

**NORTH OLMSTED SENIOR CENTER
G. A. B. — Golden Age Bulletin
February 2012**



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. 2012 is a leap year so we have a February 29th on the calendar!

There are a couple fun celebrations this month that we hope you will be a part of. On February 21st the Senior Center will celebrate Fat Tuesday. Come join the fun! Also, the Friday Fish Fry's at Springvale begin on February 24th. They are held every Friday from 4:00pm-8:00pm. Senior dinners are \$9.95 unless you can make the Early Bird Special (\$8.95) from 4:00pm-5:00pm. Local non-profit organizations will serve as waiters and waitresses and the tips will go to the group working that evening.

All city offices, including the Senior Center, will be closed in observance of President's Day on Monday, February 20th. This national holiday means that banks and post offices will be closed as well.

I'd also like to remind everyone that the Senior Center has begun taking appointments for income tax assistance. The service is available February through the beginning of April. There is no charge- it is compliments of AARP volunteers. An appointment is necessary (no walk-ins please). Please call the Senior Center for additional information or to schedule an appointment.

Sincerely;

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

Mayor Kevin M. Kennedy



**COMMUNITY NEWS &
EVENTS**

North Olmsted City Council
February 7th & 21st
8:00pm Town Hall

Health & Prescription Info
Wednesday, February 1st
10:30/Cabin Sign up required

Travelling EYE-dea Shop
Thursday, February 9th
10:00-2:00/Atrium

Valentine Party
Tuesday, February 14th
After hot lunch 12:30

Hearing Screening
Thursday, February 16th
9:00-12:00 By Appointment

HEAP Sign Up
Friday, February 17th
9:00-12:00 By Appointment

Mardi Gras
Tuesday, February 21st
during hot lunch

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

7th- I Hate Valentines Day

After falling in love onscreen in My Big Fat Greek Wedding, Nia Vardalos and John Corbett reteam for a romantic comedy about a florist (Vardalos) who persuades a restaurateur (Corbett) to take a gamble on a no-strings-attached relationship. Vardalos, who also penned the screenplay, makes her directorial debut with this Valentine's Day-themed love story that crams the action into a single day: February 14. (Comedy/ PG-13 /89 Min.)



14th- Valentines Party/Heart to Heart

Celebrate St. Valentines Day with Heart to Heart's Linda Cavano. Fun and favorite love songs of the ages, plus your requests are always welcome. Enjoy a sweet treat while you enjoy the show!



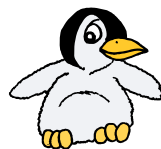
21st- Double Jeopardy

Set in New Orleans! - Libby Parsons (Ashley Judd) awakens to find herself adrift at sea, with her husband missing and her hands covered with his blood. She's arrested for murder and loses everything, including her son. But while in prison, Libby finds out she's been framed. Now, the law of "double jeopardy" -- and the desire to kill her "late" husband for good -- is all Libby has left, even if it means outwitting her sympathetic parole officer (Tommy Lee Jones). (Thriller/ R/ 105 Min.)



28th- Mr. Popper's Penguins

In this live-action adaptation of Richard and Florence Atwater's classic children's book, Jim Carrey takes on the titular role of Mr. Popper, a businessman who inherits a small flock of penguins and must transform his Manhattan apartment into an arctic habitat. (Comedy /PG-13/ 95 Min.)



THURSDAY LIVE ENTERTAINMENT

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

2nd- The North Olmsted AARP Chapter #4606 will meet at the North Olmsted

Community Cabin. Program: North Olmsted Fireman, Carl Schanz . —New members are always welcome to join **Meeting starts at 1:00.**

Wear your favorite NFL team in recognition of the SUPER BOWL to hot lunch!

9th- EYE HEALTH

Please join us for an informative program about eye health. Learn about various vision issues along with ways to protect your eyes. Don't forget to visit the Travelling EYEdea shop before or after the program!



16th-HEALTHY EATING

Michele Hiatt, RD with St. John Medical Center will be offering tips on healthy eating and a balanced diet. Learn the truth about healthy eating and how it can decrease both your waistline and your budget!



23rd- MIKE JACOBS

Mike Jacobs and company will entertain us with the musical rhythms of jazz, blues, rock of the ages and more. Everyone is welcome to enjoy entertainment at the Senior Center even if they do not come for the hot lunch program. Music will begin at 12:30.



ACTIVITIES and EVENTS

Website of the Month:

www.pinterest.com



Pinterest is an online pinboard where you can find tons of interesting, useful, and fun information! Organize and share things you love! Find everything from fashion, recipes, home remodeling tips, exercise, crocheting projects, and so much more!

NOSC Book Club

Friday, Feb. 17th / 1:00

WUTHERING HEIGHTS

Emily Bronte



Join us to discover or rediscover one of the most widely recognized great novels of English Literature. A glorious read illustrating the power of love, hate, dominance and the turbulent passions that tie them together.



Need Transportation?

Call 1-800-983-4782 for Senior Transportation

North Olmsted Senior Center Volunteer Program: Volunteers meet the 3rd Friday of every month. February's meeting will be on the 17th at 10:00am.

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, February 3rd at 2:30.

Multiple Sclerosis
Wednesday, February 8th 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

Everyone is welcome to join this talented group which meets every Wednesday at 12:00 pm in the Atrium.



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

Home Energy Assistance

Friday, February 17th

9:00-12:00/Atrium

Welcome back Betty Morgan, from the Cuyahoga County Dept. of Senior and Adult Services. Betty will be assisting individuals in completing HEAP applications. Please make an appointment with Tiffany.

