The CARE Program officially launched in April! CARE, a new option for those looking to maintain their own safety and independence while living in their home, will assist with the coordination and completion of service tasks in and around the house. After paying a nominal fee, CARE members are able to access services throughout the year, as well as some added benefits including a discount on a Guardian Medical Monitoring Alert System and participation in city-wide service days, to name a few! Some examples of the types of services CARE offers include help with cleaning out and organizing the kitchen, yard work, (continued at the top of page 8)

“Out to Lunch”
Socialization is key to aging well, but meeting new people after the age of 60 can be a challenge! Introducing “Out to Lunch,” a group trip option for registered STC riders! Each rider is responsible for their own meal expense and there is a limit of 12 participants. All lunch times 1:30-2:30.
- May 16: Balaton
- June 20: Olive Garden
 Reserve your seat today! Call 440-442-2628

CARE is a new program funded in part through a Senior Center Innovation Grant awarded by the Cuyahoga County Division of Senior and Adult Services through the Health and Human Services Levy and is a collaboration among four senior service agencies: Community Partnership on Aging, Cleveland Heights Senior Activity Center, Maple Heights Senior Center and Solon Senior Center. In the photo above, CARE Program Coordinator, Bridget, receives the ‘check’ at the award ceremony in December!

Our Main Office is at South Euclid Community Center at 1370 Victory Dr. in South Euclid, 44121
Main phone: 216-291-3902 Fax: 216-291-0773 Hours: Monday - Friday, 9:00 AM - 5:00 PM
Email: contactus@communitypartnershiponaging.org Web: www.communitypartnershiponaging.org
You can also reach staff at the following numbers:
- Lyndhurst Office: Monday, 11:00-1:30; Tuesday, 10:00-3:00; Wednesday by appt.: 440-473-5138
- Mayfield Heights and Mayfield Village Outreach Office: 440-442-2628 (call for appointments)
- Lunch and Program locations vary; please refer to the calendar page for more information, or call 216-650-4029 during the hours of 9:00 AM - 3:00 PM, Monday - Friday.
News from the Community Partnership on Aging
Executive Director, Stacey O’Brien

May is Older Americans Month! Getting older doesn’t mean what it used to. For many aging Americans, it is a phase of life where interests, goals, and dreams can get a new or second start. Today, aging is about eliminating outdated perceptions and living the way that suits you best. The theme this year is “Age Out Loud,” and reflects the fact that older people are working longer, redefining themselves in retirement and are active leaders in their communities. I hope you’ll celebrate with us sometime this month by participating in an activity or event that demonstrates how you age out loud!

Our annual Older Americans celebration will be held on Wednesday, May 17 with lunch at Ross DeJohn Community Center in Mayfield Heights (reservations required) followed by the movie “Rock, Rock, Rock” at Atlas Cinemas Eastgate. Tickets for the movie are free and can be picked up through any of the CPA lunch programs as well as the CPA offices in Lyndhurst or South Euclid (limited tickets available). Thanks to our sponsors and to Atlas Cinemas Eastgate for supporting this event.

I know many of you are anxiously awaiting the annual Senior Farmers Market Nutrition Program. Watch the June and July newsletters when we are likely to have more information about the 2017 distribution schedule. Until that time, keep your fingers crossed for weather that will help those seeds grow!

The CARE Program is the newest program option for older adults who wish to remain in their homes for as long as possible and was formally launched in April! See the information on the front page of our newsletter, or call Bridget at 216-291-3902.

Stay tuned to our June newsletter, in which I’ll include a formal introduction of the new Executive Director of Community Partnership on Aging!

Stacey O’Brien, MSSA, LISW-S
obriens@communitypartnershiponaging.org
Volunteer Diversity Committee Sponsors
Enlightening Session on Islam

Muhammed Hassanali, noted Islam scholar, presented to more than sixty individuals from area communities. An exhibit, organized by Community Partnership on Aging volunteer Kazem Soufi, was also a highlight.

Community Volunteer Opportunities

SouthernCare Hospice, located in Beachwood, is seeking volunteers for direct and indirect services. SouthernCare serves residents in the greater Cleveland area, providing compassionate, end-of-life care when life matters most. Hospice volunteers are an integral part of the hospice team. Opportunities include patient/family support, companionship, caregiver relief, administrative support, and helping with special occasions. To find out more, please call Michelle Murphy, Volunteer Coordinator, at 216-591-9090.

Event Volunteers Needed!

Do you enjoy people and participating in special events? Community Partnership on Aging needs you! We are looking for additional event volunteers to help with the preparation/serving of food, decorations, centerpieces, set-up/clean-up, registration, greeting, and/or staffing a ticket table.

Sound like fun? Please call Corinne Dunn, Volunteer Coordinator, for more information at 216-291-3902, ext. 213.

Volunteer Help for Older Adults (60+)
South Euclid, Lyndhurst, Highland Heights, Mayfield Heights, and Mayfield Village

Computer tutoring in your home (one or two sessions for beginners and intermediates)

Simple home repairs
(not including plumbing or electrical work)

Friendly visits (twice a month)

Occasional errand-running (light groceries or prescriptions)*

Organizational tasks (paperwork or sorting)*

*Waiver forms are required.

Volunteer Group of the Month

Cedar Brook Financial Partners, LLC
**LITE BITE LUNCHES** - Served drop-in style from 12:15 - 1:00 PM at South Euclid Community Center.
All Lite Bite menus are Soup or Sandwich/Salad with a variety of options to choose from! Pick your options for $2.00 or $3.00. Select dates, noted below (subject to change).

