

# SENIOR ACTIVITY CENTER

## September Highlights

### THE ARTS - explore your creative side!

ARTS AND CRAFTS 2<sup>nd</sup> and 4<sup>th</sup> Wednesdays of the month 1:00pm

\*BEAD WEAVING Wednesday, Sept 5 1:00-3:00pm. Material fee \$10

BOOK DISCUSSION GROUP in cooperation with Cleveland Heights-University Heights Public Library 1st Thursday of month 11:00am

DRAWING & WATERCOLOR Tuesday Sept 18-Nov 13, 11:00am-2:00pm \$50

HUM AND STRUM Mondays 10:00am

\*MEET THE AUTHOR Thursday, Sept 13, 2:00pm. Carol Amos presents her book,

H.O.P.E. (Help, Organization, Preparation and Education) for the Alzheimer's Journey

MIXED MEDIA DRAWING Thursday Sept 20-Nov 8, 12:00 noon-3:00pm \$50

PIANO LESSONS Thursday Sept 6-Oct 25, half-hour individual lessons by appointment between 10:30am & 4:00pm. \$100 for 8-week session.

### FOR YOUR HEALTH - improve your quality of life!

BLOOD PRESSURE CHECKS 2<sup>nd</sup> Tuesday of the month 1:00pm or drop in to monitor your blood pressure during normal working hours using the Center's electronic monitoring device.

PNG HEALTH FAIR AND FLU SHOT CLINIC Friday, Sept 21, 11:00am-1:00pm. Professional Networking Group (PNG) is a group composed of individuals and companies who link seniors to services in their communities. Our health expo allows individuals to explore different companies that provide services such as: home health, senior law, rehabilitation services and more! Blood pressure screenings will be available. Walgreen's pharmacy is providing the flu vaccine. Pharmacists will be billing your insurance companies so bring your cards with you. No appointments needed!

LUNCH AND LEARN WITH OAK STREET HEALTH Tuesday Sept 18, 11:00am. Learn about this new healthcare option.

RELAXATION AND MEDITATION Fridays 10:00am. Group practice to help with stress, pain and improve general health!

MATTER OF BALANCE Tuesday Sept 11-October 30 10:00am-12:30pm. For those with concerns about falling. Free but register in advance as class size is limited.

### SPECIAL INTEREST - have fun and learn something new!

SPANISH 2 and 3 Wednesday, Sept 5-Oct 31, 10:00-11:00am and 11:00am-12:00 noon. Sign up according to your experience speaking Spanish. Instructed by Cristina Sempe. Fee \$25 per class

¡HABLÉMONOS! Thursdays 3:00pm. Spanish conversation group meeting weekly to listen, speak and understand the language. All levels welcome.

BREAKFAST, TRIVIA AND BINGO and RAFFLE Friday Sept 14, 10:00am. A morning of fun in cooperation with Kindred Healthcare - The Fountains & The Greens

BOOMERFEST '18 Saturday Sept 15, 10:00am-2:00pm Are you one of the millions of Americans born between '46 and '64? If so, you'll want to be part of the Home Repair Resource Center's BoomerFest '18:

"Our Community Anchors." Highlights include: Advice tables, discussions and products for people looking for resources geared towards helping them plan their futures, and those that care for their aging loved ones.

Keynote Address: Marlene Robinson-Statler, Interim Administrator, Cuyahoga County Senior & Adult Services

FREE FINANCIAL EDUCATION WORKSHOPS: FINANCIAL PLANNING FOR THE LIFE SERIES Friday Sept 7, 11:00am. THIRD FEDERAL FINANCIAL EDUCATION SERIES Tuesday Sept 25, 11:00am

LOST CLEVELAND TALK: Bomb City USA: The Danny Greene Era Thursday, Sept 27, 5:30pm. Join Cleveland historian Dennis R. Sutcliffe as he talks about Danny Greene and John Nardi's attempts to muscle in on the Cleveland Mob's operations resulting in a bloody mob war.

*\*Indicates New Class*

The Cleveland Heights Office on Aging – Amy Jenkins, Supervisor – is located at the Senior Activity Center, Monticello Boulevard at Mayfield Road – 216-691-7377

SEPTEMBER 2018

# NEWS for Senior Adults



A Monthly Publication of the Cleveland Heights Office on Aging

## Office On Aging Services:

Most services offered by the Office on Aging are available only to Cleveland Heights residents age 60 and over. Visit our office at the Senior Activity Center or call 216-691-7377, Monday-Friday, 8:30am-5:00pm.

- **Legal Consultations** - By appointment.
- **Medicare Counselors** - By appointment.
- **Van Transportation to Errands & Medical Appointments** - Call 216-691-7194.
- **Social Workers**
- **Meals On Wheels**
- **Benefits** - Visit [www.benefitscheckup.org](http://www.benefitscheckup.org) or call to set up an appointment.
- **Applications** - For local, state and federal programs; Living Will Declaration; Health Care; HEAP application and Homestead Exemption Application.

