

quite ready for that big commitment. Ethan and Vanessa (Kendrick Smith Sampson and Shay Mitchell), the perfect picture, are just about to make it official. When a simple mix-up of gifts causes all of their paths to cross, it sets off a series of twists and unexpected discoveries that lead them where they're truly meant to be. Because love—like life—is full of surprises in this holiday romance film. **ADVANCE REGISTRATION IS REQUIRED—The registration deadline is Wednesday, December 13.**

AARP CORNER AARP Cleveland Heights Chapter 5018 meets monthly (no meeting in July and August) at the Senior Activity Center and welcomes Cleveland Heights residents age 50+. For more information, please contact President Wanda Owens at aarpchapter5018@gmail.com. **General meetings take place on the last Thursday of the month at 1:00 pm (unless otherwise noted).** **Next Meeting—There is no meeting this month due to the Holiday Party on December 21 at 1:00 pm. Contact your AARP Board Members for details.**

JOIN THE COMMISSION ON AGING Meetings take place on the third Friday of the month at 9:30 am. 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, please complete the online application found on the city's website under Government/Boards and Commissions – **Members are appointed by City Council.** **Next meeting—December 15.**

HAVE FUN—DO GOOD The Cleveland Heights Meals on Wheels program needs volunteers who want to join this fun group serving homebound seniors. Volunteers pack the prepared food at the Fairmount Presbyterian Church kitchen, then deliver a hot and cold meal four days a week to about 20 people. Recipients are all people over the age of 60 who need both meals and a friendly person to check in on them. The volunteer positions are:

- **Food hauler:** Pick up food at McGregor Retirement Center at 10:00 am and deliver to Fairmount Church. Return containers after delivery.
- **Food packer:** After the food arrives from McGregor Retirement Center, divide the food into individual servings, 10:20–11:30 am
- **Delivery driver:** Two drivers deliver the meals, 11:20 am–12:15 pm.

Many volunteers fill more than one role. For example, the food hauler often serves as a food packer. Many food packers also deliver the meals. Our volunteers tell us that they love the fellowship of being a part of Meals on Wheels and meeting the meal recipients. The seniors who receive the meals are very grateful for the program and really appreciate the volunteers. Contact Carolyn Neal at (216) 691-7342 or e-mail cneal@clevelandheights.gov for more information on volunteering. See the Cleveland Heights Meals on Wheels webpage for more information: www.chparks.com/509/Meals-on-Wheels.

Help with Household Tasks. CARE is a membership program that supports homeowners, 60 and older, with completing projects around their homes and property. For those who are income-eligible there is no cost. Cleveland Heights Office on Aging is a participating agency. For information, please call (216) 970-0599 or visit careneo.org



Help with Hardships. Have you suffered a hardship and need a little assistance? The Department of Senior and Adult Services (DSAS) can help! For more information, please call (216) 420-6700 or visit dsas.cuyahogacounty.us.



The Cleveland Heights Office on Aging and Senior Activity Center is located at 1 Monticello Boulevard at Mayfield Road (inside the Community Center)—Dynesha Stover-McDonald, Supervisor (216) 691-7379.

DECEMBER 2023

NEWS for Senior Adults



A Monthly Publication of the Cleveland Heights Office on Aging

The Cleveland Heights Senior Activity Center is open Monday–Friday from 9:00 am to 4:00 pm. Membership at the Senior Activity Center is limited to Cleveland Heights and University Heights residents 60 and over with a current Senior ID. ID's may be obtained at the Community Center front desk at no cost through 2023. 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

- **Legal Consultations**—Daniel P. Seink Co.—Ohio Elder Law Attorneys, (440) 546-0483.
- **Medicare Counselors**—By appointment.
- **Van Transportation** to Errands & Medical Appointments. To sign up contact Carolyn Neal at (216) 691-7342. Already signed up? Contact Anne Griffith, van scheduler at (216) 691-7194 to schedule or cancel a ride.
- **Community Resource Specialist**—Call (216) 691-7342.
- **Meals On Wheels**—Contact Carolyn Neal at (216) 691-7342.
- **Benefits**—Visit www.benefitscheckup.org.
- **Applications**—Living Will declarations, Power of Attorney, HEAP, and Homestead Exemption forms and applications are available.

SENIOR ACTIVITY CENTER NEWS

SENIOR WALKING—NEW DAYS AND TIMES Seniors who do not have a fitness center pass can walk the track **Monday–Friday from 9:00 am to 1:00 pm.** **A current Senior ID is required and should be scanned at the Senior Activity Center desk.**

COMPUTER LAB TUTOR Noble Road Library staff will provide “pop-up” computer assistance onsite in the computer lab on **Monday, December 4, and Monday, December 18, from 9:30 am–11:30 am.**


HOLIDAY CONCERT **Friday, December 8, from 12:00 pm–1:00 pm.** Enjoy lunch and a “Festive Holiday” concert featuring the Cleveland Heights High School Gospel Choir. The cost is \$10 for CH Residents and \$12 for UH Residents. Lunch will be served promptly at 11:45 am. **ADVANCE REGISTRATION IS REQUIRED—The registration deadline is Friday, December 1.**