Lunch N' Learn:

**Funeral Planning Wednesday,
March 7th at 12:00**

A speaker from Dignity Memorial will be discussing the most common reasons for planning ahead, Veteran's benefits, reducing stress on family members, and how to obtain free planning tools and resources. And of course a light lunch with sandwiches & refreshments. RSVP to Tiffany by March 1st.

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



Join us on **Tuesday, February 14th** for some **heart** felt musical entertainment from Linda Cavano of Heart to Heart. Enjoy a delicious sweet treat donated by Olmsted Manor while you're serenaded with the sweet sounds of the day.

**MARDI GRAS
MADNESS!**

We will celebrate Fat Tuesday on February 21st with all the fun and fanfare of crazy costumes and delicious **Paczki's** donated by Hanson Services.



**Traveling EYE-dea Shop
Thursday, February 9th**

10:00 a.m. -2:00 p.m.

The Cleveland Sight Center will be bringing its EYE-dea Shop on the road! The EYE-dea Shop offers low vision aids that individuals with vision loss can purchase.

**Hearing Screen/Wax Clean
Thursday, February 16th
9:00-12:00**

Beltone will be offering these free screenings. Please make an appointment with Tiffany.

***On Thurs, Feb. 2nd, feel free to wear your favorite NFL team in support of SUPER BOWL SUNDAY which is on the 5th.**



Jackie Chavez-Anderson , Administrator 716-5444



AARP Tax Assistance: The North Olmsted Senior Center is currently taking appointments for income tax assistance. This free service is provided by the generous men and women volunteers of AARP. If you would

like to make an appointment to have your taxes prepared please call the Senior Center at: 777-8100. All appointments will take place on Wednesday's beginning February 1st through April 11th. The appointment time begins at 11:45 and take place in 30 minute time slots, the last appointment of the day can be scheduled at 2:45. Please be sure to inform the staff member or volunteer who is making your appointment if you have sold any stocks, bonds or mutual funds because you will need a longer appointment. Please remember to bring all of your tax information with you at the time of your scheduled appointment. If you have questions concerning your taxes please call the center on Wednesday's between 11:00-3:00 so you may speak with an AARP tax volunteer.



**North Olmsted Senior Center
Annual Garage Sale
Extravaganza!
Saturday March 3rd
from 9am-3:30pm.**

Join us for this traditional occasion featuring treasures galore. We welcome gently used donated items (no clothing items please) for our fundraising resale table. Please drop off donated items to the NOSC before Feb. 24th. All proceeds generated from this event will support Senior Center programming. Bake Sale goodies, Sloppy Joes & Hot Dogs will also be available for purchase. Your support is greatly appreciated! Hope to see you there!

February Hot Lunch Menu

TUESDAY

7th- Baked Chicken Quarter
Scalloped Potatoes
Antigua Blend
Whole Grain Wheat
Apple

14th- BBQ Pork
Sweet Potatoes
Green Peas
Whole Grain Bun
Tangelo

21st- Creole Meatloaf
Baked Beans
Mustard Greens
Whole Grain Wheat
Banana

28th- Sliced Turkey
Gravy
Stuffing
Spinach/Lemon Juice
Whole Grain Rye
Chunky Applesauce

THURSDAY

2nd- Meatballs
Spaghetti w/Sauce
Broccoli
Whole Grain Wheat
Fruit Mix
Raisins

9th- Roast Beef w/Gravy
Mashed Potatoes
Brussel Sprouts
Whole Grain White
Banana

16th- Stroganoff w/Pasta
Diced Beets
Broccoli
Whole Grain White
Sliced Pears

23rd- Herb Baked Chicken
Buttered Noodles
Kyoto Blend
Whole Grain White
Apricots
Birthday Cake



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:

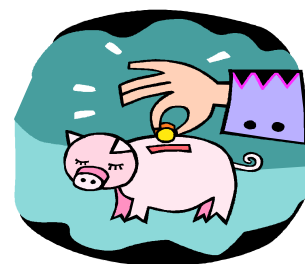
1. Individually wrapped cookies.
2. Individually wrapped bread.
3. Fresh Fruit (apple, orange etc)
4. UNOPENED milk during the winter months.

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





NORTH OLMSTED ACTIVE ADULTS TRAVEL PLANNER



2012 TRIPS & TOURS Info

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

On trips that leave before 8:00 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!**



2012 Trip Schedule



MONTHLY TRIP: West Side Market & Bakery

**The Wednesday Market trips will resume on the 4th of April before the Easter Holiday. You may sign up for this trip in March.

~~~~~

~~~~~

~~~~~

### Wednesday, February 1st—PRESQUE ISLE CASINO

Ring in the New Year and try your hand at big winnings with a return to Presque Isle Casino. Slots, table games and an outstanding buffet. More information will be available after the first of the year. Feel free to call the center at 440-716-5434.



**Cost: \$25.00** Casino Bonus is \$25.00 (checks payable to Nowak Tours)

**Check in– 8:45am Return– 6:45**

### Friday, March 30th—MOUNTAINEER CASINO

Let the good luck of the new year continue into March with a casino trip to Mountaineer’s multi-gaming extravaganza!

Located near Chester, West Virginia this riverfront casino and resort is only an hour drive from Pittsburgh and two hours from Cleveland and Columbus.

Featuring slots, daily poker tournaments, table games including craps and black-jack, and all the amenities of a fine resort.



**Cost: \$25.00** Casino Bonus tba (checks payable to Nowak Tours)

**Check in– 8:15am Return– tba**

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

Prst. Std.  
U. S. Postage

PAID

Permit #67

**TO OUR FRIENDS:**



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](http://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/AD, 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

**February 2012**