- Wednesday, May 3
- Thursday, May 4
- Thursday, May 11
- Thursday, May 18
- Wednesday, May 24
- Thursday, June 1
- Wednesday, June 7
- Thursday, June 21
- Wednesday, June 28
- Thursday, June 25
- Thursday, June 29
- Wednesday, June 29
- Thursday, June 29

**LUNCH ‘N’ MOVIE**
A lighter lunch held in the Mayfield Village Civic Hall, 6622 Wilson Mills Rd. for $5.00 per person. Reservations are required no later than 3:00 PM Wednesday of the week before.

**Wednesday, May 10**: Spring Berry and Greens Salad w/Chicken / “Jackie” (2016)
**Wednesday, June 14**: Assorted Pinwheel Deli Sandwiches / “Hidden Figures” (2016)
**Wednesday, July 12**: Wedge Salad / “Fences” (2016)
**Movies subject to change, based on DVD availability**

**CAFÉ LUNCH**
A hearty traditional lunch with entertainment provided for singing, dancing or socializing for $3.00 per person. Location changes from month to month; call for details. Reservations for May due by May 17; for June, by June 14.

**Tuesday, May 23 at Lyndhurst Community Center**
Entrée: Creamy Pasta with Italian Sausage (meatless entrée available for those with restrictions)

**Thursday, June 22 at South Euclid Community Center**
Annual CPA Cook-Out with Burgers and Hot Dogs! Entertainment TBA

---

For those 60+ who prefer a more traditional congregate hot lunch, meals are available for a voluntary contribution of $1.50 on the following days/locations (please see calendar pages for location addresses or give us a call):

- **Mondays/Tuesdays** - Lyndhurst Community Center
- **Wednesdays** - South Euclid Community Center and Mayfield Heights DeJohn Community Center
- **Thursdays** - South Euclid Community Center
- **Fridays** - Highland Heights Community Center

Reservations for the daily congregate lunch are required no later than 3:00 PM on the Wednesday of the full week prior to the lunch by calling 216-650-4029. You will be asked to complete a registration form on the day of your first lunch and yearly afterward, along with a nutrition survey. For questions about the meals, the specific menu detail or to make reservations, please give us call. The menu entrée can be found on the calendar pages of this newsletter. Lunches are served at 11:45 AM.

**Cancellation policy**: Cancellations for all meals are required as soon as you are aware that you cannot attend a meal, but preferably no later than the Wednesday of the week prior. Failure to cancel in advance may result in a person’s inability to make reservations for a period of time.
CPA Program Highlights - call 216-650-4029

CPA Movie Schedule - All movies are free and open to the public regardless of city of residence

Lunch ‘N’ Movie in Mayfield Village Civic Center / Reserve Hall Theatre
Reservations for lunch are required no later than the Wednesday prior to the lunch by calling 216-650-4029. Movie subject to change based on availability. Lunch fee: $5.00 per person; doors open at 11:30 AM/lunch at 12:00/movie at 1:00.

- Wednesday, May 10: “Jackie” (2016); Menu: Spring Berry Greens Salad with Chicken
- Wednesday, June 14: “Hidden Figures” (2016); Menu: Ass’t Pinwheel Deli Sandwiches
- Wednesday, July 12: “Fences” (2016); Menu: Wedge Salad

Free Movie Monday in Mayfield Village at 1:00 PM unless otherwise noted. RSVP appreciated.
Call the CPA Program line at 216-650-4029
June 19: “Collateral Beauty” (2016)
Movies subject to change based on availability!!

FREEpeat Movie Matinee
Ross C. DeJohn Community Center
1:00 PM on May 24
“The Girl on the Train” (2016)
Missed it last year? Or want to see it again? Join us! Free popcorn included!

Health & Wellness Talks at Ross DeJohn Community Center
take place every first Wednesday of the month at 10:00! Join us for the talk followed by blood pressure checks courtesy of Manor Care Mayfield and now including cholesterol/glucose checks courtesy of UH Richmond Medical Center! Screenings are first come, first served.

Upcoming Health & Wellness Topics provided by UH:
May 3-CSU student nurse Health Fair
June 7-Back Pain and Arthritis Management, Roxanne Bell, PT

Join Danielle from Manor Care for AM Stretch prior to the Health Talk (free)! AM Stretch will start at 9:30 AM.

A Matter of Balance Classes - FREE!
Increase activity, improve strength & balance; learn to prevent/manage falls and identify fall risks!

Thursdays, May 4 - June 22
12:30-2:30
South Euclid Community Center
Registration required (minimum 8 / max 14 required)
Call 216-650-4029

Attention Book Readers!
CPA Book Club meets every last Wednesday of the month at South Euclid Community Center at 12:30 PM
It’s free to join and you can even pick up a copy of the book from us (just remember to return it!).

May 31: Mrs. Sinclair’s Suitcase
June 28: What Was Mine
July 26: Under the Wide and Starry Sky

Exercise and Wellness classes available through Community Partnership on Aging:

Qi Gong For Balance:
Mondays, 10:45-11:45 at Lyndhurst Comm. Ctr.

Arthritis Exercise:
Tuesdays, 10:30-11:30 at Lyndhurst Comm. Ctr.

Senior Exercise:
Wednesdays & Thursdays, 10:30-11:30 at South Euclid Comm. Ctr.

Laughter Club:
Thursdays, 11:00-11:45 at South Euclid Comm. Ctr.

Intermediate Line Dancing:
Fridays, 9:30-10:30 at DeJohn Comm. Ctr. in Mayfield Hts.

Gentle Yoga:
Fridays, 12:00-1:00 at DeJohn CC in Mayfield Hts.