MEET GREET AND EAT every 3rd Thursday of the month. On **Thursday, December 14, at 11:30 am,** join us at **Brio Italian Grille—Legacy Village** (24325 Cedar Road). **Participants are responsible for the cost of their meals and transportation to and from the restaurant.** **ADVANCE REGISTRATION IS REQUIRED—The registration deadline is Thursday, December 7.**

MATINEE MOVIE We hope you can pop in on the **last Friday of every month at 1:00 pm (unless otherwise noted).** Join us **Friday, December 15,** for this month's feature titled **SOMETHING FROM TIFFANY'S.** This 1 hr. 30-minute romance stars Zoey Deutch, Kendrick Sampson, Ray Nicholson, Shay Mitchell, and Leah Jefferies. Nothing compares to the magic and excitement of the holidays in New York City, where the streets blaze with lights, windows dazzle, and a special little blue box from Tiffany could change the course of a person's life. Or several lives. Rachel and Gary (Zoey Deutch and Ray Nicholson) are happy enough but not

continued on back...

DECEMBER 2023 CALENDAR OF EVENTS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>CALENDAR KEY *=NEW SESSION BOLD=PAID PROGRAM (RR)=RESERVATION REQUIRED</p>				<p>1</p> <p>9:00 Senior Walking 10:00 Fit Walk* 11:30 Accessible Yoga* 1:00 Stitch Together</p> <p>NO LINE DANCE</p>
<p>4</p> <p>9:00 Senior Walking 9:30 Computer Tutor 10:00 Table Tennis 11:00 Meditation 1:00 Strength Training</p>	<p>5</p> <p>9:00 Senior Walking 10:00 Tai Chi 11:00 Zumba Gold 1:00 Bid Whist 1:00 Bridge/ Pinochle 1:00 Quilting</p>	<p>6</p> <p>9:00 Senior Walking 12:00 Workout w/ Ms. Duck 1:00 Wii Bowling 1:00 Strength Training 2:15 Parkinson's Group</p>	<p>7</p> <p>9:00 Senior Walking 10:00 Tai Chi 11:00 Book Discussion 1:00 Drawing 3:00 Hablémonos</p>	<p>8</p> <p>9:00 Senior Walking 10:00 Fit Walk 11:30 Accessible Yoga 12:00 Holiday Concert (RR) 1:00 Stitch Together</p> <p>NO LINE DANCE</p>
<p>11</p> <p>9:00 Senior Walking 10:00 Table Tennis 10:30 Tech Talk w. Lee Rd. Library (RR) 11:00 Meditation 1:00 Strength Training</p>	<p>12</p> <p>9:00 Senior Walking 10:00 Tai Chi 11:00 Zumba Gold 1:00 Bid Whist 1:00 Bridge/ Pinochle 1:00 Quilting</p>	<p>13</p> <p>9:00 Senior Walking 12:00 Workout w/ Ms. Duck 1:00 Wii Bowling 1:00 Strength Training 2:00 Genealogy</p>	<p>14</p> <p>9:00 Senior Walking 11:30 Meet Greet & Eat (RR) 10:00 Tai Chi 1:00 Drawing 3:00 Hablémonos</p>	<p>15</p> <p>9:00 Senior Walking 9:30 COA Meeting 10:00 Fit Walk 11:30 Accessible Yoga 1:00 Stitch Together 1:00 Matinee Movie (RR) NO LINE DANCE</p>
<p>18</p> <p>9:00 Senior Walking 9:30 Computer Tutor 10:00 Table Tennis 11:00 Meditation 1:00 Strength Training</p>	<p>19</p> <p>9:00 Senior Walking 10:00 Tai Chi 11:00 Zumba Gold 1:00 Bid Whist 1:00 Bridge/ Pinochle 1:00 Quilting</p>	<p>20</p> <p>9:00 Senior Walking 12:00 Workout w/ Ms. Duck 1:00 Wii Bowling 1:00 Strength Training</p>	<p>21</p> <p>9:00 Senior Walking 10:00 Tai Chi 3:00 Hablémonos 1:00 AARP Holiday Party</p> <p>NO DRAWING</p>	<p>22</p> <p>9:00 Senior Walking 10:00 Fit Walk 1:00 Stitch Together</p> <p>NO ACCESSIBLE YOGA NO LINE DANCE</p>
<p>25</p> <p> CLOSED</p>	<p>26</p> <p>9:00 Senior Walking 10:00 Tai Chi 1:00 Bid Whist 1:00 Bridge/ Pinochle</p> <p>NO ZUMBA GOLD NO QUILTING</p>	<p>27</p> <p>9:00 Senior Walking 12:00 Workout w/ Ms. Duck 1:00 Wii Bowling</p> <p>NO STRENGTH TRAINING</p>	<p>28</p> <p>9:00 Senior Walking 10:00 Tai Chi 3:00 Hablémonos</p> <p>NO DRAWING NO AARP MEETING</p>	<p>29</p> <p>9:00 Senior Walking 1:00 Stitch Together</p> <p>NO FIT WALK NO ACCESSIBLE YOGA NO LINE DANCE</p>