

# SENIOR ACTIVITY CENTER November Highlights

**PLEASE NOTE: We are closed November 7 (Election Day), November 10 (Veterans' Day), November 23 and 24 (Thanksgiving).**

**MEDICARE CHANGES 2018** Thursday, November 2, 2:00pm. AARP Council member Semanthie Brooks will inform about any changes to Medicare for the coming year.

**ARTHRITIS AND YOU** Friday, November 3, 11:00am. Healthcare students from Cleveland State University are preparing this talk as part of their course work. Attend and get the latest information in living with arthritis.

**HEIGHTS LIBRARIES TECH CLASSES** Mondays at 11:00am: on November 6 bring your questions to Ask the Tech Trainer; on November 20 technology instructors from CH-UH library will discuss windows basics with hands-on instruction on how the Windows operating system works and how to organize and maintain folders and files in the Windows environment (part one of a multi-part series). RR by 11/17.

**ASK THE LEGAL EXPERT** Thursday, November 9, 12:00 noon. Join an attorney from the law firm of Daniel P. Seink for individual appointments (scheduled in advance).

**MEMORY SCREENING** Thursday, November 9, 1:00-3:00pm. November is National Alzheimer's Awareness month. In observance, the Center 4 Brain Health is offering free memory screenings by appointment at the Senior Center. Memory screenings are NOT used to diagnose memory impairments but they are an initial step towards finding out if further medical testing might be beneficial. Memory screenings are also appropriate for individuals who want a baseline to measure memory performance in the future.

**NOVEMBER BP CHECKS** Tuesday, November 14, 3:00-4:00pm and Thursday, November 16, 2:00-3:00pm. Offered in cooperation with CWRU and Walgreens Pharmacy.

**GAMBLING: RISKS AND PREVENTION** Tuesday, November 14, 11:00am. Know the warning signs of problem gambling, learn how to prevent it and what to do if you suspect a problem.

**CLEVELAND ORCHESTRA BUS TRIP** Friday, November 17, 9:30am. Travel to Severance Hall on the Senior Center van and hear the Cleveland Orchestra perform Mozart's Linz Symphony. Concert at 11:00am preceded by a concert preview and complimentary coffee, tea and pastries. Trip fee of \$27 must be paid in advance. Sign up early as seats are limited.

**SILK SCARF WORKSHOP** Saturday, November 18, 9:30am-12:30pm. Gunther Schwegler instructs this hands-on workshop introducing participants to the medium of silk painting, creating either a silk scarf or banner. No previous art experience is required. Registration is \$25 and needs to be paid in advance.

**THANKSGIVING CENTERPIECE WORKSHOP** Tuesday, November 21, 11:00am. Join master gardener Nancy Donley in creating beautiful centerpieces for the holiday. RR by 11/17. Fee \$8.

**AARP CHAPTER #5018 Meeting** Thursday, November 30, 1:00pm followed by a presentation. Refreshments and social hour follow.

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

NOVEMBER 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.

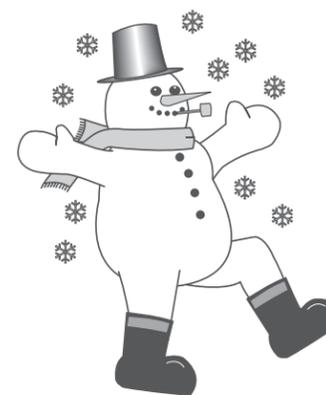
- **Legal Consultations** - By appointment.
- **Medicare Counselors** - By appointment.
- **Van Transportation to Errands & Medical Appointments** - Call 216-691-7194.
- **Social Workers**
- **Meals On Wheels**
- **Benefits** - Visit [www.benefitscheckup.org](http://www.benefitscheckup.org) or call to set up an appointment.
- **Applications** - For local, state and federal programs; Living Will Declaration; Health Care; HEAP application and Homestead Exemption Application.

