

FOOD ASSISTANCE SOURCES

Locations providing food assistance include:

- *Forest Hill Presbyterian Church* 3031 Monticello Blvd. Call 216-321-2660 for hours of operation
- *Heights Emergency Food Center* 3663 Mayfield Road. Call 216-381-0707 for hours of operation
- *Cleveland Kosher Food Pantry* 2004 S. Green Road. Call 216-382-7202 for hours of operation. Servicing zip codes 44121, 44122, 44124 & 44118

USPS presents POST OFFICE ON WHEELS Monday November 1, 2:50-3:10pm, Cleveland Heights Community Center. Look for the postal van.

Fit Walk Fridays, November 5 & 12, 10:00am

An active, outdoor class that includes brisk walking to increase heart rate, some strength training using your own body weight, exercises to increase range of motion for the upper body, balance, core control and flexibility. Fee \$18. Advance registration required.

Line Dancing Fridays through November 12, 2:00pm-3:00pm with instructor Yolanda Jackson.

Did you know unlike traditional physical exercise regimens, dance has the most profound effect in promoting good health? And it can reverse signs of aging, reduce stress and lessen anxiety. So join in, learn something new, meet new friends, feel good, laugh and LINE DANCE! Fee \$20. Advance registration required.

Accessible Yoga now in person Fridays through November 19, 11:00am

A yoga practice instructed by Deb Smith that incorporates breath and movement. Bring your mat and wear loose fitting clothing. Fee \$25. Advance registration required.

Arts & Crafts second and fourth Wednesdays of the month, 1:00pm.

Learn about a craft, share a fun time and create something special. No fee.

Thanksgiving Flower Arranging Tuesday, November 23, 1:00pm.

Create a fresh flower arrangement to take home in this workshop facilitated by Master Gardener Nancy Donley. Fee \$8. Advance registration required.

BACK IN ACTION!

Meditation with Christine Valadon Mondays, 11:00am

Designed for those who need to deeply relax and restore both body and mind. Participants will be guided through a series of meditations and visualizations. You'll leave restored and refreshed. All levels are welcome. No fee.

Breath & Stretch with Lucky Harris Tuesdays November 9-December 14, 12:30pm

Aims to utilize your body's natural ability to regulate itself through various breathing and stretching techniques. Assisting with balance, muscle memory, joint support and flexibility, allowing you to experience many benefits from your exercise routine. Fee \$15. Advance registration required.

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

NOVEMBER 2021

NEWS for Senior Adults



A Monthly Publication of the Cleveland Heights Office on Aging

The Cleveland Heights Senior Activity Center has resumed normal hours of operation and will be open Monday-Friday from 9:00am to 4:00pm. Membership in the Senior Activity Center is limited to Cleveland Heights residents over 60. A pass is required to participate in any activity and is free through 2021. Passes can be obtained at the Community Center front desk. Proof of residency is required.

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, 9:00am-4:00pm.

- **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 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.

SENIOR ACTIVITY CENTER NEWS



Help with Household Tasks

Cleveland Heights Office on Aging is a participant in the CARE (Communities Assisting Residential Elders) program. If you are 60 and over, a homeowner and looking for help with household tasks, CARE may be able to assist. For more information, call 216-970-0599 or visit careneo.org.

Help with Hardships

Have you suffered a hardship and need a little assistance? The Cuyahoga County Division of Senior and Adult Services' (DSAS) Emergency Assistance Program can help. Eligible households can receive a one-time benefit to assist with utility bills, housing or moving expenses, food and basic necessities. Call 216-420-6700 or visit dsas.cuyahogacounty.us.




The Senior Activity Center will be closed the following days in November:

- Tuesday, Nov. 2
- Thursday, Nov. 11 & Friday, Nov. 12
- Thursday, Nov. 25 & Friday, Nov. 26



TIME FALLS BACK ON November 7.
Remember to set your clocks back one hour.

November 2021 CALENDAR OF EVENTS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>01</p> <p>11:00 Meditation 1:00 Strength Training • 2:50 Post Office on Wheels</p>	<p>02</p> <p>ELECTION DAY CLOSED FOR VOTING</p> 	<p>03</p> <p>12:00 Workout w/Ms. Duck 1:00 Wii Bowling 2:15 Parkinson's Group</p>	<p>04</p> <p>10:00 Tai Chi 11:00 Book Discussion 1:00 Drawing • 3:00 ¡Hablémonos!</p>	<p>05</p> <p>10:00 FitWalk • 11:00 Accessible Yoga • 2:00 Line Dancing •</p>
<p>08</p> <p>11:00 Meditation 1:00 Strength Training •</p>	<p>09</p> <p>11:00 Zumba Gold • 12:30 Breath and Stretch • 1:00 Sample Quilting •</p>	<p>10</p> <p>11:00 Arts & Crafts 12:00 Workout w/Ms. Duck 1:00 Wii Bowling 1:00 Strength Training • 2:00 Genealogy Group</p>	<p>11</p> <p>CLOSED FOR VETERANS' DAY</p> 	<p>12</p> <p>CLOSED FOR MAINTENANCE</p>
<p>15</p> <p>11:00 Meditation 1:00 Strength Training •</p>	<p>16</p> <p>11:00 Zumba Gold • 12:30 Breath and Stretch • 1:00 Sample Quilting •</p>	<p>17</p> <p>12:00 Workout w/Ms. Duck 1:00 Wii Bowling 1:00 Strength Training •</p>	<p>18</p> <p>10:00 Tai Chi 12:00 Intro to Nautilus 1:00 Drawing • 3:00 ¡Hablémonos!</p>	<p>19</p> <p>10:00 COA Meeting 11:00 Accessible Yoga • 1:00 Bingo with Angela</p>
<p>22</p> <p>11:00 Meditation 1:00 Strength Training •</p>	<p>23</p> <p>11:00 Zumba Gold • 12:30 Breath and Stretch • 1:00 Sample Quilting • 1:00 Thanksgiving Flower Arranging •</p>	<p>24</p> <p>11:00 Arts & Crafts 12:00 Workout w/Ms. Duck 1:00 Wii Bowling 1:00 Strength Training •</p>	<p>25</p> <p>CLOSED FOR THANKSGIVING</p> 	<p>26</p> <p>CLOSED FOR THANKSGIVING HOLIDAY</p>
<p>29</p> <p>11:00 Meditation 1:00 Strength Training •</p>	<p>30</p> <p>11:00 Zumba Gold • 12:30 Breath and Stretch • 1:00 Sample Quilting •</p>	<p>The Senior Activity Center (SAC) is open to residents age 60+. To register or for information, call 216-691-7377.</p>		
			<p>For van transportation to the Senior Center call 216-691-7194.</p>	<div style="border: 1px solid black; padding: 5px; text-align: center;"> <p>• = FEE REQUIRED RR = REGISTRATION REQUIRED</p> </div>