



# 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

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Our new **Tri-City Consortium on Aging brochure** has arrived and now will be available in our offices and on our website by the time you are reading this. We are excited to have this new tool to advertise our programs and services within the community.

The **Senior Farmers' Market Nutrition Program** began June 1 and the initial applications were taken through June 12. We reached our allotted coupons and waiting list slots quickly and can take no additional applications. The program, offered to income-eligible individuals, provides \$50 in coupons to purchase fresh, locally grown produce, herbs and honey. This is the third year Tri-City has been a distribution site. As in years past, we will host Mobile Markets in each of the three cities. Please watch for signs on our bulletin boards or call the office for information on Mobile Markets.

Our **Café Lunch** will be held, for the first time, in Highland Heights this month on July 24. We hope to see all of our diners there this month!

**AARP** will be offering the **Drivers Safety Course** this year at Lyndhurst Community Center on July 21 from 10:00-2:45 with Dr. Kamionkowski as our trainer. If you've not yet registered for that, please do so, as space is limited. You may contact 216-650-4029 for questions or to register.

The next (and third) session of the **EnVision II program** begins Thursday July 9th. This class, in collaboration with the Cleveland Sight Center and Villa Serena, offers independent-living skills training to those who have low vision. The program has been met with much enthusiasm by the graduates who describe the experience as informative, highly valuable and offers increased knowledge about living with vision impairment. The class meets twice a week for seven weeks. For information or to register, contact 216-291-3902 and ask to speak with an Outreach worker.

Don't forget our **refreshing water exercise** classes that meet Tuesdays and Thursdays at 12:30 at the Bexley pool which is located in Bexley park which is located off Wrenford Rd. in South Euclid. Registration information can be obtained by calling the South Euclid Community Center at 216-291-0771.

**Stacey O'Brien, Director**  
216-291-3901  
obriens@tri-cityseniors.org

## Volunteer News!

**Needed: Contractors with a heart!** Tri-City Consortium is looking for contractors who are willing to donate some of their time and skills to help one (or more) economically-disadvantaged senior adults in the community with various home repairs. Your donation of time and skills can be claimed as a tax deduction. For more information, call Larry Novikoff at 216-291-3902.

Special thanks to staff members of the **South Euclid Branch of Key Bank** who recently completed spring yard cleanups as part of the bank's "Neighbors Make a Difference Day." Their hard work was truly appreciated by area residents. If you represent an area business or organization which would also like to volunteer your help to assist older adults in a variety of ways, please call Corinne Dunn, Volunteer Coordinator, at 216-291-3902.

Welcome to new volunteers, **Sandra Malevan** and **Stuart Woldman**, who are escorting one-day bus trips for older adults. We are excited to include on our volunteer roster **Mary Beth DiVito** and **Julie Grida**, both of whom will be serving our monthly café lunches. (Mary Beth is also looking forward to becoming a friendly visitor to a homebound individual in the near future.) In addition, **Earl Graham** is now our official "librarian" during the daily lunch program, and **Marcy Gray** and **Kathy Isabella** have been helping in any way we need them! Thanks again to all of our volunteers.

## INDIVIDUALS (AGE 60+)

### Do You Need Volunteer Help?

- Personal Computer Skills • Errands • Raking
- Minor Repairs • Weeding/Watering of Gardens
- Exterior Touch-up Painting
- Newspaper/Mail Pick-up
- DTV Box Conversion

If you would like to arrange for one of these volunteer services, please call **Corinne Dunn**, Volunteer Coordinator, 216-291-3902, to set up an appointment to discuss your needs.

## Ask Outreach...

**Q:** My Mom recently lost her husband (my Dad) and she is having a difficult time adjusting. Do you have any suggestions on what we can do to help her?

**A:** Generally, Outreach can connect people to a grief support group in the area, or can help with some brief counseling. Please call (216) 291-3904 and ask to speak to an Outreach worker.