## NOVEMBER IS GIVING MONTH AT THE SENIOR CENTER

Starting at the November 2 potluck and continuing throughout the month, you can bring in your donations of non-perishable food items to benefit the Heights Emergency Food Center.

## SPONSOR A NEEDY SENIOR

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



## 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.

## MEDICARE NEWS

Remember that Medicare's Open Enrollment period runs through December 7. This is your chance to make changes to your plan for 2018. Are you considering changing your Medicare provider? Do you have a question about the Part D Prescription drug benefits? Perhaps you want to see if you can lower your premium without losing any benefits. Review your options with a trained OSHIIP (Ohio Senior Health Insurance Information Program) volunteer. Call 216-691-7377 to make an appointment.



TIME FALLS BACK ON November 5. Remember to set your clocks back one hour.

# November 2017 CALENDAR OF EVENTS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>The Senior Activity Center (SAC) is open to residents age 60+.</b> <b>To register or for information, call 216-691-7377.</b></p> <p><b>For van transportation to the Senior Center call: 216-691-7377</b></p>		<p><b>1</b></p> <ul style="list-style-type: none"> <li>•10:00 Spanish II</li> <li>10:00 Core Fusion</li> <li>10:00 English Country Dance</li> <li>•11:00 Spanish III</li> <li>11:00-12:00 Computer Tutor</li> <li>12:15 Workout w/Ms. Duck</li> <li>1:00 Walking Club, Open Art</li> <li>1:30 All the World's a Stage</li> <li>2:00 Parkinson's Group</li> </ul>	<p><b>2</b></p> <ul style="list-style-type: none"> <li>• 9:00 Pickle Ball</li> <li>•10:00 Tai Chi Short</li> <li>10:30 Newcomers Orientation</li> <li>11:00 Book Discussion</li> <li>•11:30 Piano Lessons by appt.</li> <li>12:00 Potluck</li> <li>12:15 Workout w/Ms. Duck</li> <li>1:00 Walking Club, Wii Bowling</li> <li>• 1:00 Senior Strength Training,</li> <li>• 1:00 Mixed Media Drawing</li> <li>2:00 Quilting 101, Computer Tutor</li> <li>2:00 Medicare Changes 2018</li> <li>3:00 i Hablémonos!</li> </ul>	<p><b>3</b></p> <ul style="list-style-type: none"> <li>• 9:30 Argentine Tango</li> <li>10:00 Table Tennis</li> <li>10:00 Relaxation &amp; Meditation</li> <li>11:00 "Arthritis &amp; You" Talk</li> <li>•11:15 Dance 101</li> <li>•11:45 Arthritis: Move &amp; Improve</li> <li>12:00-1:00 Computer Tutor</li> <li>12:45 Bridge/Pinochle</li> <li>1:00 Matinee Movie, Walking Club</li> <li>1:00 Stitch Together, Scrabble</li> <li>• 2:00 Breathe/Flow Yoga</li> </ul>
<p><b>6</b></p> <ul style="list-style-type: none"> <li>10:00 Hum &amp; Strum</li> <li>11:00 Ask The Tech Trainer</li> <li>11:45 Intro to Hum &amp; Strum</li> <li>12:00 Table Tennis</li> <li>1:00 Bid Whist</li> <li>1:00 Walking Club</li> <li>• 2:00 Arthritis