## SEPTEMBER IS NATIONAL SENIOR CENTER MONTH!

September is National Senior Center month and time to get involved in the wide variety of classes and program offered here at our center. Choose from the following classes that all begin this month:

### EXERCISE - get in shape and improve your health!

BREATHE/FLOW YOGA Friday Sept 14 – Nov 16, 2:00-3:00pm \$35

DANCE 101 Friday Sept 21-Nov 9, 11:15am-12:30pm \$25

ENGLISH COUNTRY DANCE Wednesdays ongoing, 10:00-11:00am

DELAY THE DISEASE 2<sup>nd</sup>, 3<sup>rd</sup> and 4<sup>th</sup> Wednesdays of the month, 2:00pm

GENTLE YOGA Wednesday beginning Sept 12, 11:15am-12:15pm \$50

LINE DANCING Mondays Sept 17-Nov 5, 9:30-10:30am \$25

PICKLE BALL Tuesdays and Thursdays 9:00am (playing outside at Denison Park through September).

Purchase a special pass at the Community Center.

\*PILATES DEMO DAY Wednesday, Sept 26. Try a class for free!

\*PILATES PRIMER 10:00-11:00am

\*PRE-PILATES 11:00am-12:00pm

MOVE AND IMPROVE: Arthritis Exercise Mondays, 10-week session starts Sept 24, 2:00-3:00pm \$35

SENIOR STRENGTH TRAINING Tuesdays and

Thursdays Sep 25-Nov 20 1:30-2:30 pm \$40

TABLE TENNIS Monday 12:15-2:15 pm and Fridays

10:00am-12:00 noon ongoing

TAI CHI SHORT FORM Thursday Sept 6-Oct 25 10:00-11:15am \$40

TAI CHI 2.0 Tuesday Sept 18-Nov 3, 12:15-1:00pm \$40

TANGO Friday Sept 14-Nov 2, 9:30-11:00am \$25

WALKING CLUB weekdays ongoing 1:00-2:00pm

WATER EXERCISE AT JUDSON Tuesdays and Thursdays ongoing, 1:00-2:00pm. Call 791-2393 for information.

WORKOUT WITH MS DUCK Wednesdays and Thursdays ongoing, 12:15 pm

Wii BOWLING Wednesdays 1:00-3:00pm ongoing


ZUMBA GOLD Tuesday Sept 11-Oct 30 11:00am-12:00 noon \$25

*continued on back page*

## AARP CHAPTER 5018

You are invited to join our local Cleveland Heights chapter that meets at the Senior Center on September 27 and continues to meet the last Thursday of the month throughout the year. An interesting program is scheduled each month with refreshments following the meeting. Several trips of varying lengths are planned each year. A holiday luncheon and summer picnic are part of our yearly fun. We sponsor a needy senior during the holidays and have an annual raffle to benefit a Cleveland Heights organization. Come check us out! Our local chapter dues are \$5.00 annually.