# July 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 11:00 Library 11:45 <b>Orange Glazed Chicken</b> 12:15 Outreach Connection 12:30 Bridge 1:00 Qi Gong for Balance – call for fees	10:30 Arthritis Exercise \$2 11:45 <b>Veal Outlet</b> 12:30 Pinocchio 12:30 Scrabble 12:30 – 2:00 Blood Pressure Testing	9:00 “How to Purchase a Computer” Class at Microcenter 10:30 Senior Exercise \$2 11:00 News and Your Views 11:00 Library 11:45 <b>BBQ Rib Paty</b> 11:45 – 1:00 Blood Pressure Testing 12:30 Bridge 12:30 Sculpting	10:30 Senior Exercise \$2 11:00 News and Your Views 11:00 Library 11:45 <b>Meat Lasagna</b> 12:15 Outreach Connection 12:30 Bridge 12:30 Sculpting	10:00 Foot Clinic \$20 10:30 Open Art Studio \$1 10:30 Senior Exercise \$2 11:45 <b>Mushroom Steak</b> 12:30 Line Dancing – call for fees	9:11 Foot Clinic \$20 9:30 Woodcarving 10:30 Arthritis Exercise \$2 11:45 <b>Chicken Salad</b> 12:15-3:00 Bridge and Cards 12:30 Wii Bowling for fun \$1
9:00 Mah Jong 10:30 Tai Chi 11:00 Library 11:45 <b>Cheese Burger</b> 12:30 Bridge 1:00 Qi Gong for Balance – call for fees 4:00 Film Club at Cedar Lee Theatre – ticket prices vary	10:30 Arthritis Exercise \$2 11:00 Library 11:45 <b>Turkey Fritter</b> 12:30 Pinocchio 12:30 Scrabble 12:30 Wii Golf or Tennis	10:30 Low-Vision Support Group 10:30 Senior Exercise \$2 11:00 News and Your Views 11:00 Library 11:45 <b>Spaghetti and Meatballs</b> 12:30 Bridge 12:30 Sculpting	10:30 Senior Exercise \$2 11:00 News and Your Views 11:00 Library 11:45 <b>Sliced Turkey</b> 12:30 Bridge 12:30 Sculpting	9:00 <b>VNA Health Analysis</b> – call for appt. 10:00 Open Art Studio \$1 10:30 Senior Exercise \$2 11:45 <b>Country Fried Steak</b> 12:30 Line Dancing – call for fees	9:30 “Healthy Aging” with Dr. Rosenfield FREE – RSV/P required 9:30 Woodcarving 10:30 Arthritis Exercise \$2 12:15 Outreach Connection 11:45 – 1:00 Blood Pressure Testing 11:45 <b>Breaded Chicken Filet</b> 12:15-3:00 Bridge and Cards 12:30 Wii Bowling for fun \$1
9:00 Mah Jong 10:30 Tai Chi 11:00 Library 11:45 <b>Breaded Fish</b> 12:30 Bridge 1:00 Qi Gong for Balance – call for fees	10:30 Arthritis Exercise \$2 10:30 – 11:45 <b>AARP Driver’s Safety Course</b> 11:00 Library 11:45 <b>Roast Beef and gravy</b> 12:30 – 2:45 <b>AARP Driver’s Safety Course</b> 12:30 Pinocchio 12:30 Scrabble	9:30 <b>Watercolor Workshop</b> with Flo Smith – class 1 – \$20/4 classes 10:30 Senior Exercise \$2 11:45 <b>BBQ Chicken</b> 12:30 Line Dancing – call for fees	9:30 <b>Watercolor Workshop</b> with Flo Smith – class 2 – \$20/4 classes 10:30 Senior Exercise \$2 11:45 <b>Baked Chicken Filet</b> 12:30 Line Dancing – call for fees	9:30 “Woodcarving FREE – RSV/P required 10:30 Arthritis Exercise \$2 11:45 <b>Cafe Lunch \$3</b> Entertainment by Frank Cardone 12:15-3:00 Bridge and Cards 12:30 Wii Bowling for fun \$1	9:30 Woodcarving 10:30 Arthritis Exercise \$2 11:45 <b>Rigatoni and Meat Sauce</b> 12:15-3:00 Bridge and Cards 12:30 Wii Bowling for fun \$1
9:00 Mah Jong 10:30 Tai Chi 11:00 Library 11:45 <b>Pork Outlet</b> 12:15 Bridge 1:00 Qi Gong for Balance – call for fees	9:15 Foot Clinic \$20 10:30 Arthritis Exercise \$2 11:00 Library 11:45 <b>Tuna Salad</b> 12:30 Pinocchio 12:30 Scrabble	10:30 Senior Exercise \$2 11:00 News and Your Views 11:00 Library 11:45 <b>Stuffed Peppers</b> 12:15 <b>RTA Updates</b> with Erica Arnold 12:30 Book Club – <u>The Glass Castle</u> by Jeanette Walls 12:30 Bridge 12:30 Sculpting	9:30 <b>Watercolor Workshop</b> with Flo Smith – class 2 – \$20/4 classes 10:30 Senior Exercise \$2 11:45 <b>Baked Chicken Filet</b> 12:30 Line Dancing – call for fees		

