

Tri-City Senior News!

Published by the Tri-City Consortium on Aging

Lyndhurst Community Center
1341 Parkview Drive

South Euclid Community Center
1370 Victory Drive

Highland Heights Community Center
5827 Highland Road

Lynd. Off. & Trips: 440-473-5138

Main Office: 216-291-3902

Lunch & Programming: 216-650-4029

February 2010

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In March you will receive a **census form** in the mail which will consist of 10 questions. It is very important that each of us fill that form out as the information from the census is used to make decisions as to how to spend \$400 billion in federal funds to Ohio and its communities. That money is used to fund transportation, education, health care, housing and other programs. The census results determine how many seats each state has in Congress. As it is, Ohio is expected to lose at least one seat due to overall loss in the state's population. Please, take the time to fill out this information. If you have questions about the census, call our office.

In 2010, the Senior Community Services line item in the Ohio Budget that provides money to the Ohio Department of Aging and eventually helps to fund our services was cut 40% (in 2009 it was \$9,803,060 and in 2010 it was cut to \$5,934,134). This line item was funded at \$15,974,463 in 2001 and has decreased each year since. Despite the growing number of older Americans combined with those who wish to stay in their own homes, the current funding remains at risk. Consider contacting your representatives to let them know how you feel about this issue. We can help you obtain names and addresses if you need them. If you are interested in joining with peers to talk about these issues and how to be involved, contact me.

It's **tax season** again! We are happy to report that tax assistance will be available this year in each of our three cities. Preference is given to residents 60 and over although, if space allows, we will accommodate others. This is a free service, available **by appointment only and limited to simple, ordinary personal tax returns.**

Arnold D'Amico South Euclid Community Center
1370 Victory Drive
Tuesdays Only
February 2-April 13, 2010

For an appointment call 216-291-3902 weekdays from 9:00-4:30

Lyndhurst Community Center
1341 Parkview Drive
Wednesdays Only
February 3-April 15, 2010

For an appointment call 440-473-5138 weekdays from 10-3:30

Highland Heights Community Center
5827 Highland Road
Thursdays Only

For an appointment call 440-461-2440 weekdays from 8:30-4:30

Stacey O'Brien, Director
216-291-3901

obriens@tri-cityseniors.org

Volunteer News!

Many thanks to members of the **Brush High School Key Club** who have "adopted" older adults in the area who need light snow shoveling and trash can removal this winter. In addition, we are also appreciative of similar assistance we are receiving from members of **Bethany Covenant Church** as well as **Tim Desmond, Mike Schenker, and Michelle Bryce**. If you are a member of the community interested in providing this type of volunteer service, please call Corinne Dunn, Volunteer Coordinator, at 216-291-3902 as soon as possible.

We are excited to welcome the **Busy Hands Knitters** group to our list of volunteers. This group has already been busy knitting lap blankets, pet pads, warm hats, and scarves for many worthwhile organizations. The group meets at the South Euclid Community Center on Wednesdays from 1:00-2:30 p.m. If you are interested in joining this very helpful group of volunteers, please call Betty at 216-381-4814. *Please note: Donations of yarn are always appreciated.*

Are you an older adult who loves any opportunity to attend the theater? Playhouse Square is interested in **volunteer ushers** for their many presentations. For more information, please call the Volunteer Hot Line at 216-771-3971.

Finally, Tri-City Consortium on Aging is delighted to announce the names of a number of new volunteers who have recently begun some interesting jobs at one or more of our three community centers or out in the community. These include: **Peggy Anzo, Lawrence Baker, Barbara Fatica, Alvira Green, Florence Horwitz, Phillip Iannarelli, Pat Jacobson, Betty Kovacs, Nancy Lewis, Elly Matisoff, and Sandra Wager**. Stay tuned for more names as we continue to find the best fits for many special individuals!

We Apologize

Lunch menu not available at time of printing. Please check with our office.

Tri-City services are funded and supported by the cities of South Euclid, Lyndhurst and Highland Heights, Title III funds from the Older Americans Act, through the Ohio Department on Aging and the Western Reserve Area Agency on Aging and many volunteers. All services are provided without regard to race, national origin or handicap. Donations for services are suggested and appreciated.

www.tri-cityseniors.org

February Events Calendar

SCHEDULED ACTIVITIES AT THE LUNCHEON SITES • Come for lunch and/or join us for the social programs.

