

Senior Activity Center NOVEMBER EVENT & PROGRAM HIGHLIGHTS

CARD MAKING USING RECYCLED GREETING CARDS – Friday, November 6, 10:00 am. Kaye Gardiner teaches creative and fun ways to use your old greeting cards to make beautiful new cards and other useful and decorative items. Class is free but advance RR.

ADVANCE DIRECTIVES: WHAT DO THEY MEAN? – Tuesday, November 10, 11:00 am. Join nursing students from Case Western Reserve University for an informative session.

LINE DRAWING - Tuesdays, November 10-24, 1:00 pm. Diane Klann teaches this pen and ink drawing class designed for all levels of experience. Bring sketchbook or paper, drawing pen or marker. Fee: \$15. RR by 11/6.

BOX LUNCH – Thursday, November 12, 12:00 noon. A delicious box lunch from Stone Oven precedes Ms. Southgate's talk. RR by 11/10. Fee: \$7.50.

REMINING MYSELF OF JOY – Thursday, November 12, 1:00 pm. Joan Southgate talks about her journey as she walked 250 miles covering the underground railroad and her book titled *In Their Path*. Don't miss this inspirational presentation.

RETIREMENT TRIP TO HILLTOP VILLAGE – Tuesday, November 17, 12:00 noon. Travel on your own to Hilltop Village for a leisurely lunch and look around. Free but RR by 11/13. Directions will be given when you register.

NEEDLEWORK 101 – Wednesdays, November 18 - December 9, 2:00 pm. Start a new project with help from our needlework expert Sara Adams. All skill levels welcome. Bring skein of yarn and knitting needles or crochet hook to the first class.

AARP CHAPTER #5018 - Thursday, November 19. Meeting at 1:00 pm followed by a presentation. Refreshments follow the meeting and presentation.

CROCK POT FRIDAY – Friday, November 20, 12:00 noon. Register for this lunch program by 11/17 and we will assign an item for you to bring to add to our crock pot. Only those who register in advance and contribute can participate. This is fun and tasty too!

THANKSGIVING CENTERPIECE WORKSHOP – Tuesday, November 24, 1:00 pm. Join master gardener Nancy Stevenson to create beautiful centerpieces for the holiday. RR by 11/20. Fee: \$7.00.

COOKING DEMO: Cooking For One – Tuesday, November 24, 2:00 pm. Judi Strauss, cookbook author and educator instructs this monthly cooking series for seniors. Fee: \$12. RR by 11/20.

DAY AFTER THANKSGIVING SALAD BAR Friday November 27, 12:00 noon. Break out your two favorite salad toppings and add them to our table or pay \$5. We supply the greens. Come and enjoy this healthy feast!

HEIGHTS COMMUNITY MEALS – ALL ARE WELCOME!

Christ Episcopal Church, 3445 Warrensville Center Road (at Chagrin/Van Aken), November 21 and December 19, 12:00 noon-1:00 pm. Also bread distribution, Fridays, 10:00 am-12:00 noon.

Church of the Good Shepherd, 23359 Cedar Road (between Green and Richmond), November 28 & December 26, 11:30 am.

Church of the Redeemer UMC, 2420 South Taylor, 932-2065, November 24 and December 22, 5:30 pm.

Disciples Christian Church, 3663 Mayfield Road (across from Severance), 382-5344, November 17 and December 17, 4:00-6:00 pm. Also, call for information about Heights Emergency Food Center.

Grace Lutheran Church, 13001 Cedar Road (between Lee and Coventry), 321-2790, November 22 and December 27, 11:30 am.

Noble Road Presbyterian Church, 2780 Noble Road, 382-0660. November 22 and December 27, 11:30 am

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

NEWS *for senior adults*

NOVEMBER 2009

A Monthly Publication of the Cleveland Heights Office on Aging

IT'S FLU SEASON!

We've heard so much about the flu this year, both the seasonal flu and the H1N1 virus. We have learned that we can best protect ourselves from getting sick by washing our hands thoroughly and often and that we should stay at home if we don't feel well. A new web site – www.flu.gov – is a one-stop resource for the latest flu information. It even has guidelines to help you evaluate your symptoms should you feel ill. We appreciate your cooperation and efforts so that we all remain healthy during this flu season.



ATTENTION SENIOR HOMEOWNERS:

Home Repair Resource Center is now offering some special benefits for Cleveland Heights homeowners over age 62: \$1,500 grant towards the cost of replacing a roof or furnace (income guidelines apply), special classes for all homeowners on correcting violations, protecting yourself when contracting and other topics of interest. Call Allison at **831-6100** for information. The City of Cleveland Heights also has programs to help seniors with home repair, safety and rehabilitation (income guidelines apply) Call Lori at **291-4869** for information.

