildings will be closed in observance of Christmas on Monday, December 26th and New Years Day Monday, January 2nd.

Happy Holidays to you and your families!

Sincerely;

A handwritten signature in black ink that reads "Kevin M. Kennedy". The signature is written in a cursive, flowing style.

Mayor Kevin M. Kennedy



**COMMUNITY NEWS &
EVENTS**

North Olmsted City Council
December 6th & 20th
8:00pm Town Hall

**Forever Young Ladies
Holiday Luncheon**
Friday, December 2nd
12:00 in the Cabin

**Senior Center Holiday Party
Featuring Logan Wells**
Tuesday, December 20th
12:30 in the Cabin

**Senior Center will be closed
the following Holiday dates:**
Friday, December 23rd/12:30
to 4:30
Monday, December 26th all
day
Friday, December 30th/12:30
To 4:30
Monday, January 2nd all day

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

Announcements begin at 11:40 & Lunch is Served at 11:50 * .75
Cents Suggested Donation * Everyone 60 and older is Welcome.
Reservations Must be Made by the Prior Wednesday.



TUESDAY MOVIE MADNESS 12:30 PM

6th- Santa Buddies

George Wendt and Christopher Lloyd may be the human stars of this holiday tale, but the true stars are the **Buddies**:



Budderball, B-Dawg, Rosebud, Buddha and MudBud, the golden retriever pups who must save Christmas. It all starts when Budderball gets his name on **Santa** Paws's naughty list, and **Santa** Paws's son, Puppy Paws, decides to take Budderball under his paw in this family-friendly North Pole adventure. (Family/ G /88 Min.)

13th -Christmas Lodge

Hoping to cheer up her ill grandfather, Mary seeks to restore the dilapidated lodge where her family spent many happy Christmases, and as she works hard to fulfill her goal, she finds love with Jack, whose own family is deeply connected to the lodge. (Family / G/ 90 Min.)



22nd- Call Me Mrs. Miracle

THIS MOVIE IS ON THURSDAY!

Doris Roberts stars as a seasonal worker at a New York department store in this charming family tale. When hardships befall both the store and its customers at Christmastime, "Mrs. Miracle" steps in to magically set things right. (Family/ G/ 88 Min.)



27th- No Movie

Movie & Popcorn .50 cents. Please see Beth or Jackie if you have a movie suggestion.

THURSDAY LIVE ENTERTAINMENT

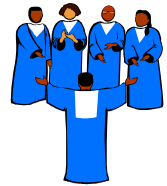
12:30 Everyone is welcome to participate in the lively free entertainment!

1st- The North Olmsted AARP Chapter #4606 will meet at the North Olmsted

Community Cabin. Program: North Olmsted Singing Seniors—New members are always welcome to join— **Meeting starts at 1:00.**

8th- CONCORDETTE'S

The Concordettes of the Lutheran Home will entertain us for the Holidays with a festive and cheerful Christmas program. Be sure to sing-a-long and join the fun!



15th- CHESTNUT ELEMENTARY SCHOOL CHOIR

The Chestnut Elementary Choir led by Chris Kilbane, will surely bring some Christmas cheer into your hearts. Join us in welcoming the 5th and 6th graders as our Holiday celebrating continues!



20th- CHRISTMAS PARTY! TUESDAY LOGAN WELLS!!!!

For the first time at the North Olmsted Senior Center we are proud to bring you the ever popular Logan Wells. Miss Wells will wrap up our Holiday entertainment schedule with all your Christmas favorites; Country too! You won't want to miss this special show.



29th- NO LUNCH

ACTIVITIES and EVENTS

Website of the Month:

www.pluggedincleveland.com



This website offers a variety of local information, including upcoming Holiday Events. Click on "Events" and select "Holiday" as the category and find out what local events will be happening this holiday season. Upcoming Events include Music, Shopping, Lights, Plays and More!

NOSC Book Club

Friday, December 16th at **12:00**

Holiday Pizza Party

Members of the NOSC Volunteer group and Book Club will share in some holiday cheer with their annual pizza party. All food and drinks will be provided by the senior center and dessert will be donated by West Bay.



Need Transportation?