At Lyndhurst (L) Lyndhurst Community Center 216-650-4029		At South Euclid (SE) Arnold D'Amico South Euclid Community Center 216-650-4029		At Highland Hts. (HH) Highland Hts. Community Ctr. 216-650-4029	
<i>Monday</i>		<i>Tuesday</i>		<i>Wednesday</i>	
Events at Lyndhurst Community Center		Events at S. Euclid Community Center		Events at Highland Hts Com. Ctr.	
9:00 Mah Jong 10:00 Stamp Collecting 10:30 Tai Chi - Fee 11:00 Library 11:45 Lunch 12:30 Bridge 1:00 Qi Gong for Balance – Fee	1 10:30 Arthritis Exercise \$2 11:00 Library 11:45 Lunch 12:30 Blood Pressure Testing 12:30 Pinochle 12:30 Scrabble	10:30 Senior Exercise \$2 11:00 News and Your Views 11:00 Library 11:45 Lunch 12:30 Bridge and Euchre 12:30 Sculpting 1:00 Busy Hands Knitters	10:00 Open Art Studio 10:30 Senior Exercise \$2 11:00 Library 11:45 Lunch 1:00 Tri-City Recycles! 1:30 NO CWRU Class today	9:30 Woodcarving 10:30 Arthritis Exercise \$2 11:45 Lunch 12:15-3:00 Bridge and Cards 12:30 Wii Bowling League \$1	5
9:00 Mah Jong 10:00 Stamp Collecting 10:30 Tai Chi - Fee 11:00 Library 11:45 Lunch 12:00 Outreach Connection 12:30 Bridge 1:00 Qi Gong for Balance – Fee	8 10:30 Arthritis Exercise \$2 11:00 Library 11:45 Lunch 12:30 Pinochle 12:30 Scrabble	10:30 Senior Exercise \$2 11:00 News and Your Views 11:00 Library 11:45 Lunch 12:30 Poetry Workshop with Jim Lawless 11:45 Blood Pressure Testing 12:30 Bridge and Euchre 12:30 Sculpting 1:00 Busy Hands Knitters	10:00 Open Art Studio 10:00 Chicken Soup Group 10:30 Senior Exercise \$2 11:00 Library 11:45 Lunch 1:00 Tri-City Recycles! 12:15 – 1:00 Reader's Theatre 1:30 NO CWRU Class today	9-11 Foot Clinic \$20 9:30 Woodcarving 10:30 Arthritis Exercise \$2 11:45 Lunch 12:15-3:00 Bridge and Cards 12:30 Wii Bowling League \$1	12
Center Closed in observance of President's Day	15 10:30 Arthritis Exercise \$2 11:00 Library 11:45 Lunch 12:30 Pinochle 12:30 Scrabble 12:30 "Estate Planning" with Marc Stolarsky	10:00 Low-Vision Support Group 10:30 Senior Exercise \$2 11:00 News and Your Views 11:00 Library 11:45 Lunch 12:00 Outreach Connection 12:30 Bridge and Euchre 12:30 Sculpting 1:00 Busy Hands Knitters	10:00 Open Art Studio 10:30 Senior Exercise \$2 11:00 Library 11:45 Lunch 12:15 – 1:00 Reader's Theatre 1:00 Tri-City Recycles! 1:30 CWRU Class "A History of the American Musical Theatre" - Fee	9:30 Woodcarving 10:30- 11:15 Zumba Gold - Fee 11:45 Lunch 12:00 Outreach Connection 12:15-3:00 Bridge and Cards 12:30 Wii Bowling League \$1	19
9:00 Mah Jong 10:30 Tai Chi - Fee 11:00 Library 11:45 Lunch 12:30 "Women and Heart Disease" with Dr. Pina 12:30 Bridge 1:00 Qi Gong for Balance – Fee	22 9:30 Foot Clinic \$20 10:30 Arthritis Exercise \$2 11:00 Library 11:45 Café Lunch \$3 12:30 Pinochle 12:30 Scrabble	10:30 Senior Exercise \$2 11:00 News and Your Views 11:00 Library 11:45 Lunch 12:30 Book Club <u>Death Ride at Euclid Beach</u> by John Stark Bellamy II 12:30 Bridge and Euchre 12:00 Sculpting 1:00 Busy Hands Knitters	10:00 Open Art Studio 10:30 Senior Exercise \$2 11:00 Library 11:45 Lunch 12:15 – 1:00 Reader's Theatre 12:30 "Spinal Stenosis" with Dr. Hart 1:00 Tri-City Recycles! 1:30 CWRU Class "A History of the American Musical Theatre" - Fee	9:30 Woodcarving 10:30- 11:15 Zumba Gold - Fee 11:45 Lunch 12:15-3:00 Bridge and Cards 12:30 Wii Bowling League \$1	26
	23	24	25		

**LUNCHEON SERVED AT 11:45 AM MENU AVAILABLE AT ALL LUNCH SITES AND AT WWW.TRI-CITYSENIORS.ORG
IMPORTANT NEWS ABOUT LUNCH RESERVATIONS!**

Please call or make your lunch reservations no later than Wednesday at 5:00 PM, for the following week. Lunch reservations can be made in person or by calling or leaving a message at 216-650-4029. THANK YOU!

