

SENIOR ACTIVITY CENTER *September Events & Program Highlights*

THE ARTS - Explore Your Creative & "Techno" Side

Drawing - Tuesdays, 9/14-11/2, 1:00-3:00 pm \$35

Watercolor Pencil - Thursdays, 9/16-11/4, 1:00-3:00 pm \$35

Open Art - Wednesdays, 1:00-3:00 pm, ongoing

Playreading for Fun - the third Friday of the month beginning September 17 at 10:30 am. Call in advance if you plan to attend.

Poetry Plus - meets every Monday at 3:00 pm

Hum And Strum - Mondays at 9:30 am

Computers - Improve your skills!

Internet Topics - Tuesdays, 9/21-10/12, 10:00 am-12:00 noon; email, Facebook, recipes and more.

Learn what the internet has to offer. \$25

Basic Computers - Thursdays, 9/23-10/14, 10:00 am-12:00 noon. Learn how to use a computer in this basic class designed especially for seniors. \$25

FOR YOUR HEALTH - Improve Your Quality Of Life

Better Balance Screening - Tuesday September 28, 9:00 am-3:00 pm. Physical therapist Sharon Desatnik of Menorah Park will test your balance and provide recommendations on ways to improve. By appointment only.

Blood Pressure Checks - first and third Wednesday and second and fourth Mondays, 1:00 -3:00 pm.

Monitor your blood pressure and get answers to your health questions by nurses from the Cuyahoga County Board of Health

Flu Shots - Hold the date: Wednesday, October 27, 8:45 am - 12:15 noon by appointment only.

SPECIAL INTEREST - Have Fun And Learn Something New

Tai Chi Workshop - Thursday, September 2, 10:00 am-12:00 noon. Richard Leirer leads the session with a focus on the positive effects of Tai Chi and Meditation. Fee \$10

Nature Walk - Friday, September 3, 9:30 am. Join a Metroparks naturalist on an exploration of Forest Hill Park. Dress for the weather, bring water and wear good shoes for a hike.

Labor Day Cookout - Friday, September 3, 12:00 noon. Our friends from Cedarwood Plaza return to prepare a wonderful cookout lunch for everyone at the Senior Center to enjoy.

Basic French - Mondays, 9/13 -11/1. Get started on learning conversational French in this introductory class taught by Christine Valadon. \$30

Beginning Spanish - Wednesdays, 9:00-10:00 am, 9/15 - 11/3. Cristina Sempe instructs this introductory class. \$25

Intermediate Spanish - Wednesdays, 10:00-11:00 am, 9/15 - 11/3. Some experience speaking Spanish is necessary to enroll in this class taught by Cristina Sempe. \$25

Focus on Israel - Tuesday, 9/21, 11:00 am. The National Council of Jewish Women presents this entertaining and informative program.

Crock Pot Friday - Friday, September 24, 12:00 noon. Register for this lunch program by 9/21 and we will assign an item for you to bring to add to our crock pot. Only those who register in advance and contribute can participate. This is fun and tasty too!

The Law and You - Wednesday, September 29, 2:00 pm. Jennifer Peck, Partner in the law firm of Budish, Solomon, Steiner and Peck returns for another informative series on the law as it affects seniors.

Advance registration is important. Call 691-7377 to register. Many times we cancel classes because we don't know you are interested. Please let us know in advance which activities that you plan to attend.

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

NEWS *for senior adults*

SEPTEMBER 2010

A Monthly Publication of the Cleveland Heights Office on Aging

START SOMETHING NEW!

Fall is the time to start something new. Choose from the following classes that all begin this month:

EXERCISE - Get In Shape!

Arthritis Exercise Program - Wednesdays, 9/15 - 11/3, 1:00-1:30 pm; \$20

Fun with Weights - Tuesdays and Thursdays, 9/14-11/4, 3:00-3:45 pm; \$40

Gentle Yoga - Mondays, 9/13-11/29, 11:00 am-12:00 noon; \$50 (no class 11/8 or 11/15.)

Line Dancing - Mondays, 9/13-11/1, 9:30-10:30 am; \$25

Pilates - Wednesdays, 9/15-11/3, 12:00 noon-1:00 pm; \$25

Seniorobics - Fridays, 9/10 - 10/29, 9:30-10:30 am; \$25

Senior Tap - Fridays, 9/10 -10/29, 3:00-4:00 pm; \$25

Slow Flow Tai Chi - Tuesdays, 9/14 - 11/2, 12:15-1:00 pm; \$25

Table Tennis - Mondays, 12:00-2:00 pm and Fridays, 10:00 am-12:00 noon, ongoing

Tai Chi Short Form - Thursdays, 9/16 - 11/4, 10:00-11:15 am; \$40

Walking Club - Tuesdays, Wednesdays and Thursdays, ongoing 1:00-2:00 pm

Walking Warm-Up - Wednesdays, ongoing 12:30-1:00 pm

Water Exercise at Judson - Tuesday and Thursday, 1:00-2:00 pm, ongoing sessions; \$30

Weights and Bands - Thursdays, ongoing 12:30-1:00 pm

Wii Bowling - the first and third Thursday of the month from 1:00-3:00 pm

Continued on back

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, 8:30 am-5:00 pm.**

• **LEGAL CONSULTATIONS** - By appointment.

• **MEDICARE COUNSELORS** - By appointment.

• **VAN TRANSPORTATION TO MEDICAL APPOINTMENTS & ERRANDS** - Call **691-7194.**

Medical Van Transportation Facts:

- Van runs Monday - Friday 8:45 am - 4:20 pm

- Van serves Cleveland Heights residents age 60 and over

- Van transports to medical appointments in Cleveland Heights, surrounding suburbs and into Cleveland

- Medical reservations are our priority but we also schedule trips to the bank, Cleveland Heights grocery stores and pharmacies.

- Reservations are accepted for whatever month we are currently in.

- For more information and /or a brochure, call our van scheduler at **691-7194.**

• **SOCIAL WORKERS**

• **MEALS ON WHEELS** - There is a charge.

• **BENEFITS** - Visit www.benefitscheckup.org

• **APPLICATIONS** - For local, state and federal programs; Living Will Declaration; Health Care; HEAP application and Homestead Exemption Application.

Cleveland Heights AARP Chapter 5018 invites you to join our local chapter that meets at the Senior Center the last Thursday of the month. An interesting program is scheduled each month with refreshments following the meeting. Several trips of varying lengths are scheduled each year. Recent destinations have been **Mount Rushmore, Branson, MO, Cape Cod, MA, Lancaster, PA, and Cavalcade of Comedy in Kentucky.** A holiday luncheon and summer picnic are part of our yearly fun. We sponsor a needy senior during the holidays and have an annual raffle to benefit a Cleveland Heights organization. Come check us out. Our local chapter dues are \$5.00 a year.

