

SENIOR ACTIVITY CENTER February Highlights

SAC HAT AND MITTEN DRIVE to benefit students at Noble Elementary. Help Cleveland Heights school-age children to stay warm this winter by donating new hats and mittens at the Senior Center during the first two weeks of February.

RELAXATION AND MEDITATION More and more people are turning to “relaxation and meditation” for help with stress, pain and as a way to improve general health. Join us on Fridays, 10:00-10:45am. Free.

PICKLE BALL Tuesdays and Thursdays 9:00am-12:00 noon. A recreational, indoor game that is a combination of tennis, badminton and ping pong all rolled into one! Come join the fun. Drop-in fee \$3/ session.

MEET, GREET & EAT Thursday, February 9, 11:30am. This month the group will dine at Pacific Grille. Cost is the cost of your own lunch. Group size is limited. Register in advance at the Senior Center.

CVS HEARING TALK & SCREENING Thursday February 9, 1:00pm. Eric Wilson, Hearing Instrument Specialist at our local CVS, will present new information on hearing health and then screen for hearing problems. Appointments are required for the screening.

AARP INCOME TAX ASSISTANCE PROGRAM Wednesdays, February 15-April 12, 12:30-4:30pm by appointment only. For Federal, State and Local simple tax forms only. Tax preparers are trained volunteers but they are not accountants. If you have a complicated tax return you will need to see a tax professional. Bring last year’s tax returns and any information and forms you receive for 2016. Appointments are one hour in length and can be scheduled by calling 691-7377.

COMPUTER NEWS: Did your family give you a computer for the holidays? Have you always wanted to send an email but don’t know how? Are you having trouble getting started on the computer? SAC tutors can provide free one on one help in our computer room. Times are listed on the calendar page of this newsletter. A continuation of a series taught by Heights Library on Facebook will be held Thursday, February 16th at 11:00am. More experienced users should let us know the topics you’d like to learn more about. We’ll try to schedule classes tailored to your interests and needs.

MAD HATTER TEA PARTY Tuesday, February 14, 1:00pm. Constance Korosec, Ph.D. Professor and Chair, Fashion Design and Merchandising at Ursuline College will do a program on “Hats for Spring” using the hats from Ursuline’s historic collection. There will be a short lecture on the history of hats and each guest will be photographed in one of our hats from the collection! Tea Party will follow the program. Bring your favorite dessert to share.

AARP MONTHLY MEETING Thursday, February 23, 1:00pm features a business meeting, informative presentation and refreshments. Plan to join your local chapter 5018!

CHILI COOK-OFF Friday, February 24, 12:00noon. Not really a contest but a fun way to get together and share a warm meal. Prepare chili for 8 people or pay \$5 to enjoy a bowl. Register by 2/22.

SENIOR SAFETY Tuesday, February 28, 1:00pm. Officers from the Cleveland Heights Police Department join us on the last Tuesday of the month to talk about your safety concerns. Meet your police officers and learn to be safer citizens!

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

FEBRUARY 2017

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 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.

OF INTEREST

AARP TAX PREPARATION Wednesdays, February 15-April 12, 12:30-4:30pm. Volunteers prepare your **simple** tax returns by appointment only. Call 216-691-7377 to schedule your appointment.

AARP SUMMER TRIPS It’s not too early to plan for summer as the AARP Chapter 5018 will be sponsoring several trips for your enjoyment. Details will follow in the March newsletter.

Cleveland Heights participates in the **SENIOR COMPANION PROGRAM** where volunteers age 55 and over provide companionship and support to homebound elderly. The program is managed by the Benjamin Rose Institute but information can be obtained through Office on Aging social workers at 216 691-7377.

Be on the lookout for **CARE** (Communities Assisting Residential Elderly), a new program to assist senior homeowners living in the communities of Cleveland Heights, Solon, South Euclid, Mayfield Heights, Mayfield Village, Lyndhurst, Highland Heights and Maple Heights. CARE will utilize the services of volunteers to complete a variety of tasks in and around the home. For membership information contact Amy at 216-691-7377.

SNOW DAY POLICY

The Senior Activity Center is closed when the CH-UH schools close due to winter weather. Please stay tuned to your local news for school closing updates.

TUTORING in the SAC COMPUTER PRACTICE ROOM is a rewarding volunteer experience. Just ask our wonderful tutors. If you have a computer question or want to learn something new, stop in during the times listed below. There is no need to call!

