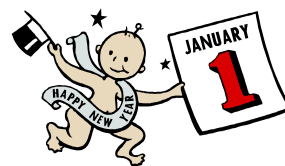


**NORTH OLMSTED SENIOR CENTER
G. A. B. — Golden Age Bulletin
January 2012**



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 great Christmas season.

The Senior Center will begin taking appointments for income tax assistance in January. The service will be 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.

Winter weather is upon us over the next couple months! 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. City Hall and the Senior Center will be closed in observance of New Years on Monday, January 2nd.

Sincerely;

A handwritten signature in black ink that reads "Kevin M. Kennedy".

Mayor Kevin M. Kennedy



**COMMUNITY NEWS &
EVENTS**

North Olmsted City Council
January 3rd & 17th
8:00pm Town Hall

Blood Pressure
Tuesday, January 24th
10:30-11:30/Cabin
No appointments necessary

**Health & Prescription Info
Program**
Wednesday, February 1st
10:30/Cabin
Sign up with Tiffany

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

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

3rd- The Kite Runner

Years after fleeing the Taliban and immigrating to the United States, a privileged Afghan man (Khalid Abdalla) returns to his war-ravaged homeland to try to repay his debt to a loyal childhood friend whose trust he once betrayed. Based on the best-selling debut novel by Khaled Hosseini. (Drama/ PG-13 /127 Min.)



10th -The Memory Keepers Daughter

During a blizzard in 1964, Dr. David Henry (Dermot Mulroney) delivers his son Paul with the help of nurse Caroline (Emily Watson). But when Henry realizes his wife is also carrying a girl with Down syndrome, he hands the second child over to Caroline without his wife's knowledge. Based on the Kim Edwards best-seller. (Drama /NR/90 Min.)

17th- Water For Elephants

In this captivating Depression-era melodrama, impetuous veterinary student Jacob Jankowski (Robert Pattinson) joins a celebrated circus as an animal caretaker but faces a wrenching dilemma when he's transfixed by angelic married performer Marlena (Reese Witherspoon). Adapted from the novel by Sara Gruen. (Romance/ PG13/121 Min.)



24th-The Help

In 1960s Jackson, Miss., aspiring writer Eugenia Phelan crosses taboo racial lines by conversing with Aibileen Clark about her life as a housekeeper, and their ensuing friendship upsets the fragile dynamic between the haves and the have-nots. Based on the novel by Kathryn Stockett. (Drama/PG13/146 Min.)



31st- Tuesday's With Morrie

When Mitch Albom learns his beloved professor, Morrie Schwartz (Jack Lemmon), is dying with Lou Gehrig's Disease, he reconnects with his mentor and learns from him all over again -- but this time, they're studying life. Based on the best selling book by Mitch Albom. (Drama/PG/89 Min.)

THURSDAY LIVE ENTERTAINMENT

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

5th- The North Olmsted AARP Chapter #4606 will meet at the North Olmsted

Community Cabin. Program: North Olmsted Police Officer Bill Saringer and his K-9 Partner. —New members are always welcome to join **Meeting starts at 1:00.**

12th- BILLY KAYE

The new year kicks off with a visit from our ole friend, Billy Kaye. Join us for some good old after the holidays reminiscing and assorted sing along, feel good music.



19th- JIM CORNELIUS/ BELL-AIRES

The Bell-Aires band will play us through some blustery wintery January weather with some jazzy uplifting music that can get the "blood flowing" All time favorites that include, blues, jazz, show tunes and oldies but goodies!



26th- UTILITY AND FOOD ASSISTANCE PROGRAMS

Please welcome Heather Adelstein with Employment and Family Services. Heather will be providing an overview of the Supplemental Nutrition Assistance Program (SNAP) and updates on the Home Energy Assistance and Weatherization programs.



ACTIVITIES and EVENTS

Website of the Month:

www.fema.gov

The Federal Emergency Management Agency offers important information on disaster preparedness. This site contains safety tips for a winter storm, tornado, or earthquake along with fire prevention tips, how to prepare an emergency kit and much more! Make your New Year's resolution preparation!