Fees and schedule vary per class; call us at 216-650-4029 for information!
<table>
<thead>
<tr>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
</tr>
</thead>
<tbody>
<tr>
<td>10:45 Qi Gong for Balance - fee</td>
<td>10:30 Arthritis Exercise (LCC)</td>
<td>10:00 Health Talk (MH)</td>
</tr>
<tr>
<td>11:00 Library Cart</td>
<td>11:00 Library Cart (LCC)</td>
<td>10:30 BP/Glucose/Cholesterol</td>
</tr>
<tr>
<td>11:45 Stuffed Shells (LCC)</td>
<td>11:45 Blood Pressure Checks (SE)</td>
<td>10:30 Senior Exercise $2 (SE)</td>
</tr>
<tr>
<td>12:30 Bridge (LCC)</td>
<td>12:15 Roasted Turkey Breast (LCC)</td>
<td>11:00 Library Cart (SE)</td>
</tr>
<tr>
<td></td>
<td>12:30 Bridge (LCC)</td>
<td>11:45 Beef Meatloaf (SE/MH)</td>
</tr>
<tr>
<td></td>
<td>12:30 Bridge (LCC)</td>
<td>12:15 Lite Bite $3/$2 (SE)</td>
</tr>
<tr>
<td></td>
<td></td>
<td>12:15 Pinochle (MH)</td>
</tr>
<tr>
<td></td>
<td></td>
<td>12:30 Bridge (SE)</td>
</tr>
<tr>
<td></td>
<td></td>
<td>1:00 Busy Hands Knitters (SE)</td>
</tr>
<tr>
<td>10:45 Qi Gong for Balance - fee</td>
<td>10:30 Arthritis Exercise (LCC)</td>
<td>10:30 Senior Exercise $2 (SE)</td>
</tr>
<tr>
<td>11:00 Library Cart</td>
<td>11:00 Library Cart (SE)</td>
<td>11:00 Library Cart (SE)</td>
</tr>
<tr>
<td>11:45 Breaded Fish (LCC)</td>
<td>11:30 Blood Pressure Checks (SE)</td>
<td>11:45 BBQ Rib Patty (SE/MH)</td>
</tr>
<tr>
<td>12:30 Bridge (LCC)</td>
<td>12:00 Lunch 'N' Movie (MV)</td>
<td>12:00 Lunch 'N' Movie (MV)</td>
</tr>
<tr>
<td></td>
<td>12:15 Pinochle (LCC)</td>
<td>12:15 Pinochle (MH)</td>
</tr>
<tr>
<td></td>
<td>12:30 Bridge (SE)</td>
<td>12:30 Bridge (SE)</td>
</tr>
<tr>
<td></td>
<td>1:00 Busy Hands Knitters (SE)</td>
<td>1:00 Busy Hands Knitters (SE)</td>
</tr>
<tr>
<td>10:45 Qi Gong for Balance - fee</td>
<td>10:30 Arthritis Exercise (LCC)</td>
<td>10:30 Senior Exercise $2 (SE)</td>
</tr>
<tr>
<td>11:00 Library Cart</td>
<td>11:00 Library Cart (SE)</td>
<td>11:00 Library Cart (SE)</td>
</tr>
<tr>
<td>11:45 Spaghetti w/Meatballs</td>
<td>11:45 Blood Pressure Checks (SE)</td>
<td>11:45 BBQ Rib Patty (SE/MH)</td>
</tr>
<tr>
<td>12:30 Bridge (LCC)</td>
<td>12:00 Senior Day Luncheon (MH)</td>
<td>12:00 Lunch 'N' Movie (MV)</td>
</tr>
<tr>
<td></td>
<td>12:15 Pinochle (LCC)</td>
<td>12:15 Pinochle (MH)</td>
</tr>
<tr>
<td></td>
<td>12:30 Bridge (SE)</td>
<td>12:30 Bridge (SE)</td>
</tr>
<tr>
<td></td>
<td>1:00 Busy Hands Knitters (SE)</td>
<td>1:00 Busy Hands Knitters (SE)</td>
</tr>
<tr>
<td></td>
<td>2:00 Senior Movie Day (MH)</td>
<td>2:00 Senior Movie Day (MH)</td>
</tr>
<tr>
<td></td>
<td>“Rock, Rock, Rock”</td>
<td>“Rock, Rock, Rock”</td>
</tr>
<tr>
<td>10:45 Qi Gong for Balance - fee</td>
<td>9:30 Foot Clinic (LCC)</td>
<td>10:00 Card-Making $2 (MH)</td>
</tr>
<tr>
<td>11:00 Library Cart</td>
<td>10:30 Arthritis Exercise (LCC)</td>
<td>10:30 Senior Exercise $2 (SE)</td>
</tr>
<tr>
<td>11:45 Spaghetti w/Meatballs</td>
<td>11:00 Library Cart (SE)</td>
<td>11:00 Library Cart (SE)</td>
</tr>
<tr>
<td>12:30 Bridge (LCC)</td>
<td>11:45 Café Lunch $3 (LCC)</td>
<td>11:45 Stuffed Cabbage (SE/HH)</td>
</tr>
<tr>
<td>12:15 Pinochle (LCC)</td>
<td>12:15 Pinochle (LCC)</td>
<td>12:15 Lite Bite $3/$2 (SE)</td>
</tr>
<tr>
<td>12:30 Scrabble (LCC)</td>
<td>12:30 Pinochle (LCC)</td>
<td>12:30 Pinochle (MH)</td>
</tr>
<tr>
<td>1:00 Free Movie Monday (MV)</td>
<td>12:00 Bridge (SE)</td>
<td>12:30 Bridge (SE)</td>
</tr>
<tr>
<td>“Allied” (2016)</td>
<td>1:00 Busy Hands Knitters (SE)</td>
<td>1:00 Busy Hands Knitters (SE)</td>
</tr>
<tr>
<td></td>
<td>1:00 FREEpeat Movie (MH)</td>
<td>1:00 FREEpeat Movie (MH)</td>
</tr>
<tr>
<td><strong>No Lunch/Programs in observance of Memorial Day</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Thursday</strong></td>
<td><strong>Friday</strong></td>
<td></td>
</tr>
<tr>
<td>-------------</td>
<td>------------</td>
<td></td>
</tr>
<tr>
<td><strong>9:30</strong></td>
<td><strong>9:30</strong></td>
<td></td>
</tr>
<tr>
<td><strong>10:30</strong> Senior Exercise $2 (SE)</td>
<td>Intermediate</td>
<td></td>
</tr>
<tr>
<td><strong>11:00</strong> Library Cart (SE)</td>
<td>Line Dancing - fee (MH)</td>
<td></td>
</tr>
<tr>
<td><strong>11:00</strong> Laughter Club (SE)</td>
<td><strong>9:30</strong> Woodcarving (HH)</td>
<td></td>
</tr>
<tr>
<td><strong>11:45</strong> Breaded Chicken Patty (SE)</td>
<td><strong>10:00</strong> Nimble Needlers (MH)</td>
<td></td>
</tr>
<tr>
<td><strong>12:15</strong> Lite Bite $3/$2 (SE)</td>
<td><strong>10:30</strong> Arthritis Exercise (HH)</td>
<td></td>
</tr>
<tr>
<td><strong>12:30</strong> A Matter of Balance (SE)</td>
<td><strong>11:45</strong> Salisbury Steak (HH)</td>
<td></td>
</tr>
<tr>
<td><strong>1:00</strong> Games (SE)</td>
<td><strong>12:00</strong> Gentle Yoga - fee (MH)</td>
<td></td>
</tr>
<tr>
<td><strong>1:00</strong> Creative Paper Recycling (US)</td>
<td><strong>12:30</strong> Wii Bowling (HH)</td>
<td></td>
</tr>
<tr>
<td><strong>12:30</strong> Bridge and Cards (HH)</td>
<td><strong>12:30</strong> Bridge and Cards (HH)</td>
<td></td>
</tr>
<tr>
<td><strong>11:30</strong> Blood Pressure Checks (SE)</td>
<td><strong>11:45</strong> Cold Turkey Sandwich (HH)</td>
<td></td>
</tr>
<tr>
<td><strong>10:30</strong> Senior Exercise $2 (SE)</td>
<td><strong>12:00</strong> Gentle Yoga - fee (MH)</td>
<td></td>
</tr>
<tr>
<td><strong>11:00</strong> Library Cart (SE)</td>
<td><strong>12:30</strong> Wii Bowling (HH)</td>
<td></td>
</tr>
<tr>
<td><strong>11:00</strong> Laughter Club (SE)</td>
<td><strong>12:30</strong> Bridge and Cards (HH)</td>
<td></td>
</tr>
<tr>
<td><strong>11:45</strong> Swedish Meatballs (SE)</td>
<td><strong>12:30</strong> Bridge and Cards (HH)</td>
<td></td>
</tr>
<tr>
<td><strong>12:15</strong> Lite Bite $3/$2 (SE)</td>
<td><strong>12:30</strong> Bridge and Cards (HH)</td>
<td></td>
</tr>
<tr>
<td><strong>12:30</strong> A Matter of Balance (SE)</td>
<td><strong>12:30</strong> Bridge and Cards (HH)</td>
<td></td>
</tr>
<tr>
<td><strong>1:00</strong> Games (SE)</td>
<td><strong>12:30</strong> Bridge and Cards (HH)</td>
<td></td>
</tr>
<tr>
<td><strong>1:00</strong> Creative Paper Recycling (US)</td>
<td><strong>12:30</strong> Bridge and Cards (HH)</td>
<td></td>
</tr>
</tbody>
</table>