Call **1-800-983-4782** for Senior Transportation Connection (STC) **Van Service**

North Olmsted Senior Center Volunteer Program: Volunteers will join the Book Club group this month for their annual Holiday Pizza Party. See Book Club article for more info.

HEALTH, WELLNESS, and FITNESS

BLOOD PRESSURE

each Monday

~ 10 - 11:30 AM.~

Offered by St. John West Shore Community Outreach, Fairview Hospital Outreach, & Rae-Ann

~ EXERCISE CLASSES ~

Geri Fit

Mon. & Fri. 8:45 AM

Floor Video Class

Tues. 8:45 AM

Zumba Gold

Wed. 9:00 AM

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

To learn about the many opportunities that Springvale and the Recreation Center has to offer.

SUPPORT GROUPS

North Olmsted Senior Center Alzheimer's Support Group will meet on Friday, December 2nd at 2:30.

Multiple Sclerosis Wednesday, December 14th at 7:00 p.m.

Computer Lab Information:

The computer lab at the Senior Center is available from 8:30am to 4:30pm Monday-Friday. Please see a staff member to sign on. There is limited internet access.



Until further notice: Computer classes through Web Wise will not be available at the senior center. Free computer programming is available through the North Olmsted Library. To find out more about the North Olmsted Library computer programs please call 440-777-6211 or check their schedule on the events board in the senior center hall or the library website at:

www.cuyahogalibrary.org

NOSC Art League

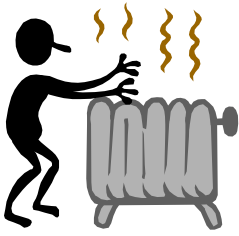
The Art League will enjoy their annual Christmas Potluck on Weds, December 14th at 12:00. Please see Beth to sign up to bring something!



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

**Beth Reitz, AAC Activities Coordinator
Activity Highlights (440) 716-5434**

Home Energy Assistance Program (HEAP):



HEAP applications are now available.

HEAP offers a one time credit on your utility bill during the winter. Individuals with incomes less than \$21,780 and couples with incomes less than \$29,420 annually will qualify. Some individuals may also qualify for the percentage of income payment plan (PIPP) which is offered year round and bases monthly utility payments on your income. HEAP applications are accepted through May 31, 2012. Please see Tiffany for an application or more information.

FYL FASHION SHOW / HOLIDAY PARTY

The Forever Young Ladies Holiday Luncheon will be Friday, December 2nd at 12:00 in the Activity Room. Life Care Centers of America will be providing a delicious luncheon and raffle prizes for the event.

Also, the Dress Barn of Great Northern Mall will be hosting a fashion show featuring our very own ladies.



Please sign up with your leaders

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Bingo Volunteers Needed

The Senior Center is currently looking for a few volunteers to assist in the twice a month Bingo program. Please see a staff member for a list of duties and more info.

OLE FASHIONED COUNTRY CHRISTMAS PARTY: FEATURING LOGAN WELLS!

Join us for a special performance from Nashville record label singer Logan Wells on Tues, Dec 20th at 12:30 in the cabin.

Miss Wells has been a headliner for the CMA Awards, Las Vegas and the President. Celebrate the sounds of the season with good friends and a delicious

dessert from Life Care Centers.



Jackie Chavez-Anderson , Administrator 716-5444

May all that makes this season bright and fills your heart with cheer, be yours throughout these special days and yours throughout the year! Everyone at the North Olmsted Senior Center hopes that You have A Very Happy and healthy holiday season and a joyous new 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
Ron Millie, - Maintenance Service



The North Olmsted Senior Center Volunteer group is collecting hats and gloves (adult and children's) for the Cleveland area Battered Women's Shelter. Your donation would be greatly appreciated. Please drop off your donated item before December 16th to the NOSC. Monday-Friday. Thank You.



Thank you to everyone who participated in the annual International Food Cook Off & Fundraiser. It was a very successful event. Congratulations to the "people's choice" award winner: Pat Zingale, Lori Novy, and Vivien Bergolc from Emerald Village in North Olmsted and their dish of All American Chili prepared by Chef Lee Fennimore. This secret recipe was enjoyed by all! All of the chefs prepared outstanding dishes and we appreciated their hard work!