Alternative dessert or buttermilk available by reservation. Suggested lunch donation: \$1.50. Call 216-650-4029 for more information

The lunch meal is served at 11:45 and according to the following schedule:

Mondays and Tuesdays – Lyndhurst Community Center • Wednesdays and Thursdays – South Euclid Community Center • Fridays – Highland Heights Community Center

FEBRUARY HIGHLIGHTS

All classes and programs open to the public. See description for details and pricing information.

Location Keys: Lyndhurst = LCC, South Euclid = SECC and Highland Heights = HHCC

Call 216-650-4029 to register for all programs.

Join Tri-City participant Rosie Schenk for a “Reader’s Theatre” get-together at SECC. The group will meet for one hour a week for five weeks, beginning Thursday, February 11 at 12:30. We’ll learn the parts of “**Shall We Join the Ladies**” directly from a script, and then we’ll perform the play for an interactive audience in March! FREE

Jim Lawless’ Poetry Workshop continues! Join us every second Wednesday at SECC at 12:30. February’s Workshop takes place on Wednesday, February 10. FREE

Zumba Gold is a popular form of exercise that infuses Latin rhythms with easy-to-follow moves designed specifically for the older adult or beginner. **Sign up now for the first Zumba Gold session that will take place every Friday from 10:30-11:15 at HHCC beginning February 19th!** Cost for the six-week session is \$30, payable in advance to Tri-City Consortium on Aging.

Flo Smith’s Watercolor Workshop returns for a third session beginning in March! The four-week session begins Thursday, March 18 from 11:45 – 2:45 PM at SECC. We must have a minimum of 12 registered and paid participants in order for the class to take place; cost is only \$28 for the four weeks. Brush up on your watercolor skills or learn some new techniques!

February’s Book Club will discuss Death Ride at Euclid Beach by John Stark Bellamy II. Join us for “true tales of crime & disaster from Cleveland’s past” on Wednesday, February 24 at SECC at 12:30. FREE

In the theme of the popular book series Chicken Soup for the Soul we’ll share our favorite inspirational stories and motivate each other with them. You don’t need to be familiar with the books as we’ll offer some readings and extra copies. Come to listen and discuss others’ favorites as well. We’ll meet once a month for three months; the first meeting will be held Thursday, February 11 at 10:00 at SECC. Please contact Elizabeth Mason at 216-291-3902 to find out more about the program or to register. FREE

Family Law and Estate Planning are important topics and local resident and attorney Marc Stolarsky has studied the laws as well as pros and cons that are helpful to know. Join us for a three-part lecture series:

- Tuesday, February 16 at LCC: “Estate Planning” at 12:30
- Monday, March 22 at LCC: “Family Law” at 12:30
- Thursday, April 8 at SECC: “Pet Trusts” at 12:30

All lectures are FREE and open to the public

HEALTHY AGING LECTURES AND SCREENINGS

- “Women and Heart Disease” with Dr. Ileana Pina: Monday, February 22 at LCC at 12:30
- “Spinal Stenosis” with Dr. David Hart: Thursday, February 25 at SECC at 12:30
- “Healthy Teeth” presentation with Tom Strong: Tuesday, March 23 at LCC at 12:30
- Glaucoma Screenings by Cleveland Sight Center: Wednesday, March 31 at SECC beginning at 12:30

HEALTH NOTES!

Please call 216-650-4029 for more information

FOOT CLINIC DATES - \$20 -

APPOINTMENT REQUIRED - CALL 216-650-4029

Highland Heights: Friday, February 12 beginning at 9:00 AM

South Euclid: There will be NO FOOT CLINIC at SECC in February. Check back in March!