Look for the Location Code in parentheses after each program to tell you the location of each program! Occasionally we miss one; give us a call at 216-650-4029 and we can give you the location.
CARE info continued from page 8

technology help, and so much more! All of the services provided are meant to cater to each CARE member’s individual needs.

To be eligible for the CARE Program, you must be 60 years of age or older, a homeowner, and live in one of the eight participating cities: Cleveland Heights, Highland Heights, Lyndhurst, Maple Heights, Mayfield Heights, Mayfield Village, Solon and South Euclid. You can enroll in the CARE Program by sending an email to the CARE Program at CARE4eight@gmail.com or by calling 216-291-3902. You can also plan on attending an upcoming program series about Aging in Place that will be held in Mayfield Village. See back page of this newsletter!

The CARE Program would not be able to successfully serve older homeowners in our community without the help of dedicated volunteers! Think you might be interested in volunteering with the CARE Program? Let our Program Coordinator, Bridget McQuaide, know! She can be reached at the South Euclid Community Center or via email: CARE4eight@gmail.com

Blood Pressure and Foot Clinic Dates

Blood pressure screenings for May:
Lyndhurst: Tuesday, May 2, 11:30-12:30
Mayfield Hts: Wednesday, May 3, 10:30-11:30
South Euclid: Wednesday, May 10, 11:30-12:00
Highland Hts: Friday, May 26, 11:00-12:00

All blood pressure screenings are first come, first served and are FREE. Mayfield Village Blood Pressure checks offered by MV Fire Dept on the 3rd Tuesday of the month at the Mayfield Village Community Room. Call 440-919-2332 for details.