**LUNCHEON SERVED AT 11:45 AM MENU AVAILABLE AT ALL LUNCH SITES AND AT [WWW.TRI-CITYSENIORS.ORG](http://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: \$1.00. 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**

## JULY HIGHLIGHTS

**All programs are open to the public! See description for fee information and details.**

The **Watercolor Workshop** with Flo Smith will be held July 23, July 30, August 6 and August 13 from 9-11 AM at South Euclid Community Center. Fee for the four-week class is only \$20!! Reserve your spot and get additional information by calling 216-650-4029. A special thanks to Prizm Art Supply in the Greens of Lyndhurst for agreeing to offer registered and paid participants a 10% discount on any supplies needed for this class!



The **AARP driver's safety** class is back! The course, taught by Dr. Mario Kamionkowski, has been updated to include only ONE 4-hour session, which will be held Tuesday, July 21, 2009 at Lyndhurst Community Center. The class will begin at 10:00 and end at 2:45 (includes a break for lunch). AARP members can register for the course for \$12 with your membership card; non-members pay only \$14. Class is limited to 30 so call 216-650-4029 for more information or to sign up today!

Thinking about purchasing a computer but don't know the first step? Are you overwhelmed by the many kinds of computers and different options available? Our friends at Microcenter in East Gate Shopping Center are offering Tri-City participants a **FREE** class that will help you figure it all out! The class will be held at Microcenter on Wednesday, July 8 at 9:00, but please give us a call at 216-650-4029 to RSVP for the class first.

Come to South Euclid Community Center on Wednesday, July 29 at 12:15 to hear about changes and **updates to RTA**, by Erica Arnold. Call 216-650-4029 to RSVP.



Join Leader-Teacher Sol Factor once again for Case Western Reserve University's Continuing Education class at South Euclid Community Center, Thursdays beginning Thursday, Sept. 17 from 1:30 – 3:00 PM. The 8-week course on "The History of the American Musical Theatre" is \$60. Call 216-650-4029 for reservations and other details such as textbook and payment information.



Café Lunch at Highland Heights Community Center! Friday, July 24 at 11:45.

**Entertainment by Frank Cardone.** Menu to be announced, \$3. Call 216-650-4029 to make your reservations!

A very special thank you to the following businesses that have provided donations or sponsorships to Tri-City in the past few months:

- Buffalo Wild Wings of Lyndhurst
- Amy Joy Donuts of Lyndhurst
- Five Guys Burgers and Fries
- Euclid Beach Popcorn/Humphrey Popcorn
- Panera Bread • Marlene's Bakery Supply

### Healthy Aging Lectures

Friday, July 17: "**Healthy Aging**" with Dr. Allan Rosenfield

Friday, August 14: "**Healthy Feet**" with Dr. Kelly Whaley

All Healthy Aging lectures are **FREE** and open to the public! Light refreshments are served but RSVP is required by calling 216-650-4029.

## HEALTH NOTES!

Please call 216-650-4029 for an appointment.

### FOOT CLINIC DATES - \$20

South Euclid: Thursday, July 9, 2009, beginning at 10:00 AM  
Highland Heights: Friday, July 10, 2009, beginning at 9:00 AM  
Lyndhurst: Tuesday, July 28, 2009, beginning at 9:15 AM

### BLOOD PRESSURE TESTING - FREE

Tuesday, July 7 at Lyndhurst from 12:30 – 2:00  
Wednesday, July 8 at South Euclid from 11:45- 1:00  
Friday, July 17 at Highland Heights from 11:45 – 1:00

### VNA Health Analysis – Thursday, July 16 at South Euclid

Appointments are from 9-12 AM and include body composition analysis, blood pressure, pulse, cholesterol and blood sugar tests. Call 216-650-4029 for information and to register! \$5.00 suggested donation.

# Tri-City Trips — 2009

Reservations for these trips may be made in person only by Tri-City residents on July 1st at the Lyndhurst Community Center (opens 9:00 a.m.) Phone reservations may be made July 2nd. Non-residents may phone July 6th.

