

MEET GREET AND EAT is every 3rd Thursday of the month, usually over lunch. **May's Meet, Greet, and Eat, however, is over BREAKFAST.** On **Thursday, May 18 at 10:00 am**, please join us at Yours Truly (25300 Chagrin Blvd, Beachwood, OH 44122). **Participants are responsible for the cost of their meal and transportation to and from the restaurant—ADVANCE REGISTRATION REQUIRED.**

TECH OUTREACH PROGRAMS WITH LEE ROAD LIBRARY

Monday, May 1, 10:30 am–12:30 pm

Internet Safety & Security: Worried about Internet safety and security issues? Wonder what are the best practices for the web? This class discusses “beyond the basics” strategies for staying safe online, and protecting your privacy on a computer or mobile device.

Monday, May 15, 10:30 am–12:30 pm

How to Spot Fake News: The Internet and Social Media sites are filled with links to incorrect, inaccurate, and often harmful false reporting. Learn more about why they exist and ways to spot these fake stories in this tech talk.



If you or someone you know has diabetes or pre-diabetes, join Fairhill Partners' staff in a 6-week **Active Living with Diabetes In-Person Workshop**. You'll get the support you need, find practical ways to deal with blood sugar control, pain, and fatigue, discover better nutrition and exercise choices, understand new treatment choices, and learn better ways to talk with your doctor and family about your health. You'll receive a Living a *Healthy Life with Chronic Conditions* book, an exercise CD, and My Diabetes Plate Refrigerator Magnet. Weekly 2 1/2-hour sessions with trained leaders and fellow participants will enhance your experience and learning. **Sessions will be held on Wednesdays, May 31–July 5, from 10:00 am–12:30 pm. Dates are subject to change based on enrollment. ADVANCE REGISTRATION REQUIRED.**

AARP CORNER. AARP Cleveland Heights Chapter 5018 has resumed monthly meetings at the Senior Activity Center. **General meetings take place on the last Thursday of the month at 1:00 pm (unless otherwise noted).** The Chapter is looking forward to seeing everyone in person and continuing the its activities in 2023 and beyond. **Next Meeting—Thursday, May 18.** For more information, please contact President Wanda Owens at aarpchapter5018@gmail.com.

MATINEE MOVIE We hope you can pop in **the last Friday of every month at 1:00 pm. Join us Friday, May 26**, for this month's feature, ***Mother and Child*** (2009), starring Kerry Washington, Annette Bening, and Naomi Watts. The lives of three women have a commonality: adoption. Karen (Annette Bening) is a physical therapist who regrets that, as a teenager, she gave up her daughter for adoption. Elizabeth (Naomi Watts) was an adopted child and is now a successful lawyer, but her personal life lacks warmth. Lucy (Kerry Washington) and her husband have failed to conceive and now hope to adopt a baby to make their family complete. **ADVANCE REGISTRATION REQUIRED.**

The 2023 MIND CHALLENGE TRIVIA TOURNAMENT will be May 8–June 14. Teams of 4 minimum to 6 maximum compete against other teams from cities across Northeast Ohio and features monetary prizes for those senior centers that sponsor winning teams. The Mind Challenge for the New Majority offers mental stimulation, social interaction, and a bit of wholesome, fun competition. Our Center's players were 4th place winners in 2020 and 3rd place winners in 2022. Come join the fun! To participate at no cost, call (216) 691-7379. **ADVANCE REGISTRATION IS REQUIRED.**

HAVE FUN—DO GOOD The Cleveland Heights Meals on Wheels program needs volunteers who want to join this fun group serving homebound seniors. Volunteers pack the prepared food at the Fairmount Presbyterian Church kitchen, then deliver a hot and cold meal four days a week to about 20 people. Recipients are all people over the age of 60 who need both meals and a friendly person to check in on them. The volunteer positions are:

- **Food hauler:** Pick up food at McGregor Retirement Center at 10:00 am and deliver to Fairmount Church. Return containers after delivery.
- **Food packer:** After the food arrives from McGregor, divide food into individual servings, 10:20–11:30 am
- **Delivery driver:** Two drivers deliver the meals, 11:20 am–12:15 pm.