You can also make an appointment with one of our podiatrists for $20. Please be prepared with payment at the time of the appointment. Fees may be discussed with your doctor as insurance guidelines and other factors may impact fees.

Lyndhurst: Tuesday, May 23 beginning at 9:30
South Euclid: Thursday, May 25, 9:30 -11:00
Highland Hts: Friday, May 26, 9:00 - 11:00
Appts. w/ Dr. Whaley (HH & SE): Call 216-229-0292
Appts. w/ Dr. Spivack (Lynd): 216-650-4029
Mayfield Village: May 5 & 26. Call 440-919-2332

Fresh Goods To Go!
Eligible older adults age 60+ residing in South Euclid, Lyndhurst, Highland Heights, Mayfield Heights and Mayfield Village may call for a reservation of a free Tote of groceries each month! Reservations for May 18 distribution MUST be received by 3:00 PM Wednesday, May 10. Call 216-650-4029 or stop in to see CPA staff at any lunch location to make a reservation or to find out if you are eligible. Don’t forget to ask about lunch!

Transportation with Community Partnership on Aging is available for older adults age 60+ who reside in one of the CPA communities. Trips are offered to and from CPA Lunches/Programs, for group grocery shopping trips and for medical appointments. Transportation is provided by STC (Senior Transportation Connection). Residents must register in advance by contacting a CPA Social Worker. To register, South Euclid/Lyndhurst/Highland Heights residents may call 216-291-3902 and Mayfield Heights/Mayfield Village residents may call 440-442-2628. Grocery trips and medical appointment trips are scheduled through STC at 1-800-983-4782. Trips to CPA Lunch and Programs are scheduled by CPA staff with advance notice.

GROUP SHOPPING TRIPS SCHEDULE (Trips subject to change)
SE – Tues., May 9 & 23 to Giant Eagle • Wed., May 10 & 24 to Heinen’s • Thurs., May 11 & 25 to Marc’s
LYND & HH – Tues., May 2, 16 & 30 to Giant Eagle • Wed., May 3, 17 & 31 to Dave’s • Thurs., May 4 & 18 to Marc’s
MH & MV – Tuesdays, May 2 & 16 to Giant Eagle & Wal-Mart • Fridays, May 12 & 26 to Heinen’s & Marc’s

FOR MEDICAL APPOINTMENTS and other personal trips, call 1-800-983-4782 MONDAY through FRIDAY. Cancellations are REQUIRED no later than 7:00 AM on the day of your scheduled ride. Failure to cancel your trips may result in your inability to use the service.
Upcoming Summer Events!

Hillcrest Concert Band
Summer Concert Series
begins on Tues., May 16 at 7:30 PM at Regina Auditorium at Notre Dame College. Admission is FREE (donations accepted)

Annual Highland Hts. Commission on Aging Picnic
Wed., June 14
12PM - 2:30 PM
Lunch, activities, treats and door prizes!
Call Mary at 440-461-2441 for reservations

Free Wednesday Afternoon Concerts at the Mayfield Village Gazebo, 6621 Wilson Mills Road
12:00PM - 2:00PM

June 21: “Silver Creek” sponsored by Wickliffe Country Place

Programs & Trips in this box are with Mayfield Village Senior Services. Please call Donna at 440-919-2332 for all questions and to register.

Call for location information

Contact us for details about Watercolor and One-Stroke Painting, Knitting & Crocheting, and a free Bereavement Group.

Cooking & Baking: “Foods of Italy” on Thursday, May 11, 1-3 p.m. $17 plus $9 food fee payable to instructor; “Easy Desserts” on Thursday, May 25, $17 plus $8 food fee payable to instructor; “Cool Summer Dining” on Thursday, June 8, $17 plus food fee of $8 payable to instructor. Deadline to Register: The Monday prior to the class. Instructor: Judi Strauss as seen on New Day Cleveland.

Special Program: “Weight Loss & Wellness” on Wednesday, June 18 from 3-4 p.m. presented by Dr. Noel Abood of NutriMost Wellness and Weight Loss. Deadline to Register: Wednesday, June 28.

Lunch & Learn Program (free): “An Update on the Diagnosis and Treatment of Rheumatoid and Gout Arthritis” on Wednesday, May 17 from noon to 1:30 p.m. presented by Dr. David Mandel. Deadline to Register: Tuesday, May 9.

Contact Donna for information about the following trips:

June 7: Lunch & Tour of Steele Mansion--$50; June 24: “An American in Paris” at the State Theatre, $79; August 16: Historic Cleveland, Part 4, $74; September 8: President Garfield’s Home/Sisters Tea Room $59; October 18: A Guided Tour of Covered Bridges with lunch on your own at Clay Street Grill $39; November 15: Tour of Tara and Buhl Mansions with Lunch at Tara (the mansion made famous by Gone with the Wind) and shopping. $82; December 13: Tour of Castle Noel & High Tea at Miss Molly’s Tea Room. $69. Deadline to register for all trips: 35 days prior to trip date.

City of Mayfield Heights Upcoming Offerings
Pre-registration with payment is required by calling 440-442-2627

Adult Afternoon Out—Join us for lunch at the Ross DeJohn Community Center. Each lunch is $10 per person & are 12-2 p.m. Love Me Tender on Tues., 5/9 - Potato Garlic Tenders, lemon pasta with fresh veggies, roll, dessert & coffee. Entertainment by Sam Fosh. Sponsored by HCR Manor Care

Lunch Bunch is an opportunity to get together at a local restaurant.

