

**JOIN THE COMMISSION ON AGING.** The Commission meets on the **3<sup>rd</sup> Friday of each month at the Office on Aging/Senior Activity Center 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 resolving 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. Cleveland Heights City Council appoints Commission on Aging members.

**VACCINE CLINICS.** The Cuyahoga County Board of Health (CCBH) will offer vaccine clinics for COVID-19 and Monkey Pox at the Cleveland Heights Community Center in the South Atrium or South rink.

#### **MONKEY POX CLINICS**

**Friday, September 9, 9:00 am–12:00 pm**

**Friday, September 23, 9:00 am–4:00 pm**

Pre-sign-up is required at <https://cuyahogamonkeypoxvaccine.timetap.com>.

#### **COVID-19 CLINIC**

**Wednesday, September 28, 5:00–7:00 pm.**

The COVID-19 clinic will provide first, second, and booster shots of the Moderna, Pfizer, Johnson & Johnson, and Novavax vaccines.

Pre-sign-up is required at <https://gettheshot.coronavirus.ohio.gov>.

If you need help signing up for a vaccine clinic, please call the Senior Activity Center at (216) 691-7377 for assistance.



**Help with Household Tasks.** Cleveland Heights Office on Aging participates in the CARE (Communities Assisting Residential Elders) program. If you are 60 or older, a homeowner, and are looking for help with household tasks, CARE may be able to assist you. For more information, please call Linda Thurston at 216-970-0599 or visit [careneo.org](http://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](http://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 216-691-7377

SEPTEMBER 2022

# 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 in the Senior Activity Center is limited to Cleveland Heights residents who are 60 or older and have a current Senior ID. Eligible residents may obtain IDs at the Community Center front desk at no cost through 2022. Proof of residency is required.

**PROGRAM REGISTRATION** information is available at the Senior Activity Center front desk and online at [www.clevelandheights.gov](http://www.clevelandheights.gov).

#### **OFFICE ON AGING SERVICES**

Most services offered by the Office on Aging are available only to Cleveland Heights residents age 60 or older. For more information, please visit our office at the Senior Activity Center or call 216-691-7377, Monday-Friday, 9:00 am–4:00 pm.

- **Legal Consultations**—By appointment.
- **Medicare Counselors**—By appointment.
- **Van Transportation** to Errands & Medical Appointments —Call 216-691-7194.
- **Community Resource Specialist**
- **Meals On Wheels**
- **Benefits**—Visit [www.benefitscheckup.org](http://www.benefitscheckup.org) or call to set up an appointment.
- **Applications**—Assistance with local, state and federal programs, living will declarations, and health care, HEAP, and Homestead Exemption applications.

## SENIOR ACTIVITY CENTER NEWS

**SENIOR WALKING.** Seniors who do not have a fitness center pass **may walk on the track on Monday, Wednesday, and Friday from 11:00 am to 1:00 pm.** A current Senior ID is required and must be scanned at the Senior Activity Center desk.

**MEET, GREET, AND EAT** with us every 3rd Thursday of the month. This month's choice is **THE CAPITOL GRILLE**, located in Legacy Village (25389 Cedar Road Lyndhurst, OH 44124) on **Thursday, September 15 at 11:30 am. Participants are responsible for the cost of their meals. REGISTRATION REQUIRED.**

**END OF SUMMER ICE CREAM SOCIAL.** Celebrate the end of the Summer with some ice cream! **Friday, September 23 at 1:00 pm.** This event is free. **REGISTRATION REQUIRED.**

**MATINEE MOVIE** will be on the last Friday of every month at 1:00 pm. **Join us Friday, September 30 at 1:00 pm.** This month's feature will be **DOWNTON ABBEY: A NEW ERA**, so bring a snack, sit back, relax and enjoy the show! **Note**—movie selection is subject to change based on availability. This event is free. **REGISTRATION REQUIRED.**

September 2022

# CALENDAR OF EVENTS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>CALENDAR KEY</b>            *=NEW SESSION  <b>BOLD=PAID PROGRAM</b>            (RR)=RESERVATION REQUIRED</p>			1 <b>CLOSED FOR ANNUAL BUILDING MAINTENANCE</b>	2 <b>CLOSED FOR ANNUAL BUILDING MAINTENANCE</b>
5 	6 10:00 Tai Chi <b>11:00 Zumba Gold*</b> 1:00 Sample Quilting*	7 11:00 Senior Walking 12:00 Workout w/Ms. Duck 1:00 Wii Bowling 2:15 Parkinson's Group	8 10:00 Tai Chi 11:00 Book Discussion 3:00 Hablémonos	9 11:00 Senior Walking <b>11:30 Accessible Yoga</b>
12 11:00 Senior Walking <b>1:00 Strength Training*</b>	13 10:00 Tai Chi <b>11:00 Zumba Gold</b> 1:00 Sample Quilting	14 11:00 Senior Walking 12:00 Workout w/Ms. Duck 1:00 Wii Bowling <b>1:00 Strength Training</b> 2:00 Genealogy Group	15 10:00 Tai Chi 11:30 Meet Greet and Eat (RR) <b>1:00 Drawing*</b> 3:00 Hablémonos	16 9:30 Commission on Aging Mtg <b>10:00 Fit Walk</b> 11:00 Senior Walking <b>11:30 Accessible Yoga</b>
19 11:00 Meditation 11:00 Senior Walking <b>1:00 Strength Training</b>	20 10:00 Tai Chi <b>11:00 Zumba Gold</b> 1:00 Sample Quilting	21 11:00 Senior Walking 12:00 Workout w/Ms. Duck 1:00 Wii Bowling <b>1:00 Strength Training</b>	22 10:00 Tai Chi <b>1:00 Drawing</b> 3:00 Hablémonos	23 <b>10:00 Fit Walk</b> 11:00 Senior Walking 1:00 End of Summer Ice Cream Social (RR)
26 11:00 Meditation 11:00 Senior Walking <b>1:00 Strength Training</b>	27 10:00 Tai Chi <b>11:00 Zumba Gold</b> 1:00 Sample Quilting	28 11:00 Senior Walking 12:00 Workout w/Ms. Duck 1:00 Wii Bowling <b>1:00 Strength Training</b>	29 10:00 Tai Chi <b>1:00 Drawing</b> 3:00 Hablémonos	30 <b>11:30 Accessible Yoga*</b> 1:00 Matinee Movie (RR)