Richard on Wednesday 11:00am-12:00noon
Sam on Thursdays 2:00-3:00pm
Austin on Fridays 12:00-1:00pm

The SAC is open to residents age 60+ To register or for information call 216-691-7377. All activities are free unless otherwise noted. Not sure if a class is for you? Check out any activity (except computers and trips) one time, for free. Stop at the front desk for a pass. Newcomers Orientation is every Thursday at 10:30 am. **Senior ID or Field House passes are necessary to participate in SAC activities and must be renewed annually. Cost for a senior ID in 2017 is \$5. In addition, proof of residency is required to update your ID cards.**

Are you eligible for a **SILVER SNEAKERS MEMBERSHIP**? Silver Sneakers is the nation’s leading exercise program for older adults (those Medicare eligible, usually 65+). Eligibility is based on participating insurance companies. As a member, you receive a basic membership to the Community Center Field House at no cost! Call your insurance company or stop at the front desk to see if you qualify. Then be sure to swipe your card each time you come to the gym to exercise. It’s a benefit to you and your community!

February 2017
CALENDAR OF EVENTS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1	2	3
		<ul style="list-style-type: none"> • 9:00 Spanish I • 10:00 Spanish II • 10:00 Core Fusion, Eng. Country Dance • 11:00 Spanish III • 11:00-12:00 Computer Tutor • 12:00 Gentle Yoga • 12:15 Workout w/Ms. Duck • 1:00 Walking Club, Open Art • 1:00 Bereavement Support Group • 2:00 Parkinson's Group 	<ul style="list-style-type: none"> • 9:00 Pickle Ball • 10:00 Tai Chi Short • 10:30 Newcomers Orientation • 11:00 Book Discussion • 11:30 Piano Lessons by appt. • 12:00 Potluck • 12:15 Workout w/Ms. Duck • 1:00 Walking Club, Wii Bowling • 1:00 Mixed Media Drawing • 2:00-3:00 Computer Tutor • 3:00 Senior Strength Training 	<ul style="list-style-type: none"> • 9:30 Argentine Tango • 10:00 Relaxation & Meditation • 10:00 Table Tennis • 11:15 Dance 101 • 12:00 Computer Tutor • 12:45 Bridge/Pinochle • 1:00 Matinee Movie • 1:00 Stitch Together, Scrabble • 2:00 Breathe/Flow Yoga
6	7	8	9	10
<ul style="list-style-type: none"> • 9:30 Line Dancing • 10:00 Hum & Strum • 11:00 Gentle Yoga • 11:45 Intro to Hum & Strum • 12:00 Table Tennis • 1:00 Bid Whist • 1:00 Open Art • 2:00 Arthritis Exercise 	<ul style="list-style-type: none"> • 9:00 Pickle Ball • 9:00 Matter of Balance • 10:00-2:30 OSHIPP Medicare Counseling by appt. • 11:00-12:00 Computer Tutor • 11:00 Basic Drawing • 12:15 Tai Chi 2.0 • 12:45 Bridge • 1:00 Drawing & Painting • 1:00 Walking Club, Mah Jong • 2:00 Rummikub • 3:00 Senior Strength Training 	<ul style="list-style-type: none"> • 9:00 Spanish I • 10:00 Spanish II • 10:00 Core Fusion, Eng. Country Dance • 11:00 Spanish III • 11:00-12:00 Computer Tutor • 12:00 Gentle Yoga • 12:15 Workout w/Ms. Duck • 1:00 Walking Club, Wii Bowling • 1:00 Arts & Crafts Wednesdays • 2:00 Delay the Disease • 2:00 Genealogy Group 	<ul style="list-style-type: none"> • 9:00 Pickle Ball • 10:00 Tai Chi Short • 10:30 Newcomers Orientation • 11:00 Ask the Legal Expert by appt. • 11:30 Piano Lessons by appt. • 11:30 Meet, Greet & Eat • 12:15 Workout w/Ms. Duck • 1:00 Mixed Media Drawing • 1:00 Walking Club • 1:00 Hearing talk & screening • 2:00-3:00 Computer Tutor • 3:00 Senior Strength Training 	<ul style="list-style-type: none"> • 9:30 Argentine Tango • 10:00 Breakfast Bingo • 10:00 Relaxation & Meditation • 10:00 Table Tennis • 11:15 Dance 101 • 12:00 Computer Tutor • 12:45 Bridge/Pinochle • 1:00 Matinee Movie • 1:00 Color Coordinators: Adult Coloring • 1:00 Stitch Together, Scrabble • 2:00 Breathe/Flow Yoga