Exercise</li> </ul>	<p><b>7</b></p> <p><b>CLOSED FOR ELECTIONS</b></p> 	<p><b>8</b></p> <ul style="list-style-type: none"> <li>•10:00 Spanish II</li> <li>10:00 Core Fusion</li> <li>10:00 English Country Dance</li> <li>•11:00 Spanish III</li> <li>11:00-12:00 Computer Tutor</li> <li>12:15 Workout w/Ms. Duck</li> <li>1:00 Walking Club, Wii Bowling</li> <li>1:00 Arts &amp; Crafts Wednesdays</li> <li>1:30 All the World's a Stage</li> <li>2:00 Genealogy Group</li> <li>2:00 Delay the Disease</li> </ul>	<p><b>9</b></p> <ul style="list-style-type: none"> <li>• 9:00 Pickle Ball</li> <li>•10:00 Tai Chi Short</li> <li>10:30 Newcomers Orientation</li> <li>11:00 Ask the Legal Expert by appt.</li> <li>•11:30 Piano Lessons by appt.</li> <li>12:15 Workout w/Ms. Duck</li> <li>1:00 Walking Club</li> <li>• 1:00 Senior Strength Training</li> <li>• 1:00 Mixed Media Drawing</li> <li>1:00 Ctr. 4 Brain Health Memory Screenings by appt.</li> <li>2:00 Quilting 101, Computer Tutor</li> <li>3:00 i Hablémanos!</li> </ul>	<p><b>10</b></p> <p><b>CLOSED FOR VETERANS DAY</b></p> 
<p><b>13</b></p> <ul style="list-style-type: none"> <li>• 9:30 Line Dancing</li> <li>10:00 Hum &amp; Strum</li> <li>•11:00 Gentle Yoga</li> <li>11:45 Intro to Hum &amp; Strum</li> <li>12:00 Table Tennis</li> <li>1:00 Bid Whist</li> <li>1:00 Walking Club</li> <li>• 2:00 Arthritis Exercise</li> </ul>	<p><b>14</b></p> <ul style="list-style-type: none"> <li>• 9:00 Pickle Ball</li> <li>9:00 OSHIP Medicare Counseling by appt.</li> <li>9:30 Caring Hands Massage</li> <li>•11:00 Basic Drawing</li> <li>11:00 Gambling: Risks &amp; Prevention</li> <li>•12:15 Tai Chi 2.0</li> <li>12:45 Bridge</li> <li>• 1:00 Drawing &amp; Painting</li> <li>• 1:00 Senior Strength Training</li> <li>1:00 Walking Club, Mah Jong</li> <li>2:00 Rummikub</li> <li>3:00 BP Check w/CWRU students</li> </ul>	<p><b>15</b></p> <ul style="list-style-type: none"> <li>•10:00 Spanish II</li> <li>10:00 Core Fusion</li> <li>10:00 English Country Dance</li> <li>•11:00 Spanish III</li> <li>11:00-12:00 Computer Tutor</li> <li>•12:00 Gentle Yoga</li> <li>12:15 Workout w/Ms. Duck</li> <li>1:00 Walking Club, Wii Bowling</li> <li>1:30 All the World's a Stage</li> <li>2:00 Delay the Disease</li> </ul>	<p><b>16</b></p> <ul style="list-style-type: none"> <li>• 9:00 Pickle Ball</li> <li>•10:00 Tai Chi Short</li> <li>10:30 Newcomers Orientation</li> <li>•11:30 Piano Lessons by appt.</li> <li>12:15 Workout w/Ms. Duck</li> <li>1:00 AARP Board Meeting</li> <li>1:00 Walking Club</li> <li>• 1:00 Senior Strength Training</li> <li>• 1:00 Mixed Media Drawing</li> <li>2:00 Quilting 101</li> <li>2:00 BP Check w/Walgreen's</li> <li>2:00-3:00 Computer Tutor</li> <li>3:00 i Hablémanos!</li> </ul>	<p><b>17</b></p> <ul style="list-style-type: none"> <li>9:30 COA Meeting</li> <li>• 9:30 Cleveland Orchestra concert</li> <li>• 9:30 Argentine Tango</li> <li>10:00 Table Tennis</li> <li>10:00 Relaxation &amp; Meditation</li> <li>•11:45 Arthritis: Move &amp; Improve</li> <li>12:00-1:00 Computer Tutor</li> <li>12:45 Bridge/Pinochle</li> <li>1:00 Matinee Movie, Walking Club</li> <li>1:00 Stitch Together, Scrabble</li> <li>• 2:00 Breathe/Flow Yoga</li> </ul>