NOVEMBER: GIVING MONTH

November is "Giving Month" at the Senior Center. Starting at the November pot luck and continuing throughout the month, you can bring in your donations of non-perishable food items to benefit the Heights Emergency Food Center.

AARP NEWS

• **Travel to Wheeling, WV** on Wednesday, December 9 for holiday lights, a laser show, time to shop and a wonderful dinner buffet at Wilson Lodge. Call Carolyn at **382-9541** for more information.

• **AARP Chapter 5018 sponsors a needy Cleveland Heights senior at the holidays.** You can make your donation at the monthly meeting.

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, 8:30 am-5:00 pm.**

- **LEGAL CONSULTATIONS** - By appointment.
- **MEDICARE COUNSELORS** - By appointment.
- **SOCIAL WORKERS**
- **MEDICAL VAN TRANSPORTATION SERVICE** - Call the van scheduler at **691-7194.**
- **MEALS ON WHEELS** — There is a charge.
- **BENEFITS** — Log on to www.benefitscheckup.org
- **APPLICATIONS** — For local, state and federal programs; Living Will Declaration; Health Care; HEAP application and Homestead Exemption Application.

THANKSGIVING DINNER



Cleveland Heights Seniors are invited to a **THANKSGIVING DINNER** at the India Community Center Tuesday, November 24, 6:30 pm. Reserve your place at this lovely community event. Limited transportation provided. Please let us know that you need a ride when you make your reservation. Call **216 691-7377** by 11/20.

PREVENTIVE MAINTENANCE DAY

On **Friday, November 6, 8:30 am-1:30 pm**, residents age 60 and over will once again have the opportunity to have their cars checked over by the students in the Auto Technology class at Cleveland Heights High School.

Each car will have its oil, transmission fluid, washer fluid, coolant, brake fluid, air pressure, drive belts, hoses, wiper blades, turn signals, lights, horns and tire treads checked. Seniors will leave with a check list showing what was checked on their cars and whether their mechanic should look into it. **Please register for this program at the Senior Center by 11/4.**