September 2018  
CALENDAR OF EVENTS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<p><b>The Senior Activity Center (SAC) is open to residents age 60+. To register or for information, call 216-691-7377.</b></p>	<p><b>For van transportation to the Senior Center call: 216-691-7377</b></p>	<p>• = FEE REQUIRED R = REGISTRATION REQUIRED</p>	
<b>03</b>	<b>04</b>	<b>05</b>	<b>06</b>	<b>07</b>
 <p><b>CLOSED FOR Labor Day</b></p>	<p>9:30 OSHIIP Medicare Counseling (by appt.) 1:00 Walking Club 1:00 Mah Jong 2:00 Rummikub/Monopoly</p>	<p>10:00 Spanish II • 10:00 English Country Dance 11:00 Spanish III • 11:00-12:00 Computer Tutor 12:15 Workout w/Ms. Duck 1:00 Walking Club 1:00 Wii Bowling 1:00 Bead Weaving (R) • 2:00 Parkinson's Group 2:00 Rummikub</p>	<p>10:00 Tai Chi Short Form • 10:30 Newcomers Orientation 10:30 Piano Lessons by appt. • 11:00 Book Discussion 12:00 Potluck 12:15 Workout w/Ms. Duck 1:00 Walking Club 1:30 Quilting 101 3:00 i Hablémonos!</p>	<p>10:00 Table Tennis 10:00 Relaxation &amp; Meditation 11:00 Financial Education Series, Part 1 12:00-1:00 Computer Tutor 12:45 Bridge/Pinochle 1:00 Matinee Movie 1:00 Scrabble 1:00 Stitch Together 1:00 Walking Club</p>
<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>
<p>10:00 Hum &amp; Strum 11:00 Chess w/Leo 12:00 Table Tennis 1:00 Bid Whist 1:00 Walking Club</p>	<p>9:30 Caring Hands Massage (R) 10:00 Matter of Balance (R) 11:00 Zumba Gold • 1:00 Walking Club 1:00 Mah Jong 1:00 CWRU BP Check 2:00 Rummikub/Monopoly</p>	<p>10:00 Spanish II • 10:00 English Country Dance 11:00 Spanish III • 11:00-12:00 Computer Tutor 11:15 Gentle Yoga • 1:00 Walking Club 1:00 Wii Bowling 1:00 Arts &amp; Crafts Wednesdays 2:00 Delay the Disease 2:00 Genealogy Group 2:00 Rummikub</p>	<p>10:00 Tai Chi Short Form • 10:30 Newcomers Orientation 10:30 Piano Lessons by appt. • 11:30 Ask the Legal Expert (by appt.) 12:15 Workout w/Ms. Duck 1:00 Walking Club 1:30 Quilting 101 2:00 Meet the Author: Carol Amos 3:00 i Hablémonos!</p>	<p>9:30 Argentine Tango • 10:00 Breakfast Bingo 10:00 Table Tennis 10:00 Relaxation &amp; Meditation 12:00-1:00 Computer Tutor 12:45 Bridge/Pinochle 1:00 Matinee Movie 1:00 Walking Club 1:00 Scrabble, Stitch Together 2:00 Breathe/Flow Yoga •</p>
<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b>
<p>9:30 Line Dancing • 10:00 Hum &amp; Strum 11:00 Chess w/Leo 11:00 Ask a Tech Trainer: Bring Your Own Device 12:00 Table Tennis 1:00 Bid Whist 1:00 Walking Club</p>	<p>9:30 Caring Hands Massage (R) 10:00 Matter of Balance (R) 11:00 Zumba Gold • 11:00 Drawing &amp; Watercolor • 11:00 Lunch &amp; Learn w/Oak Street Health (R) 12:15 Tai Chi 2.0 • 1:00 Walking Club 1:00 Mah Jong 2:00 Rummikub/Monopoly</p>	<p>10:00 English Country Dance 11:00-12:00 Computer Tutor 12:15 Workout w/Ms. Duck 1:00 Walking Club 1:00 Wii Bowling 2:00 Delay the Disease 2:00 Rummikub</p>	<p>10:00 Tai Chi Short Form • 10:30 Newcomers Orientation 10:30 Piano Lessons by appt. • 12:00 Mixed Media Drawing • 12:15 Workout w/Ms. Duck 1:00 Walking Club 1:00 AARP Board Meeting 1:30 Quilting 101 3:00 i Hablémonos!</p>	<p>9:30 COA Meeting 9:30 Argentine Tango • 10:00 Table Tennis 10:00 Relaxation &amp; Meditation 11:00-1:00 PNG Health Fair &amp; Flu Shot Clinic 11:15 Dance 101 • 12:00 Computer Tutor 12:45 Bridge/Pinochle 1:00 Matinee Movie, Walking Club 1:00 Scrabble, Stitch Together 2:00 Breathe/Flow Yoga •</p>
<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>
<p>9:30 Line Dancing • 10:00 Hum &amp; Strum 11:00 Chess w/Leo 12:00 Table Tennis 1:00 Walking Club 1:00 Bid Whist 2:00 Arthritis Exercise: Move &amp; Improve •</p>	<p>10:00 Matter of Balance (R) 11:00 Zumba Gold • 11:00 Drawing &amp; Watercolor • 11:00 Third Federal Talk: Identity Theft 12:15 Tai Chi 2.0 • 1:00 HRRC Home Repair Workshop 1:00 Walking Club 1:00 Mah Jong 1:30 Senior Strength Training • 2:00 Rummikub/Monopoly</p>	<p>10:00 Spanish II • 10:00 English Country Dance 10:00 Pilates Primer 11:00 Pre-Pilates Chair class 11:00 Spanish III • 11:00-12:00 Computer Tutor 11:15 Gentle Yoga • 12:15 Workout w/Ms. Duck 1:00 Walking Club, Wii Bowling 1:00 Arts &amp; Crafts Wednesdays 2:00 Delay the Disease 2:00 Rummikub</p>	<p>10:00 Tai Chi Short Form • 10:30 Newcomers Orientation 10:30 Piano Lessons by appt. • 12:00 Mixed Media Drawing • 12:15 Workout w/Ms. Duck 1:00 Walking Club 1:00 AARP Meeting 1:30 Senior Strength Training • 3:00 i Hablémonos! 5:30 Lost Cleveland Talk: Bomb City, USA, the Danny Greene Era</p>	<p>9:30 Argentine Tango • 10:00 Table Tennis 10:00 Relaxation &amp; Meditation 11:15 Dance 101 • 12:00-1:00 Computer Tutor 12:45 Bridge/Pinochle 1:00 Matinee Movie 1:00 Scrabble, Stitch Together 1:00 Walking Club 2:00 Breathe/Flow Yoga •</p>