- Lyndhurst Grill (Formerly J. Alexander’s): - Tues., 5/30- 11:30 a.m. Any menu item for$10 (includes tax, gratuity extra)

Special Events at the Ross DeJohn Community Center

- Silver Social: Sat., May 20, $5/per person Put on your dancing shoes and join us for our dance. Entertainment by Fred Sivilla

Senior Sports

Pickleball: 5/22 – 9/29 M-F 9:30 – 11 am $50

- Pickleball is an easy to learn racquet sport which combines elements of badminton, tennis & table tennis; is played on a badminton size court with paddles & a plastic ball. Held at Mayfield Hts. Tennis Courts

Silver Shooters Bocce: 60+ - 6/14 – 8/2 Wed 11:15 am $32

- Play the great game of Bocce under our beautiful pavilion. A simple lunch provided after the game. Min. 16.

Trips & Excursions –

- Fresh Thyme Tour: Fri., 5/12 11 am - 12 pm Free

Participants will meet at he store located at 1545 Golden Gate Blvd., tour the building & sample some of the flavor they offer. Max: 30 participants.

- Canton and Akron: Fri., 5/19 10:30 am - 5 pm $40

Enjoy the National First Ladies Museum, explore the McKinley Memorial & eat at Stan Hywet Hall. Lunch is on your own. Max 24.

- Carousel Time!: Fri., 6/16 8 am - 5:00 pm $40

Call for info about this fun trip!

Contact us for details about Watercolor and One-Stroke Painting, Knitting & Crocheting, and a free Bereavement Group.

Cooking & Baking: “Foods of Italy” on Thursday, May 11, 1-3 p.m. $17 plus $9 food fee payable to instructor; “Easy Desserts” on Thursday, May 25, $17 plus $8 food fee payable to instructor; “Cool Summer Dining” on Thursday, June 8, $17 plus food fee of $8 payable to instructor. Deadline to Register: The Monday prior to the class. Instructor: Judi Strauss as seen on New Day Cleveland.

Special Program: “Weight Loss & Wellness” on Wednesday, June 18 from 3-4 p.m. presented by Dr. Noel Abood of NutriMost Wellness and Weight Loss. Deadline to Register: Wednesday, June 28.

Lunch & Learn Program (free): “An Update on the Diagnosis and Treatment of Rheumatoid and Gout Arthritis” on Wednesday, May 17 from noon to 1:30 p.m. presented by Dr. David Mandel. Deadline to Register: Tuesday, May 9.

Contact Donna for information about the following trips:

June 7: Lunch & Tour of Steele Mansion--$50; June 24: “An American in Paris” at the State Theatre, $79; August 16: Historic Cleveland, Part 4, $74; September 8: President Garfield’s Home/Sisters Tea Room $59; October 18: A Guided Tour of Covered Bridges with lunch on your own at Clay Street Grill $39; November 15: Tour of Tara and Buhl Mansions with Lunch at Tara (the mansion made famous by Gone with the Wind) and shopping. $82; December 13: Tour of Castle Noel & High Tea at Miss Molly’s Tea Room. $69. Deadline to register for all trips: 35 days prior to trip date.

City of Mayfield Heights Upcoming Offerings
Pre-registration with payment is required by calling 440-442-2627

Adult Afternoon Out—Join us for lunch at the Ross DeJohn Community Center. Each lunch is $10 per person & are 12-2 p.m. Love Me Tender on Tues., 5/9 - Potato Garlic Tenders, lemon pasta with fresh veggies, roll, dessert & coffee. Entertainment by Sam Fosh. Sponsored by HCR Manor Care

Lunch Bunch is an opportunity to get together at a local restaurant.

- Lyndhurst Grill (Formerly J. Alexander’s): - Tues., 5/30- 11:30 a.m. Any menu item for$10 (includes tax, gratuity extra)

Special Events at the Ross DeJohn Community Center

- Silver Social: Sat., May 20, $5/per person Put on your dancing shoes and join us for our dance. Entertainment by Fred Sivilla

Senior Sports

Pickleball: 5/22 – 9/29 M-F 9:30 – 11 am $50

- Pickleball is an easy to learn racquet sport which combines elements of badminton, tennis & table tennis; is played on a badminton size court with paddles & a plastic ball. Held at Mayfield Hts. Tennis Courts

Silver Shooters Bocce: 60+ - 6/14 – 8/2 Wed 11:15 am $32

- Play the great game of Bocce under our beautiful pavilion. A simple lunch provided after the game. Min. 16.

Trips & Excursions –

- Fresh Thyme Tour: Fri., 5/12 11 am - 12 pm Free

Participants will meet at he store located at 1545 Golden Gate Blvd., tour the building & sample some of the flavor they offer. Max: 30 participants.

- Canton and Akron: Fri., 5/19 10:30 am - 5 pm $40

Enjoy the National First Ladies Museum, explore the McKinley Memorial & eat at Stan Hywet Hall. Lunch is on your own. Max 24.

- Carousel Time!: Fri., 6/16 8 am - 5:00 pm $40

Call for info about this fun trip!
Alert Care Medical Systems
Formerly Response Inc.

24 Hour Help at the push of a button
Cellular System (no phone line needed)
Locally Owned (Lyndhurst)
Fall Detector & GPS for Active Seniors
Starting at $27.95
Ask for Details
Call 216-299-3709

Embassy Healthcare
Embassy Healthcare offers a wide range of nursing and rehabilitation services, assisted living and many highly specialized medical and therapy services.

