

SENIOR ACTIVITY CENTER June Highlights

CHRONIC PAIN SELF-MANAGEMENT Tuesdays, June 4-July 19, 10:00am-12:30pm.
Chronic pain – pain lasting six months or more from a variety of causes – can cause you to feel irritable, tired, isolated, or helpless, and keep you from doing the things you enjoy. Researchers at Stanford University have developed this course to teach proven techniques to safely and effectively manage pain. Join this free workshop and start feeling better today! RR by 6/3.

UCI DISTANCE LEARNING PROGRAM Tuesday, June 11, 11:00am. Attend a videoconference “Japanese Art: Humble and Bold,” an introduction to Japanese art works in a variety of media with discussion of the qualities of the works and their practical uses. On June 18 at 10:00am, the group travels to the Cleveland Museum of Art to tour the special exhibit, “SHINTO: Discovery of the Divine in Japanese Art.” This exhibition is the first devoted to Shinto art – from costumes worn in dances and theatrical performances at shrines to paintings of medieval pilgrimage routes and images of kami and Buddhist deities. Fee for the lecture and trip (including transportation) is \$30 and must be paid in advance. Seating is limited, so sign up early!

MEET GREET AND EAT Thursday, June 13, 11:30am. Meet for lunch at Bomba at La Place. Sign up early as space is limited. Cost is the cost of your lunch.

ALL ABOUT ADVANCED DIRECTIVES Thursday, June 20, 2:30pm. Join the law firm of Solomon, Steiner and Peck for an informative session on everything you need to know about advanced directives.

SUMMER SOLSTICE SALAD BAR Friday June 21, 12:00 noon. Break out your two favorite salad toppings and add them to our table or pay \$5. We provide the greens.

ASK THE TECH TRAINER ABOUT YOUR DEVICE Monday, June 24, 11:00am. Bring your own device and all of your questions to this Heights Libraries technology education class. Free but RR.

THIRD FEDERAL FINANCIAL LITERACY SERIES Friday, June 28, 10:00am. The first in a series of workshops designed to increase the awareness of, and protect against, financial exploitation of older adults.

QUILT SHOW OPENING Thursday, June 27, 2:30pm. Join the members of the SAC quilting group for an exhibition of their amazing creations this year.



A big thank you to MCGREGOR HOSPICE for sponsoring the Friday movies this year and for providing special refreshments for monthly birthday celebrations held on the last Friday of each month. Celebrate your birthday and the birthdays of others at the Friday movie!

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

JUNE 2019

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.

2019 BUS TRIPS

Mark your calendars and get signed up for fabulous trips scheduled through the remainder of summer and into fall. Trips do fill up so don't delay!

- **NATIONAL COMEDY CENTER** in Jamestown, New York on Thursday July 18. Travel to western New York for a visit to the National Comedy Center followed by lunch and a cruise on Chautauqua Lake. Trip cost is \$111 paid in advance.
- **MURDER MYSTERY DINNER TRAIN** Travel to Blissfield, Michigan on Tuesday, October 1. Cost is \$100 paid in advance.
- **HOLIDAY SPECTACULAR** at the Canton Palace Theater on Saturday, November 16.

For more information call the Senior Center at 216-691-7379.

COMMUNITY SHREDDING DAY

Don't risk throwing it all away! Bring your old financial statements, receipts, invoices or other personal unwanted documents to be shredded onsite at Cleveland Heights City Hall on Saturday, June 22, 9:00am-12:00pm.



FREE JUNE EVENTS

Classes will be outside on the grassy area in front of the Senior Center but will move inside if weather does not cooperate:

Evening Tai Chi Thursday, June 11 at 6:00pm led by Lucky Harris.