NOSC Book Club

Friday, January 20th
at 1:00

The Girl Who Chased the Moon

Sarah Addison Allen



A mystical, magical sweet read of a young woman returning to her roots to solve some of the riddles of her mothers life while forming interesting and wonderful relationships along the way.



Need Transportation?

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

North Olmsted Senior Center Volunteer Program: Volunteers meet the 3rd Friday of every month. January's meeting will be on the 20th 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, January 6th at 2:30.

Multiple Sclerosis Wednesday, January 11th 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**

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


**Free Blood Pressure Screening
Tuesday, January 24th**

10:30-11:30 a.m./Cabin

The Berea Alzheimer's Care Center will be providing free blood pressure screenings before our hot lunch. No appointments are necessary.

**Health & Prescription Information
Wednesday, February 1st**

10:30 a.m./Cabin

 Please welcome Robbie Maze, RN from the Visiting Nurse Association. Robbie will be providing information on making the most of your doctor appointments and on a discount prescription card that can save you money at the pharmacy. Light refreshments will be served. Please sign up with Tiffany.

HOMESTEAD EXEMPTION

The Homestead Exemption applications are being accepted by the Cuyahoga County Fiscal Officer Department beginning in January. Applications are only accepted January through June each year. The Homestead Exemption is available to any homeowner aged 65 or older or disabled and offers savings on property tax bills. This exemption allows homeowners to exempt \$25,000 of the market value of their home from all local property taxes. Average homeowners save \$400 per year. To get an application or find out more information please see Tiffany or call the Cuyahoga County Fiscal Officer at 216-443-7050.



**Traveling EYE-dea Shop
Coming Soon**

**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. The shop has large print calendars and cards, magnifiers, talking timers and scales, and much, much more!

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.

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.

**Tuesday Movie
Madness Presents:
Movies based on
novels!** Please join us every Tuesday this month at 12:30 in the Activity Room. We will be showcasing movies based on novels that our book club has read. Movie and Pop Corn is just .50 cents per person. Please see page 2 for movie listings.



The ladies of the North Olmsted Senior Center Volunteer Group would like to thank all the people who generously donated hats, scarves and gloves to the battered women's shelter. We were amazed at all the wonderful donations. It is nice to know that each woman and child will have warmth and comfort from the generosity of all of you...thank you—

North Olmsted Volunteer Group

January Hot Lunch Menu

TUESDAY

3rd- Roasted Pork
Spinach w/ Lemon Juice
Green & Gold Beans
Muffin
Applesauce

10th- Roast Beef w/ Gravy
Mashed Potatoes
Brussel Sprouts
Wheat White Bread
Banana

17th- Beef Stew
Parsley w/ Noodles
Black Beans
Whole Grain Rye
Tropical Fruit

24th- Herb Baked Chicken
Parsley Buttered Noodles
Kyoto Blend
Whole Grain Wheat
Apricots

31st- Salisbury Steak w/ Gravy
Mashed Potatoes
Cape Cod Blend
Whole Grain Wheat

THURSDAY

5th- BBQ Chicken
Lima Beans
Harvard Beets
Cranberry Juice
Whole Grain Roll
Apricots

12th- Hamburger w/ Ketchup
Whole Grain Bun
Seasoned Wedge Potato
Mixed Vegetables
Sliced Pears

19th- Vegetable Lasagna
Pinto Beans
Diced Potatoes, Red Pepper.
Matchstick Carrots, Green Beans
Whole Grain Wheat
Oranges

26th- Swiss Steak
Mashed Potatoes
Mixed Vegetables
Whole Grain Wheat
Tomato/Vegetable Juice
Sliced Peaches
Birthday Cake

*1% Milk included w/ all lunches
*Menu subject to change



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:

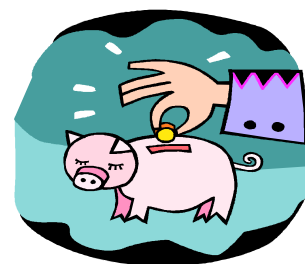
1. Individually wrapped cookies.
2. Individually wrapped bread.
3. Fresh Fruit (apple, orange etc)
4. UNOPENED milk during the winter months.

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



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: TBA (checks payable to Nowak Tour) **Check in-** 0:00am **Return-tba**

Here's To Wishing We Were All Snow Birds!



**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

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

January 2012