Local Centers:
• Broadway Care Center • Grande Oaks • Grande Pavilion
• Shaker Gardens • Solon Pointe • Willow Park
Schedule a tour today. Call 888-975-1379
Visit our website at: www.EmbassyHealthcare.net

A family decision you can feel good about.

Aberdeen Crossings
Leading the Way in Assisted Living
(440) 460-0686
399 Bishop Rd. • Highland Heights, OH 44143

Health Tech Ohio
Providing Compassionate & Safe Care at Home
We provide:
• Alzheimer’s & Dementia Care
• Personal Care • Light Housekeeping
• Meal Prep • Companionship
We also provide Nurse Case Management and Nurse Medication Management.
Ask Us, We can help!
Call: (216) 925-0486
delisha.scott24@gmail.com

Susan A. Sabetta
Realtor®
Century 21 Homestar
440-646-1024
sasc3es1024@aol.com
Personalized, Professional Representation
www.OhioElderLaw.com
Daniel P. Seink Co., Ltd.
440-546-0483
Locations in Brecksville, Westlake, Beachwood, Mentor and Akron.
Medicaid Planning • Applications and Disability Advocacy
Veteran Benefits • Asset Protection
Trusts • Wills • Probate

Board Certified Elder Law Specialist

Reach the Senior Market
ADVERTISE HERE

John Julien to place an ad today!
jjulien@4LPi.com or (800) 477-4574 x6534

Health Tech Ohio
Providing Compassionate & Safe Care at Home
We provide:
• Alzheimer’s & Dementia Care
• Personal Care • Light Housekeeping
• Meal Prep • Companionship
We also provide Nurse Case Management and Nurse Medication Management.
Ask Us, We can help!
Call: (216) 925-0486
delisha.scott24@gmail.com

Susan A. Sabetta
Realtor®
Century 21 Homestar
440-646-1024
sasc3es1024@aol.com
Personalized, Professional Representation
www.OhioElderLaw.com
Daniel P. Seink Co., Ltd.
440-546-0483
Locations in Brecksville, Westlake, Beachwood, Mentor and Akron.
Medicaid Planning • Applications and Disability Advocacy
Veteran Benefits • Asset Protection
Trusts • Wills • Probate

Board Certified Elder Law Specialist

Reach the Senior Market
ADVERTISE HERE

John Julien to place an ad today!
jjulien@4LPi.com or (800) 477-4574 x6534

Embassy Healthcare
Embassy Healthcare offers a wide range of nursing and rehabilitation services, assisted living and many highly specialized medical and therapy services.

Local Centers:
• Broadway Care Center • Grande Oaks • Grande Pavilion
• Shaker Gardens • Solon Pointe • Willow Park
Schedule a tour today. Call 888-975-1379
Visit our website at: www.EmbassyHealthcare.net

A family decision you can feel good about.

Aberdeen Crossings
Leading the Way in Assisted Living
(440) 460-0686
399 Bishop Rd. • Highland Heights, OH 44143

Health Tech Ohio
Providing Compassionate & Safe Care at Home
We provide:
• Alzheimer’s & Dementia Care
• Personal Care • Light Housekeeping
• Meal Prep • Companionship
We also provide Nurse Case Management and Nurse Medication Management.
Ask Us, We can help!
Call: (216) 925-0486
delisha.scott24@gmail.com

Susan A. Sabetta
Realtor®
Century 21 Homestar
440-646-1024
sasc3es1024@aol.com
Personalized, Professional Representation
www.OhioElderLaw.com
Daniel P. Seink Co., Ltd.
440-546-0483
Locations in Brecksville, Westlake, Beachwood, Mentor and Akron.
Medicaid Planning • Applications and Disability Advocacy
Veteran Benefits • Asset Protection
Trusts • Wills • Probate

Board Certified Elder Law Specialist

Reach the Senior Market
ADVERTISE HERE

John Julien to place an ad today!
jjulien@4LPi.com or (800) 477-4574 x6534

Embassy Healthcare
Embassy Healthcare offers a wide range of nursing and rehabilitation services, assisted living and many highly specialized medical and therapy services.

Local Centers:
• Broadway Care Center • Grande Oaks • Grande Pavilion
• Shaker Gardens • Solon Pointe • Willow Park
Schedule a tour today. Call 888-975-1379
Visit our website at: www.EmbassyHealthcare.net

A family decision you can feel good about.

Aberdeen Crossings
Leading the Way in Assisted Living
(440) 460-0686
399 Bishop Rd. • Highland Heights, OH 44143

Health Tech Ohio
Providing Compassionate & Safe Care at Home
We provide:
• Alzheimer’s & Dementia Care
• Personal Care • Light Housekeeping
• Meal Prep • Companionship
We also provide Nurse Case Management and Nurse Medication Management.
Ask Us, We can help!
Call: (216) 925-0486
delisha.scott24@gmail.com

Susan A. Sabetta
Realtor®
Century 21 Homestar
440-646-1024
sasc3es1024@aol.com
Personalized, Professional Representation
www.OhioElderLaw.com
Daniel P. Seink Co., Ltd.
440-546-0483
Locations in Brecksville, Westlake, Beachwood, Mentor and Akron.
Medicaid Planning • Applications and Disability Advocacy
Veteran Benefits • Asset Protection
Trusts • Wills • Probate

Board Certified Elder Law Specialist

Reach the Senior Market
ADVERTISE HERE

John Julien to place an ad today!
jjulien@4LPi.com or (800) 477-4574 x6534

Embassy Healthcare
Embassy Healthcare offers a wide range of nursing and rehabilitation services, assisted living and many highly specialized medical and therapy services.