Many volunteers fill more than one role. For example, the food hauler often serves as a food packer. Many food packers also deliver the meals. Our volunteers tell us that they love the fellowship of being a part of Meals on Wheels and meeting the meal recipients. The seniors who receive the meals are very grateful for the program and really appreciate the volunteers. **JOIN US!** Call (216) 691-7377 for more information about volunteering. See the CH Meals on Wheels webpage for more information: www.chparks.com/509/Meals-on-Wheels.

JOIN THE COMMISSION ON AGING. The Commission meets **at 9:30 am on the 3rd Friday of each month at the Office on Aging/Senior Activity Center.** The Commission on Aging is appointed by and advises City Council on concerns of the aging, recommending and implementing programs to aid in resolving these concerns. If you feel your expertise, interests, or experience would be of value and are interested in serving on the Commission on Aging, complete the online application found on the city's website at www.clevelandheights.gov/1169/Boards-and-Commissions-Application. **Members are appointed by City Council. Next meeting—Friday, May 19.**

The Cleveland Heights Office on Aging and Senior Activity Center is located at 1 Monticello Boulevard at Mayfield Road (inside the Community Center)—Dynesha Stover-McDonald, Supervisor (216) 691-7379.

MAY 2023

NEWS for Senior Adults



A Monthly Publication of the Cleveland Heights Office on Aging

The Cleveland Heights Senior Activity Center is open 9:00 am–4:00 pm, Monday–Friday. Senior Activity Center membership is limited to Cleveland Heights residents aged 60 and over who have a current Senior ID. IDs can be obtained at the Community Center front desk at no cost through 2023. Proof of residency is required.

OFFICE ON AGING SERVICES

Most services offered by the Office on Aging are available only to Cleveland Heights residents age 60 or older. For more information, please visit our office at the Senior Activity Center, 1 Monticello Boulevard, or call (216) 691-7377, Monday-Friday, 9:00 am–4:00 pm.

- **Legal Consultations**—By appointment.
- **Medicare Counselors**—By appointment.
- **Van Transportation** to Errands & Medical Appointments—Call (216) 691-7194.
- **Community Resource Specialist**—Call (216) 691-7342.
- **Meals On Wheels**—Call (216) 691-7342.
- **Benefits**—Visit www.benefitscheckup.org or call to set up an appointment.
- **Applications**—Assistance with local, state and federal programs, living will declarations, and health care, HEAP, and Homestead Exemption applications.

SENIOR ACTIVITY CENTER NEWS

Every May, the Administration for Community Living leads the nation's observance of **Older Americans Month (OAM)**. The 2023 OAM theme is **Ageing Unbound**, which offers an opportunity to explore diverse aging experiences and discuss how communities can combat stereotypes. Join in on promoting flexible thinking about aging—and how we all benefit when older adults remain engaged, independent, and included. See below for activities that will be held at the Senior Activity Center throughout the month.



Thursday, May 4, 11:00 am

- Learn ways to help you improve your balance, endurance, strength, and flexibility with our Personal Trainer, Ty Richardson.
- A healthy grab-and-go snack will be available (while supplies last).

Friday, May 12, 3:30–4:30 pm

- Come see and feel what drumsticks (made from wood) can do for you! With the help of music and positive vibes, you will get an all-body workout that will make it seem less like a workout and more like an empowering, encouraging, and overall feel-good experience. Using drumsticks, an exercise ball, and a bucket, Nema Saleem-Green will lead the class in practicing wellness and self-care through this cardio drumming workout. ALL fitness levels are welcome! Bring a water bottle and an open mind to this pop-up class. Wear comfortable clothing and be ready to pound out some fun! **Limit 12 participants. ADVANCE SIGN-UP REQUIRED.**

Friday, May 26, 1:00–3:00 pm

- Noble Library Pop-Up. Having trouble with your tablet? Looking for a new book? Staff from the Heights Libraries Noble Neighborhood branch will be available to offer tech help, take-and-make activities, resources, and more.
- Step Forward will be available to provide information on the many services offered to residents aged 55 and older living in Cuyahoga County.