Lyndhurst: Tuesday, February 23 beginning at 9:30 AM

BLOOD PRESSURE TESTING - FREE - DROP-IN

Lyndhurst: Tuesday, February 2 from 12:30 – 2:00

South Euclid: Wednesday, February 10 from 11:45 – 1:00

Highland Heights: Friday, February 19 from 11:45 – 1:00

Tri-City Trips — 2010

Reservations for these trips may be made in person only by Tri-City residents on February 3rd at the Lyndhurst Community Center (opens 9:00 a.m.) Phone reservations may be made February 4th. Non-residents may phone February 8th. **NEW OFFICE HOURS: 9 am - 3:30 pm Monday through Friday.**

Signup for the one-day trips usually starts the first Wednesday of the preceding month. Longer trips are advertised at least two months in advance. For additional information or to register, call our Lyndhurst Office at 440-473-5138. Please note that all prices are subject to change. Our tours are planned for physically active adults 55 and over.

JIMMY DORSEY ORCHESTRA CROATIAN LODGE Thursday, March 18, 2010

The Jimmy Dorsey Orchestra is in demand all over the world. Bill Tole, the leader has continued to bring joy to the young and “young at heart” as they enjoy the sounds of Jimmy and Tommy Dorsey, with such hits as: “I’ll Never Smile Again,” “In The Mood,” “I’m Getting Sentimental Over You,” “Tangerine,” “There Are Such Things,” “Dream,” “Boogie Woogie,” “Star Dust,” and “So Rare.” A dance floor will be available. Cost includes roundtrip motor coach transportation, lunch, all taxes and gratuities.

TRIP RATING 1

COST: \$61.50 per person

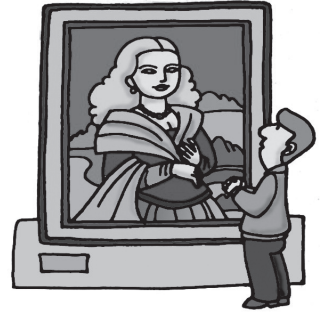
DEPART: 11:45 AM from the Rae Road Parking Lot

RETURN: Approximately 3:30 PM Rae Road Parking Lot



CHIHULY IN COLUMBUS Columbus, Ohio Thursday, March 25, 2010

Two fabulous exhibitions of Dale Chihuly’s glass artwork at Columbus Museum of Art and the Franklin Park Conservatory will make a lasting impression on all who view them. His vibrant work, consisting of 3,000 pieces of stunning blown glass, has been placed throughout the Conservatory. It is the largest collection owned by a botanical garden. *Chihuly Illuminated* at the Columbus Museum of Art features sculptures, installations and two-dimensional glass that challenge convention with a feast of bold color, dramatic forms, and extraordinary composition. Our mid-day lunch will be in German Village at Schmidt’s featuring an authentic German menu.



The cost includes travel by deluxe motor coach, two exhibitions, lunch at Schmidt’s Restaurant, and all taxes and gratuities.

TRIP RATING 1

COST: \$67.00 per person

DEPART: 8:00 AM

RETURN: Approximately 8:00 PM at the Rae Road Parking Lot

Please notice a new “**key**” to help you decide what to expect in terms of standing, walking and other activity. You will see a “rating” next to each trip that is advertised.

1 Mild – walking on mostly even surfaces up to 2 blocks, limited steps, some standing with intermittent seating.

2 Moderate – up to ¼ mile walking at one time with stairs and slight changes in surface level. Standing and/or walking may be required for up to one hour. For those with limited mobility, it is recommended they bring a paid caregiver capable of and responsible for providing necessary assistance throughout the trip.

3 Strenuous – long periods of walking over ¼ mile and up to 1 mile at a time with stairs and changes in surface level. Standing may occur for long periods. Recommended only for those in good physical condition.

TRANSPORTATION VAN SCHEDULE FOR SHOPPING FOR RESERVATIONS CALL 1-800-983-4782. DONATIONS ACCEPTED.

GROCERY:	L & HH-	Tuesdays, February 2 & 16 to Giant Eagle Wednesdays, February 3 & 17 to Zagara’s Thursdays, February 4 & 18 to Marc’s
	SE-	Tuesdays, February 9 & 23 to Giant Eagle Wednesdays, February 10 & 24 to Heinen’s Thursdays, February 11 & 25 to Marc’s

TRANSPORTATION VAN SCHEDULE for medical appointments MONDAY through FRIDAY call 1-800-983-4782. Charges of \$5.00 each way apply.

COMMISSION MEETINGS:

TRI-CITY COMMISSION ON AGING: Friday, February 5, 1:00 P.M. at the Lyndhurst Community Center

HIGHLAND HEIGHTS COMMISSION ON AGING: Monday, February 8, 9:00 A.M. at the Highland Heights City Hall