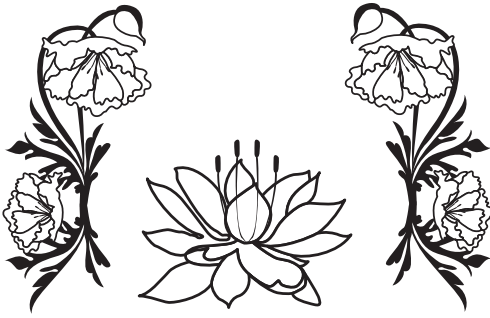
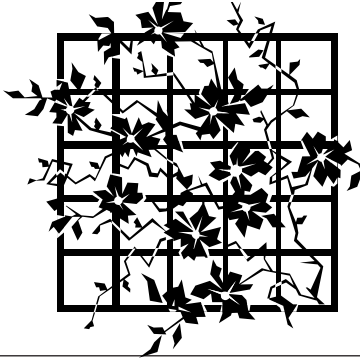
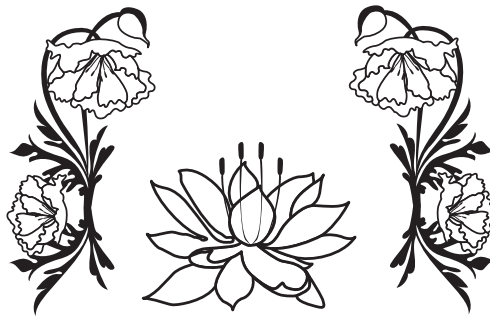
Evening Yoga Thursday, June 20 at 6:00pm. Local yoga studio, Yoga Roots, provides instruction for this basic yoga class. Wear comfortable clothes and bring a mat if you have one.

METROHEALTH MEDICARE WELLNESS FOCUS GROUP

Share your thoughts and ideas on Medicare Wellness visits with MetroHealth professionals on Wednesday, June 5 at 10:00am. Snacks and giveaways provided. RR by 6/3.