13	14	15	16	17
<ul style="list-style-type: none"> • 9:30 Line Dancing • 10:00 Hum & Strum • 11:00 Gentle Yoga • 11:45 Intro to Hum & Strum • 12:00 Table Tennis • 1:00 Bid Whist • 1:00 Open Art • 2:00 Arthritis Exercise • 3:00 Exploring Literature 	<ul style="list-style-type: none"> • 9:00 Pickle Ball • 9:00 Matter of Balance • 11:00 Basic Drawing • 11:00 Mad Hatter Tea Party & Valentine's Dessert Reception • 11:00-12:00 Computer Tutor • 12:15 Tai Chi 2.0 • 12:45 Bridge • 1:00 Walking Club, Mah Jong • 1:00 Drawing & Painting • 2:00 Rummikub • 3:00 Senior Strength Training • 3:00 CWRU B.P. Check 	<ul style="list-style-type: none"> • 9:00 Spanish I • 10:00 Spanish II • 10:00 Core Fusion • 10:00 English Country Dance • 11:00 Spanish III • 11:00-12:00 Computer Tutor • 12:00 Gentle Yoga • 12:15 Workout w/Ms. Duck • 12:30 AARP Tax Prep by appt. only • 1:00 Basic Estate Planning • 1:00 Walking Club, Open Art 	<ul style="list-style-type: none"> • 9:00 Pickle Ball • 10:00 Tai Chi Short • 10:30 Newcomers Orientation • 11:00 Facebook 3: Library Class • 11:30 Piano Lessons by appt. • 12:15 Workout w/Ms. Duck • 1:00 Walking Club, Wii Bowling • 1:00 Mixed Media Drawing • 1:00 AARP Board Meeting • 2:00 Walgreen's B.P. Check • 2:00-3:00 Computer Tutor • 3:00 Senior Strength Training 	<ul style="list-style-type: none"> • 9:30 COA Meeting • 9:30 Argentine Tango • 10:00 Table Tennis • 10:00 Relaxation & Meditation • 11:15 Dance 101 • 12:00 Computer Tutor • 12:45 Bridge/Pinochle • 1:00 Matinee Movie • 1:00 Stitch Together, Scrabble • 2:00 Breathe/Flow Yoga
20	21	22	23	24
CLOSED FOR PRESIDENTS' DAY	<ul style="list-style-type: none"> • 9:00 Pickle Ball • 9:00 Matter of Balance • 11:00 Basic Drawing • 11:00-12:00 Computer Tutor • 12:15 Tai Chi 2.0 • 12:45 Bridge • 1:00 Drawing & Painting • 1:00 Walking Club, Mah Jong • 2:00 Rummikub • 3:00 Senior Strength Training 	<ul style="list-style-type: none"> • 9:00 Spanish I • 10:00 Spanish II • 10:00 Core Fusion, Eng. Country Dance • 11:00 Spanish III • 11:00-12:00 Computer Tutor • 12:00 Gentle Yoga • 12:15 Workout w/Ms. Duck • 12:30 AARP Tax Prep by appt only • 1:00 Walking Club, Wii Bowling • 1:00 Arts & Crafts Wednesdays • 2:00 Delay the Disease 	<ul style="list-style-type: none"> • 9:00 Pickle Ball • 10:00 Tai Chi Short • 10:30 Newcomers Orientation • 11:30 Piano Lessons by appt. • 12:15 Workout w/Ms. Duck • 1:00 Walking Club • 1:00 Mixed Media Drawing • 1:00 AARP Meeting • 2:00-3:00 Computer Tutor • 3:00 Senior Strength Training 	<ul style="list-style-type: none"> • 9:30 Argentine Tango • 10:00 Table Tennis • 10:00 Relaxation & Meditation • 11:15 Dance 101 • 12:00 Computer Tutor • 12:00 Chili Cook-Off • 12:45 Bridge/Pinochle • 1:00 Matinee Movie • 1:00 Stitch Together, Scrabble • 2:00 Breathe/Flow Yoga
27	28	<p>The Senior Activity Center (SAC) is open to residents age 60+. To register or for information, call 216-691-7377.</p> <p style="border: 1px solid black; padding: 5px; display: inline-block;">• = REGISTRATION REQUIRED</p> <p style="text-align: right;">For van transportation to the Senior Center call: 216-691-7377</p>		
<ul style="list-style-type: none"> • 9:30 Line Dancing • 10:00 Hum & Strum • 11:00 Gentle Yoga • 11:45 Intro to Hum & Strum • 12:00 Table Tennis • 1:00 Bid Whist • 1:00 Open Art • 2:00 Arthritis Exercise 	<ul style="list-style-type: none"> • 9:00 Pickle Ball • 9:00 Matter of Balance • 11:00 Basic Drawing • 11:00-12:00 Computer Tutor • 12:15 Tai Chi 2.0 • 12:45 Bridge • 1:00 Drawing & Painting • 1:00 Walking Club, Mah Jong • 1:00 Senior Safety • 2:00 Rummikub • 3:00 Senior Strength Training 			