



Senior Activity Center and Office on Aging



THE CLEVELAND HEIGHTS SENIOR ACTIVITY CENTER is open Monday – Friday from 9:00 AM to 4:00 PM. Membership to the Senior Activity Center is limited to Cleveland Heights and University Heights residents 60 and over with a current Senior ID. IDs are free and can be obtained at the Senior Activity Center or Community Center front desk. Proof of residency is required.

Program information is available at the Senior Activity Center front desk and online at www.clevelandheights.gov or by calling **(216) 691-7377**

OFFICE ON AGING SERVICES

Office on Aging services are available to Cleveland Heights residents age 60 and older. For more information, please visit our office at 1 Monticello Boulevard or call (216) 691-7377, Monday – Friday from 9:00 AM to 4:00 AM.

Medicare Counselors – Please call (216) 691-7377 for more information and to schedule an appointment.

Van Transportation – By appointment only for medical appointments, errands and the Senior Activity Center – Contact 216-691-7194 for more information about signing up or to schedule/cancel a ride.

Meals on Wheels – Contact (216) 691-7377 for more information

Legal Consultations – Daniel P. Seink Co., Ohio Elder Law Attorney at (440)546-0483

Applications – Living Will Declarations, Power of Attorney, HEAP, and Homestead Exemption forms and applications are available. Call (216) 691-7377 for more information.

February 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9:00 Senior Walking 10:00 Table Tennis 1:00 Strength Training	9:00 Senior Walking 10:00 Tai Chi 11:00 Zumba Gold 12:30 Bid Whist 12:30 Bridge/Pinochle 1:00 Quilting	9:00 Senior Walking 1:00 Strength Training <i>2:15 Parkinson’s Group</i> NO Workout w/Ms. Duck	9:00 Senior Walking 10:00 Tai Chi 10:00 Table Tennis 10:30 Chair Volleyball 11:30 Creative Dance 1:00 Drawing 3:00 Hablémonos	9:00 Senior Walking <i>11:00 Creative Art Studio</i> 11:30 Accessible Yoga 1:00 Stitch Together
9:00 Senior Walking 10:00 Table Tennis <i>11:00 Bingo w/Cora</i> 1:00 Strength Training <i>2:00 Memory Disco</i>	9:00 Senior Walking 10:00 Tai Chi 11:00 Zumba Gold 12:30 Bid Whist 12:30 Bridge/Pinochle 1:00 Quilting	9:00 Senior Walking 12:30 Workout w/Ms. Duck 1:00 Strength Training <i>2:00 Genealogy Group</i>	9:00 Senior Walking 10:00 Tai Chi 10:00 Table Tennis 10:30 Chair Volleyball 11:30 Creative Dance 1:00 Drawing 3:00 Hablémonos	9:00 Senior Walking <i>11:00 Creative Art Studio</i> 11:30 Accessible Yoga <i>1:00 Valentine’s Tea Party</i> 1:00 Stitch Together
CLOSED PRESIDENTS DAY NO Strength Training	9:00 Senior Walking 10:00 Tai Chi *11:00 Zumba Gold 12:30 Bid Whist 12:30 Bridge/Pinochle *1:00 Quilting	9:00 Senior Walking 12:30 Workout w/Ms. Duck *1:00 Strength Training	9:00 Senior Walking 10:00 Tai Chi 10:00 Table Tennis 10:30 Chair Volleyball 11:30 Creative Dance *1:00 Drawing <i>2:00 Cleveland Museum of Art</i> 3:00 Hablémonos	9:00 Senior Walking <i>9:30 COA Meeting</i> <i>11:00 Creative Art Studio</i> <i>11:30 Field Trip Cozad Bates Interpretive Center</i> *11:30 Accessible Yoga 1:00 Stitch Together
9:00 Senior Walking 10:00 Table Tennis 1:00 Strength Training	9:00 Senior Walking 10:00 Tai Chi 11:00 Zumba Gold 12:30 Bid Whist 12:30 Bridge/Pinochle 1:00 Quilting	9:00 Senior Walking 12:30 Workout w/Ms. Duck 1:00 Strength Training	9:00 Senior Walking 10:00 Tai Chi 10:00 Table Tennis 10:30 Chair Volleyball 11:30 Creative Dance <i>11:30 Meet Greet & Eat</i> 1:00 Drawing 1:00 AARP General Meeting 3:00 Hablémonos	9:00 Senior Walking <i>11:00 Creative Art Studio</i> 11:30 Accessible Yoga 1:00 Stitch Together <i>1:00 Matinee Movie</i>

Calendar Key: *=New Session, Bold=Paid Program

SENIOR ACTIVITY CENTER NEWS



Creative Art Studio: Socialize and craft together! Bring a project from home or use our supplies and get creative. Open art studio time for all. **Senior Activity Center - Art Room**