Wednesday, May 31, 1:00–3:00pm

- Meet the Senior Activity Centers Community Resource Specialist, Carolyn Neal, and check out the new senior resource area and library. Light refreshments will be served (while supplies last).

SENIOR WALKING. Seniors who do not have a fitness center pass can walk the track on **Mondays, Wednesdays and Fridays from 11:00 am to 1:00 pm. A current Senior ID is required and should be scanned at the Senior Activity Center desk.**

May 2023

CALENDAR OF EVENTS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 10:00 Table Tennis 10:30 Tech w. Lee Rd. Library 11:00 Senior Walking 11:00 Meditation 1:00 Strength Training* 2:10 Post Office on Wheels	2 10:00 Tai Chi 11:00 Zumba Gold 1:00 Bid Whist 1:00 Bridge/ Pinochle 1:00 Sample Quilting	3 11:00 Senior Walking 12:00 Workout w/Ms. Duck 1:00 Wii Bowling 1:00 Strength Training* 2:15 Parkinson's Group	4 10:00 Tai Chi 11:00 Book Discussion 1:00 Drawing 3:00 Hablémonos	5 11:00 Senior Walking 11:30 Accessible Yoga 1:00 Stitch Together 1:00 Line Dance
8 10:00 Table Tennis 11:00 Senior Walking 11:00 Meditation 1:00 Strength Training	9 10:00 Tai Chi 11:00 Zumba Gold 1:00 Bid Whist 1:00 Bridge/ Pinochle 1:00 Sample Quilting	10 11:00 Senior Walking 12:00 Workout w/Ms. Duck 1:00 Wii Bowling 1:00 Strength Training 2:00 Genealogy	11 10:00 Tai Chi 1:00 Drawing 3:00 Hablémonos	12 11:00 Senior Walking 11:30 Accessible Yoga 1:00 Stitch Together 1:00 Line Dance
15 10:00 Table Tennis 10:30 Tech w. Lee Rd. Library 11:00 Senior Walking 11:00 Meditation 1:00 Strength Training	16 10:00 Tai Chi 11:00 Zumba Gold 1:00 Bid Whist 1:00 Bridge/ Pinochle 1:00 Sample Quilting	17 11:00 Senior Walking 12:00 Workout w/Ms. Duck 1:00 Wii Bowling 1:00 Strength Training	18 10:00 Tai Chi 10:00 Meet Greet & Eat (RR) 1:00 Drawing 1:00 AARP General Meeting 3:00 Hablémonos	19 9:30 COA Meeting 11:00 Senior Walking 11:30 Accessible Yoga 1:00 Stitch Together 1:00 Line Dance
22 10:00 Table Tennis 11:00 Senior Walking 11:00 Meditation 1:00 Strength Training	23 10:00 Tai Chi 11:00 Zumba Gold 1:00 Bid Whist 1:00 Bridge/ Pinochle 1:00 Sample Quilting	24 11:00 Senior Walking 12:00 Workout w/Ms. Duck 1:00 Wii Bowling 1:00 Strength Training	25 10:00 Tai Chi 3:00 Hablémonos	26 11:00 Senior Walking 11:30 Accessible Yoga 1:00 Matinee Movie (RR) 1:00 Stitch Together
29  CLOSED	30 10:00 Tai Chi 1:00 Bid Whist 1:00 Bridge/ Pinochle	31 10:00 Diabetes Workshop (RR) 11:00 Senior Walking 12:00 Workout w/Ms. Duck 1:00 Wii Bowling No Strength Training	NO FITWALK THIS MONTH COMPUTER CENTER WILL BE CLOSED MONDAY THROUGH FRIDAY, MAY 1- MAY 12, FROM 9:00AM TO 4:00PM	CALENDAR KEY *=NEW SESSION BOLD=PAID PROGRAM (RR)=RESERVATION REQUIRED