June 2019

CALENDAR OF EVENTS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<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 216-691-7377</p> <div style="border: 1px solid black; padding: 5px; text-align: center;"> <p>• = FEE REQUIRED R = REGISTRATION REQUIRED</p> </div>			
<p>03</p> <p>9:30 Line Dancing • 10:00 Hum & Strum 11:00 Chess w/Leo 12:15 Table Tennis 1:00 Art Instruction & More • 1:00 Walking Club 1:00 Bid Whist 3:00 Trivial Pursuit</p>	<p>04</p> <p>10:00-2:00 OSHIIP Medicare Counseling by appt. 10:00 Diabetes Empowerment 10:00 Chronic Pain Management (R) 11:00 Zumba Gold • 12:30 Beading Class 1:00 Walking Club 1:00 Mah Jong 1:30 Senior Strength Training • 2:00 Rummikub</p>	<p>05</p> <p>10:00 Medicare Wellness Focus Group (R) 10:00 Spanish II • 10:00 English Country Dance 10:00 Pilates Primer • 11:00 Spanish III • 11:00-12:00 Computer Tutor 11:15 Gentle Yoga • 12:15 Workout w/Ms. Duck 1:00 Walking Club 1:00 Wii Bowling</p>	<p>06</p> <p>10:00 Tai Chi Short • 10:00 Anger Management (R) 10:00 Piano Lessons by appt. • 10:30 Newcomers Orientation 11:00 Book discussion 12:00 Potluck 1:00 Walking Club 1:30 Senior Strength Training • 1:30 Quilting 101 3:00 i Hablémonos!</p>	<p>07</p> <p>9:30 Argentine Tango • 10:00 Table Tennis 10:00 Relaxation/Meditation 12:00-1:00 Computer Tutor 12:45 Bridge/Pinochle 1:00 Matinee Movie 1:00 Walking Club 1:00 Scrabble, Stitch Together 2:00 Breathe/Flow Yoga •</p>
<p>10</p> <p>9:30 Line Dancing • 10:00 Hum & Strum 11:00 Chess w/Leo 12:15 Table Tennis 1:00 Walking Club 1:00 Bid Whist 3:00 Trivial Pursuit</p>	<p>11</p> <p>10:00 Diabetes Empowerment 10:00 Chronic Pain Management (R) 11:00 Zumba Gold • 11:00 Drawing & Watercolor • 11:00 UCI Talk: Japanese Art • (R) 12:30 Beading Class 1:00 Walking Club 1:00 Mah Jong 1:30 Senior Strength Training • 2:00 Rummikub</p>	<p>12</p> <p>10:00 Spanish II • 10:00 Pilates Primer • 10:00 English Country Dance 11:00 Spanish III • 11:00-12:00 Computer Tutor 11:15 Gentle Yoga • 12:15 Workout w/Ms. Duck 1:00 Walking Club 1:00 Wii Bowling 1:00 Arts & Crafts Wednesday 2:00 Delay the Disease 2:00 Genealogy Group</p>	<p>13</p> <p>10:00 Tai Chi Short • 10:00 Anger Management (R) 10:00 Piano Lessons by appt. • 10:30 Newcomers Orientation 11:00 Ask the Legal Expert (by appt) 11:30 Meet, Greet & Eat • (R) 12:45 Mixed Media Drawing • 1:00 Walking Club 1:30 Quilting 101 1:30 Senior Strength Training • 3:00 i Hablémonos!</p>	<p>14</p> <p>9:30 Argentine Tango • 10:00 Table Tennis 10:00 Relaxation/Meditation 11:30 Healthcare Bridge BP Check 12:00-1:00 Computer Tutor 12:45 Bridge/Pinochle 1:00 Matinee Movie 1:00 Walking Club 1:00 Scrabble, Stitch Together 2:00 Breathe/Flow Yoga •</p>
<p>17</p> <p>9:30 Line Dancing • 10:00 Hum & Strum 11:00 Chess w/Leo 12:15 Table Tennis 1:00 Walking Club 1:00 Bid Whist 3:00 Trivial Pursuit</p>	<p>18</p> <p>10:00 Diabetes Empowerment 10:00 Chronic Pain Management (R) 10:00 UCI Trip: Shinto Exhibit at CMA (R) • 11:00 Zumba Gold • 11:00 Drawing & Watercolor • 12:30 Beading Class 1:00 Walking Club 1:00 Mah Jong 1:30 Senior Strength Training • 2:00 Rummikub</p>	<p>19</p> <p>10:00 Spanish II • 10:00 English Country Dance 11:00 Spanish III • 11:00-12:00 Computer Tutor 11:15 Gentle Yoga • 12:00 Intro to Fitness Equipment (R) 12:15 Workout w/Ms. Duck 1:00 Walking Club 1:00 Wii Bowling 2:00 Delay the Disease</p>	<p>20</p> <p>10:00 Tai Chi Short • 10:00 Piano Lessons by appt. • 10:30 Newcomers Orientation 1:00 Mixed Media Drawing • 1:00 Walking Club 1:00 AARP Board Meeting 1:30 Senior Strength Training • 1:30 Quilting 101 2:30 All About Advanced Directives 3:00 i Hablémonos! 6:00 WOW Summer Solstice Yoga (R)</p>	<p>21</p> <p>9:30 COA Meeting 9:30 Argentine Tango • 10:00 Relaxation/Meditation 10:00 Table Tennis 11:45 Salad Bar 12:00 Computer Tutor 12:45 Bridge/Pinochle 1:00 Matinee Movie 1:00 Walking Club 1:00 Scrabble, Stitch Together</p>
<p>24</p> <p>9:30 Line Dancing • 10:00 Hum & Strum 11:00 Chess w/Leo 11:00 Library Class: Ask the Tech Trainer 12:15 Table Tennis 1:00 Walking Club 1:00 Bid Whist 3:00 Trivial Pursuit</p>	<p>25</p> <p>10:00 Chronic Pain Management (R) 11:00 Zumba Gold • 11:00 Drawing & Watercolor • 12:30 Beading Class 1:00 Walking Club 1:00 Mah Jong 1:30 Senior Strength Training • 2:00 Rummikub</p>	<p>26</p> <p>10:00 Spanish II • 10:00 English Country Dance 11:00 Spanish III • 11:00-12:00 Computer Tutor 11:15 Gentle Yoga 12:15 Workout w/Ms. Duck 1:00 Walking Club 1:00 Wii Bowling 1:00 Arts & Crafts Wednesdays 2:00 Delay the Disease</p>	<p>27</p> <p>10:00 Tai Chi Short • 10:00 Piano Lessons by appt. • 10:30 Newcomers Orientation 12:00 AARP Picnic • 1:00 Walking Club 1:00 Mixed Media Drawing • 1:30 Senior Strength Training • 2:00 Quilt Show opening 3:00 i Hablémonos!</p>	<p>28</p> <p>9:30 Argentine Tango • 10:00 Table Tennis 10:00 Relaxation/Meditation 10:00 Third Federal: Financial Literacy Series (1) 12:00 Computer Tutor 12:45 Bridge/Pinochle 1:00 Matinee Movie: McGregor Hospice celebrates June birthdays 1:00 Walking Club 1:00 Scrabble, Stitch Together</p>