Memory Disco: Participants gather with silent disco headphones and maracas in their hands. Everyone sings, dances, and shakes their maracas to the tune of popular songs, they interact with each other and their environment through music. Excellent for brain health and dementia **Senior Activity Center – Movement Room**

Valentine's Tea Party: **Friday, February 13 from 1-2:30pm** Join us for a tea party! A lovely afternoon spent with friends, a variety of teas, tasty treats and festive crafts. **Register by Thursday, Feb. 12 Senior Activity Center - Multi Purpose Room**

Sign Up: Cleveland Museum of Art StudioGO is coming back! StudioGo provides art-making activities and exploration for people of all ages, sparking curiosity and creating deeper connections to the museum's world-renowned collection. **Thursday, February 19 at 2:00pm. Register by Tuesday, February 17 Senior Activity Center - Multi Purpose Room**

Field Trip: COZAD BATES INTERPRETIVE CENTER Opened in 2021, this restored, ADA accessible historical site serves as an educational museum focusing on Northeast Ohio's anti-slavery, abolitionist, and Underground Railroad history. **Private Tour Scheduled February 20, 11:30am. Van Transportation provided & limited. Sign up with Tracy by Wednesday, February 18.**

BLACK HISTORY MONTH EVENT: Saturday, February 21 from 12p-5p at the Community Center. Bring your neighbors and friends and join the celebration! Enjoy a full program of performances, art and fun activities for the whole family!



Monday February 23 at 10:30am How to Spot Fake News: Online shopping is becoming a part of a daily life in the past few years. Learn the basics of online shopping, how to stay safe, and some things to make the experience better. **ADVANCE REGISTRATION REQUIRED - deadline to register is Friday, February 20. Sessions are held at the Senior Activity Center.**



MEET GREET AND EAT Every 3rd Thursday of the month at 11:30am (unless otherwise noted). Join us at **Wasabi** (3725 Orange Place) on **Thursday, February 26.** Participants are responsible for the cost of their meal. Seating for van transportation from the Senior Activity Center is limited for this month. **ADVANCE REGISTRATION REQUIRED – deadline to register is Tuesday, February 17. Participant registration is limited due to restaurant accommodations.**



MATINEE MOVIE Hope you can pop in on the **last Friday of every month at 1:00pm (unless otherwise noted).** Join us **Friday, February 27** for this month's feature titled **Ruth & Boaz.** The film stars Tyler Lepley, Serayah McNeil, Phylicia Rashad, Babyface. A singer leaves the Atlanta music scene and starts over in small-town Tennessee, where she finds love and new purpose but can't escape the past. **ADVANCE REGISTRATION REQUIRED – deadline to register is Wednesday, February 25th.**



AARP Cleveland Heights Chapter 5018 welcomes Cleveland Heights residents age 50+. **Meetings take place at the senior activity center on the last Thursday of the month at 1:00pm (unless otherwise noted - no meeting in July and August).** For more information or questions, contact **aarpchapter5018@gmail.com.** **Next meeting – February 26, 2026**

JOIN THE COMMISSION ON AGING Meetings take place at the senior activity center on the third Friday of the month at 9:30am (unless otherwise noted - no meeting in July and August). The Commission on Aging serves in an advisory capacity to the City Council on concerns of the aging – recommending and implementing programs to aid in a resolution to these concerns. If you feel your expertise, interests or experience would be of value and you are interested in serving on the Commission on Aging, complete the online application found on the city's website under Government/Boards and Commissions – Members are appointed by City Council. **Next meeting–February 20, 2026.**

MEALS ON WHEELS - Affordable Meals Delivered! The Cleveland Heights Meals on Wheels program delivers a hot and cold meal four times a week to homebound senior citizens who live in Cleveland Heights. The cost is \$7.25 per day and the organization run by volunteers delivers on M,W,Th and F between 11:00am and 1:00pm Clients have the option of receiving a frozen meal on Monday that can be consumed on Tuesday. Each delivery includes a hot meal with meat, a vegetable and a side dish and a cold meal that includes a sandwich, salad, fruit and dessert. Also, the delivery volunteers provide a friendly greeting. To request the Meals on Wheels service, call the Cleveland Heights Office on Aging/Senior Activity Center at (216) 691-7377.

The organization is looking for a volunteer to deliver 10-12 meals on Thursdays, from approximately 11am – 12:30pm. The meals are prepared in the Fairmount Presbyterian Church kitchen (corner of Scarborough and Coventry Roads) and are delivered in Cleveland Heights. Please call Tracy Barnes at the Office on Aging for more information, 216-691-7377.

JUST A REMINDER:

IF THE CLEVELAND HTS/UNIVERSITY HTS SCHOOL SYSTEM IS **CLOSED** DUE TO **INCLEMENT WEATHER**

THE SENIOR CENTER WILL BE **CLOSED** TO ALL ACTIVITIES

For additional information on Senior Activity Center programs and Office on Aging services visit www.clevelandheights.gov or call (216) 691-7377 (1 Monticello Blvd.)