November 2009 Calendar of Events

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 <ul style="list-style-type: none"> • 9:30 Line Dancing 9:30 Hum and Strum • 11:00 Gentle Yoga 11:00-1:00 Computer Tutor 12:00 Table Tennis 2:05 Post Office on Wheels 3:00 Poetry Plus 	3 <ul style="list-style-type: none"> • 9:00 Basic Computers 9:30 Books & Such • 12:15 Slow Tai Chi 12:45 Party Bridge 1:00 Walking Club • 1:30 Pastels 2:00 Dominoes/Cribbage • 3:00 Fun with Weights 	4 <ul style="list-style-type: none"> 9:30 Mental Aerobics • 10:00 Beginning Spanish 11:00-12:00 Computer Tutor • 12:00 Pilates 12:30 Walking Warmup • 1:00 Arthritis Exercise 1:00 Blood Pressure 1:00 Walking Club 1:00 Open Art 2:00 Parkinson's Group 	5 <ul style="list-style-type: none"> • 10:00 Tai Chi Short 10:30 Newcomers Orientation 12:00 Potluck 12:30 Workout with Ms. Duck • 1:00 Landscape Painting 1:00 Walking Club 1:00 Wii Bowling 2:00-3:00 Computer Tutor 1:30 Sing-a-Long w/Ernie Long • 3:00 Fun with Weights • 3:00 Composition for Artists 	6 <ul style="list-style-type: none"> 8:30-1:30 Preventive Maintenance Day at Heights High 9:30-11:30 Computer Tutor • 9:30 Seniorobics 10:00 Table Tennis 10:00 Make Your Own Cards with Kaye 10:30 Mah Jongg • 11:00 Beginners Bridge 12:45 Bridge/Pinochle 1:00 Scrabble 1:00 Matinee Movie 1:30 Stitch Together 3:00 Senior Tap
9 <ul style="list-style-type: none"> • 9:30 Line Dancing 9:30 Hum and Strum 11:00-1:00 Computer Tutor 1:00 Blood Pressure 12:15 Table Tennis 1:00 Bid Whist 3:00 Poetry Plus 	10 <ul style="list-style-type: none"> • 9:00 Basic Computers 9:30 Books & Such 11:00 Advance Directives: What Do They Mean? • 12:15 Slow Tai Chi 12:45 Party Bridge 1:00 Walking Club • 1:00 Line Drawing 2:00 Dominoes/Cribbage • 3:00 Fun with Weights 	11 <p>SAC CLOSED FOR VETERANS DAY</p> 	12 <ul style="list-style-type: none"> • 10:00 Tai Chi Short 10:30 Newcomers Orientation • 12:00 Box Lunch 12:30 Workout with Ms. Duck 1:00 AARP Board Meeting 1:00 Joan Southgate: Reminding Myself of Joy • 1:00 Landscape Painting 1:00 Walking Club 2:00-3:00 Computer Tutor • 3:00 Fun with Weights • 3:00 Composition for Artists 	13 <ul style="list-style-type: none"> • 9:30 Seniorobics 9:30-11:30 Computer Tutor 10:00 Table Tennis 10:30 Mah Jongg • 11:00 Beginners Bridge 12:45 Bridge/Pinochle 1:00 Scrabble 1:00 Matinee Movie 1:30 Stitch Together 3:00 Senior Tap
16 <ul style="list-style-type: none"> • 9:30 Line Dancing 9:30 Hum and Strum 11:00-1:00 Computer Tutor 12:15 Table Tennis 1:00 Bid Whist 3:00 Poetry Plus 	17 <ul style="list-style-type: none"> 9:30 Books & Such 12:00 Retirement Trip to Hilltop Village • 12:15 Slow Tai Chi 12:45 Party Bridge 1:00 Walking Club • 1:00 Line Drawing 2:00 Dominoes/Cribbage • 3:00 Fun with Weights 	18 <ul style="list-style-type: none"> 9:30 Mental Aerobics • 10:00 Beginning Spanish 11:00-12:00 Computer Tutor 12:30 Walking Warmup 1:00 Blood Pressure 1:00 Walking Club 1:00 Open Art 2:00 Wii Boxing 2:00 The Law and You 2:00 Needlework 101 	19 <ul style="list-style-type: none"> • 10:00 Tai Chi Short 10:30 Newcomers Orientation 12:30 Workout with Ms. Duck • 1:00 Landscape Painting 1:00 Walking Club 1:00 AARP General Meeting 2:00-3:00 Computer Tutor • 3:00 Composition for Artists • 3:30 Fun with Weights 	20 <ul style="list-style-type: none"> 9:00 Commission on Aging Meeting 9:30-11:30 Computer Tutor 10:30 Playreading for Fun 10:00 Table Tennis 10:30 Mah Jongg 12:00 Crockpot Friday 12:45 Bridge/Pinochle 1:00 Scrabble 1:00 Matinee Movie 1:30 Stitch Together 3:00 Senior Tap
23 <ul style="list-style-type: none"> • 9:30 Line Dancing 9:30 Hum and Strum 11:00-1:00 Computer Tutor • 11:00 Gentle Yoga 12:15 Table Tennis 1:00 Blood Pressure 1:00 Bid Whist 3:00 Poetry Plus 	24 <ul style="list-style-type: none"> 9:30 Books & Such 11:00 Seasonal Centerpiece Workshop • 12:15 Slow Tai Chi 12:45 Party Bridge 1:00 Walking Club • 1:00 Line Drawing • 2:00 Cooking Demo: Eat Better for Less 2:00 Dominoes/Cribbage • 3:00 Fun with Weights 6:30 Thanksgiving Dinner at the India Community Center 	25 <ul style="list-style-type: none"> 9:30 Mental Aerobics • 10:00 Beginning Spanish 11:00-12:00 Computer Tutor 12:30 Walking Warmup 1:00 Walking Club 1:00 Open Art 2:00 Needlework 101 	26 <p>SAC CLOSED FOR THANKSGIVING</p> 	27 <ul style="list-style-type: none"> 9:30-11:30 Computer Tutor 10:00 Table Tennis 10:30 Mah Jong 12:00 Salad Bar 12:45 Bridge/Pinochle 1:00 Scrabble 1:00 Matinee Movie 1:30 Stitch Together 3:00 Senior Tap
30 <ul style="list-style-type: none"> • 9:30 Line Dancing 9:30 Hum and Strum 11:00-1:00 Computer Tutor • 11:00 Gentle Yoga 12:15 Table Tennis 1:00 Bid Whist 3:00 Poetry Plus 	<p>Snow Day Policy: The SAC is closed when the CH-UH Schools close due to winter weather. Stay tuned to your local news for school closing updates.</p>		<p>The Senior Activity Center (SAC) is open to residents age 60+. To register or for information, call 691-7377.</p> <p>ALL ACTIVITIES ARE FREE UNLESS OTHERWISE NOTED. Not sure a class is for you? Check out any activity one time for free. Stop at the SAC front desk for pass information. Senior ID or Field House passes are necessary to participate. Newcomers Orientation is every Thursday at 10:30 am. SAC hours: M-F, 8:30 am-5:00 pm.</p>	

• = REGISTRATION REQUIRED