December Hot Lunch Menu

TUESDAY

6th- Meatballs/Spaghetti
Parmesan Cheese
Romaine Salad
w/ Italian Dressing
Green Beans
Whole Grain Dinner Roll
Orange Juice
Sliced Pears

13th- Swiss Steak
Mashed Potatoes
Brussel Sprouts
Empress Blend Vegetables
Whole Grain Wheat Bread
Banana

20th- Hawaiian Pork
Brown Rice
Oriental Vegetables
Whole Grain Rye
Apricots

27th- No Lunch Served Today

*1% Milk included w/ all lunches

*Menu subject to change

THURSDAY

1st- Boxed Lunch
Roast Beef Sandwich

8th- Vegetable Lasagna
Asparagus
Pinto Beans
Whole Grain Bread
Fruit Cocktail

15th- Stuffed Cabbage
Mashed Potatoes
Mixed Vegetable
Whole Grain White
Tropical Fruit

22nd- Roast Beef
Mashed Potatoes
Green Beans
Whole Grain White
Cherry Pie

29th- No Lunch Served Today



Please note that announcements will begin at 11:50 or earlier, lunch will be served shortly after. Please refer to the entertainment page for a schedule of movies and performers. AARP meets on the first Thursday of the month in the community cabin. All are welcome to attend that very informative meeting. There will be no entertainment at the senior center on those days. All meals ordered must be consumed on site. "Carry-Out" lunches are not permitted. The only exceptions are the following:

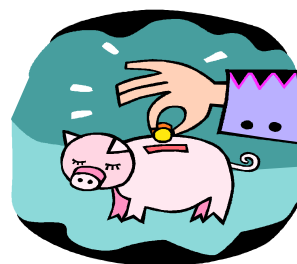
1. Individually wrapped cookies.
2. Individually wrapped bread.
3. Fresh Fruit (apple, orange etc)
4. UNOPENED milk during the winter months.

Your cooperation is greatly appreciated.

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 at noon.

All persons 60 and older are welcome to join us for lunch. A one time 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 11:30am.

A Donation of
75 cents is
suggested



2011 TRIPS & TOURS Info

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

On trips that leave before 8:30 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 photo ID for all Casino Trips!**

2011 Trip Schedule

MONTHLY TRIP: West Side Market & Bakery

Join the market trip this month for all your Holiday favorites!

Weds, December 14th—Lunch at Sokolowski’s Restaurant

Cost : \$10.00 cash/ van service Lunch & Purchases/out of pocket

Check in time 9:45am / Return time 2:00pm



Thursday, December 1st—RIVERS CASINO/HARTWOOD ACRES

SURPRISE!.... One more casino trip for 2011. Enjoy a festive day with the Rivers Casino and then the beautiful light display of HARTWOOD ACRES!

Cost \$35.00/pp (checks payable to Nowak Tour) **Check in– 8:30am Return-tba**



Wishing You Safe Travels For Your Holidays



**NORTH OLMSTED SENIOR CENTER
28114 LORAIN ROAD
NORTH OLMSTED, OH 44070
(440) 777-8100**

Prst. Std.
U. S. Postage

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Permit #67

TO OUR FRIEND:



NORTH OLMSTED G.A.B. NEWSLETTER SUBSCRIPTION***
\$9.00 ANNUALLY
NAME _____ PHONE _____
ADDRESS _____
CITY _____ STATE _____ ZIP _____
Make your check for \$9.00 payable to the City of North Olmsted, c/o
North Olmsted Senior Center, 28114 Lorain Road, North Olmsted, OH 44070
Renewal _____ New _____

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"

North Olmsted Senior Center -Main Line (440) 777-8100
Jackie Chavez-Anderson—Administrator /email: andersonj@north-olmsted.com (440) 716-5444
Beth Reitz- AAC, Activities Coordinator /email: reitzb@north-olmsted.com (440) 716-5434
Tiffany Hunt-LSW, Outreach /email: huntt@north-olmsted.com (440) 716-4264
Lynda Hudson-Hot Lunch Program Manager/email: hudsonl@north-olmsted.com (440) 777-8100
Fax # (440) 716-4246

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