<p><b>20</b></p> <ul style="list-style-type: none"> <li>• 9:30 Line Dancing</li> <li>10:00 Hum &amp; Strum</li> <li>•11:00 Gentle Yoga</li> <li>11:00 Library Class: Windows Basics I</li> <li>11:45 Intro to Hum &amp; Strum</li> <li>12:00 Table Tennis</li> <li>1:00 Bid Whist</li> <li>1:00 Walking Club</li> </ul>	<p><b>21</b></p> <ul style="list-style-type: none"> <li>• 9:00 Pickle Ball</li> <li>9:30 Caring Hands Massage</li> <li>•11:00 Thanksgiving Centerpiece Workshop</li> <li>•12:15 Tai Chi 2.0</li> <li>12:45 Bridge</li> <li>• 1:00 Senior Strength Training</li> <li>1:00 Walking Club</li> <li>1:00 Mah Jong</li> <li>2:00 Rummikub</li> </ul>	<p><b>22</b></p> <ul style="list-style-type: none"> <li>•10:00 Spanish II</li> <li>10:00 Core Fusion</li> <li>10:00 English Country Dance</li> <li>•11:00 Spanish III</li> <li>11:00-12:00 Computer Tutor</li> <li>•12:00 Gentle Yoga</li> <li>12:15 Workout w/Ms. Duck</li> <li>1:00 Walking Club, Wii Bowling</li> <li>1:00 Arts &amp; Crafts Wednesdays</li> <li>1:30 All the World's a Stage</li> <li>2:00 Delay the Disease</li> </ul>	<p><b>23</b></p> <p><b>CLOSED</b></p> 	<p><b>24</b></p> <p><b>CLOSED FOR THANKSGIVING</b></p>
<p><b>27</b></p> <ul style="list-style-type: none"> <li>• 9:30 Line Dancing</li> <li>10:00 Hum &amp; Strum</li> <li>•11:00 Gentle Yoga</li> <li>11:45 Intro to Hum &amp; Strum</li> <li>12:00 Table Tennis</li> <li>1:00 Bid Whist</li> <li>1:00 Walking Club</li> <li>• 2:00 Arthritis Exercise</li> </ul>	<p><b>28</b></p> <ul style="list-style-type: none"> <li>• 9:00 Pickle Ball</li> <li>•12:15 Tai Chi 2.0</li> <li>12:45 Bridge</li> <li>• 1:00 Senior Strength Training</li> <li>1:00 Walking Club</li> <li>1:00 Mah Jong</li> <li>2:00 Rummikub</li> </ul>	<p><b>29</b></p> <ul style="list-style-type: none"> <li>•10:00 Spanish II</li> <li>10:00 Core Fusion</li> <li>10:00 English Country Dance</li> <li>•11:00 Spanish III</li> <li>11:00-12:00 Computer Tutor</li> <li>•12:00 Gentle Yoga</li> <li>12:15 Workout w/Ms. Duck</li> <li>1:00 Walking Club, Wii Bowling</li> <li>2:00 Delay the Disease</li> </ul>	<p><b>30</b></p> <ul style="list-style-type: none"> <li>• 9:00 Pickle Ball</li> <li>•10:00 Tai Chi Short</li> <li>10:30 Newcomers Orientation</li> <li>•11:30 Piano Lessons by appt.</li> <li>12:15 Workout w/Ms. Duck</li> <li>1:00 Walking Club</li> <li>• 1:00 Senior Strength Training</li> <li>1:00 AARP meeting</li> <li>2:00-3:00 Computer Tutor</li> <li>3:00 i Hablémanos!</li> </ul>	<p><b>= REGISTRATION REQUIRED</b></p>