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.

## MEET YOU AT THE MEDINA COUNTY FAIR Thursday, August 6, 2009

Experience your youth again at the Medina County Fair, one of Ohio's oldest and largest county fairs. The Medina County Fair has been a family tradition for 164 years. It proudly emphasizes the preservation of Medina County's agricultural heritage and family traditions. Since 1845, it has grown to become one of the top fairs in the state. Massive improvements have been made in the last ten years, including the fair building #22, which houses crafts, art, photography and home exhibits. A stop at a farm market will be included in this tour. The cost includes entrance fee, deluxe motorcoach, all taxes and gratuities.

**COST: \$27.00 per person**  
**DEPART: 10:00 AM Rae Road Parking Lot**  
**RETURN: APPROX. 5:00 PM**

## CHAUTAUQUA, NEW YORK AREA Wednesday–Thursday, September 9–10, 2009

Start Autumn with an exciting, colorful, trip to Lake Chautauqua. We'll stay at Webb's Resort, right across the street from The Lake. Take an afternoon cruise on The Chautauqua Belle, the Lake's largest vessel. Experience what a steamboat adventure is really about. Visit The Lucy and Desi Museum and have lunch and see a show at Desi's Tropicanna Night Club. You'll enjoy an exclusive "Eat Like Lucy" choice. Tour and shop at The Chautauqua Institution. Toast your bus mate's at The Johnson Estate Winery. This is the oldest estate winery on Lake Erie. Watch a glorious sunset as you dine at Zebro's Harbor House, also on Lake Erie. There will be a Mystery Stop for a CHOCOLATE surprise. Cost includes: Deluxe Motor Coach transportation, three meals, steamboat ride, one night's lodging, Lucy and Desi Museum and Tropicanna Night Club, admission to Chautauqua Institution and a Chocolate

surprise. A \$100.00 deposit is due before July 31, 2009. The rest is due before August 17, 2009.

**COST: Single \$224, Double \$202, Triple \$195**  
**DEPART: 7:30 AM**  
**RETURN: APPROX. 7:15 PM**

## WASHINGTON DC & MONTICELLO Monday–Thursday, October 5–8, 2009

Washington is a special place in our Nation and 2009 is a special year, the 200th birthday of our 16th President, Abraham Lincoln. His memorial will be part of our tour of the capital area.

- Here are some of the attractions that we will visit:
- Thomas Jefferson's impressive estate – Monticello and its new Welcome Center
  - Lunch at historic Michie's Tavern circa 1784, dinner at Phillips Waterfront
  - Driving tour of illuminated monuments and a daytime 4-hour tour.
  - Dinner at the Lazy Susan Dinner Theatre
  - One-half day at the Smithsonian Museums, the Memorial Park at the Pentagon
  - Newly opened - Capitol Visitor Center.

A descriptive flyer is available in the Lyndhurst office.

The tour cost includes 7 meals, entrance fees, dinner theatre, 3 nights accommodations at Comfort Inns, transportation by deluxe motorcoach, all taxes and gratuities. With final payment, bus seat selection can be made.

**COST: Single \$715, Double \$515, Triple \$485**  
**PAYMENT OPTIONS: Pay in full or deposit of \$100 by July 31, 2009**  
**Balance by Friday, August 28, 2009**

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

<b>GROCERY:</b>	<b>SE–</b>	Tuesdays, July 14 & 28 to <b>Giant Eagle</b> Wednesdays, July 1, 15, & 29 to <b>Heinen's</b> Thursdays, July 2, 16 & 30 to <b>Marc's</b>
	<b>L &amp; HH–</b>	Tuesdays, July 7 & 21 to <b>Giant Eagle – Legacy</b> Wednesdays, July 8 & 22 to <b>Zagara's</b> Thursdays, July 9 & 23 to <b>Marc's</b>

### TRANSPORTATION VAN SCHEDULE for medical appointments MONDAY through FRIDAY call 1-800-983-4782

#### COMMISSION MEETINGS:

SOUTH EUCLID COMMISSION ON AGING : Monday, July 27, 1:30 P.M. at the Arnold D'Amico South Euclid Community Center  
HIGHLAND HEIGHTS COMMISSION ON AGING: Monday, July 20, 9:00 A.M. at the Highland Heights City Hall