Local Centers:
• Broadway Care Center • Grande Oaks • Grande Pavilion
• Shaker Gardens • Solon Pointe • Willow Park
Schedule a tour today. Call 888-975-1379
Visit our website at: www.EmbassyHealthcare.net

A family decision you can feel good about.

Aberdeen Crossings
Leading the Way in Assisted Living
(440) 460-0686
399 Bishop Rd. • Highland Heights, OH 44143

Health Tech Ohio
Providing Compassionate & Safe Care at Home
We provide:
• Alzheimer’s & Dementia Care
• Personal Care • Light Housekeeping
• Meal Prep • Companionship
We also provide Nurse Case Management and Nurse Medication Management.
Ask Us, We can help!
Call: (216) 925-0486
delisha.scott24@gmail.com

Susan A. Sabetta
Realtor®
Century 21 Homestar
440-646-1024
sasc3es1024@aol.com
Personalized, Professional Representation
www.OhioElderLaw.com
Daniel P. Seink Co., Ltd.
440-546-0483
Locations in Brecksville, Westlake, Beachwood, Mentor and Akron.
Medicaid Planning • Applications and Disability Advocacy
Veteran Benefits • Asset Protection
Trusts • Wills • Probate

Board Certified Elder Law Specialist

Reach the Senior Market
ADVERTISE HERE

John Julien to place an ad today!
jjulien@4LPi.com or (800) 477-4574 x6534
DEMENTIA AND ALZHEIMER’S CARE
Our newly opened Reflections Memory Care offers:
• Care in a secured, safe environment
• Specialized programming and care approaches
Call for a tour today:
440-460-1000

Cedar Audiology Associates, Inc.
5010 Mayfield Rd., #116
Lyndhurst, OH
216-381-5011
www.cedaraudiology.com
DOCTORS OF AUDIOLOGY
Helene Leverkus, Au.D
Lynn G. Satzwein, Au.D
Kim D. Gill, Au.D
CARING FOR OUR COMMUNITY’S HEARING FOR OVER 30 YEARS

EMERGENCY! You Need LIFEWatch!
24-Hour Protection at HOME and AWAY!
As Low As $1 a Day!
Ambulance
Police
Fire
Friends/Family
FREE Shipping • FREE Activation
NO Long Term Contracts
Limited Time Offer
FREE SHOPPING TOTE
CALL NOW!
800.258.7193
LIFEWatchUSA

HIGHLAND POINTE HEALTH & REHAB CENTER
Highland Pointe is a brand new, State-of-the Art Skilled Nursing and Rehabilitation facility located in Highland Heights, close to area hospitals and highways. We are a 96 bed facility specializing in skilled nursing care as well as rehabilitation following a prolonged hospital stay or illness. Highland Pointe will offer short-term care, as well as long-term placement, in a beautiful new facility. As with all Saber Healthcare Group facilities your goals are our priority.
402 Golf View Lane
Highland Heights, OH 44143
440-443-0900
www.saberhealth.com

DICICCO & SONS FUNERAL HOME
Proud to be part of your Community.
Serving families since 1924.
Anthony J. DiCicco, Jr. • Manager
440-449-1818

5975 Mayfield Road, Mayfield Heights, OH 44124
Want to meet new people? Join us for our new Duets program! We will be holding a mixer May 10 at 1:30pm at the Ross C. DeJohn Community Center in Mayfield Heights. We encourage anyone who is looking for someone to spend time with to join us and socialize with the group. If you have questions or would like to attend, please call Sonia or Caitlin at 216-291-3902 no later than May 8.

Village Forum
“Aging in Place” programs in Mayfield Village

- **Friday, June 9 at 9:00 AM in MV Civic Hall**
  A panel discussion with Aging in Place professionals who are experienced in helping older adults thrive in their homes. Includes light breakfast.

- **Wednesday, August 30 at 6:00 PM in MV Community Room**
  Celebrate caregiving with an elegant reception of wine and cheese following a discussion on community caregiving options and resources.

- **Friday, October 27 at 1:00 PM in MV Civic Hall**
  “The Future of Aging in Place” - explore present options and future alternatives to independence and aging in place through a variety of modern community resources. Includes coffee/dessert.

All programs are FREE but registration is REQUIRED by calling 216-291-3902 no later than 7 days prior to the program.

SAVE THE DATE!

Plan for your Future in the Present!
A special symposium offered by the Community Partnership on Aging Advisory Board

**Thursday, August 31**
5:00 PM - 8:30 PM
Highland Heights Community Center
$10 per person, includes heavy appetizers, vendors and special guest speakers:

Sharona Hoffman, JD, author of *Aging with a Plan*
Nancy Duff-Boehm, PhD, Clinical Psychologist

Ticketing and further information will be available in mid-May Open to the public and all ages regardless of city of residence, as well as anyone who will retire (we mean everyone)!

Special Senior Luncheon!
This special annual program is offered by CPA in honor of Older Americans Month and the many older adults that we serve.

The luncheon will be held at Ross DeJohn Community Center at 12 noon on Wednesday, May 17 (reservations required for lunch by calling 216-650-4029, no later than Wednesday, May 10).

**Age Out Loud with CPA!**

Tickets for “Rock, Rock, Rock” at Atlas Cinemas may still be available! Call or stop in at any CPA lunch program to find out.

**SUMMER DINNER MEET-UPS!**

Tell us your favorite restaurant in the 5 cities! Your fave may be featured in one of this summer’s meet-ups!

Call Carolyn at 440.473.5138 by May 19th to cast your vote!