The Volunteer Olympics on May 25 was a way for CPA Volunteers to meet and mingle with each other while taking on small challenges to build teamwork and friendly competition. In this picture, volunteers were tasked with creating the tallest card house in 7 minutes. Several attempts were made, several houses fell, and ultimately in the 7 minutes the team with any standing cards won! Contests were also held for toy car races, best athletic dress, trivia, and more!

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Main Office: South Euclid Community Center, 1370 Victory Dr., South Euclid, Ohio 44121
Main phone: 216-291-3902 Hours: M-F, 9:00AM-5:00PM
Community Center location addresses can be found on the calendar on page 8
Email: contactus@communitypartnershiponaging.org • Web: www.communitypartnershiponaging.org

Reach CPA staff directly at the following numbers:
• Social Work/Outreach (Beda, Nancy, Alex): 440-442-2628 (call for appointments)
• Virtual and In-Person Programs (Zakiya): 216-848-0595
• Tech Classes/CPA Connects 2 U (Alex): 216-678-1955
• Community (Indoor) Lunches (Gina, Mary Beth, Jeri, John): 216-650-4029;
  Lunch Box Lunches and Lunch 'N' Movie reservations: 216-970-0347
• Volunteer Department (Jennifer): 216-548-8010
• Donations and Sponsorships (Therese): 216-291-0772

Thank you to these donors* for your generosity!
Kent Calvin
Ruth and Don Freeman
Julie Grida
Diana Katsaitis
Jean Nadeau
Gwendolyn Strayhan
*donations as of June 13
CPA’s Mission Statement:
Improving the lives of older adults through programs and services that
support independence, community involvement and well-being

News from the Community Partnership on Aging
Executive Director, Wendy Albin Sattin
Phone: 216-291-3902  email: sattinw@communitypartnershiponaging.org

Happy July Fourth everyone.
Summer is officially underway; CPA is planning a summer party in Richmond Heights (page 4), and the Senior Farmers’ Market Nutrition Program is up and running. Put that together with another Tech Talk by Liz on July 5th (see page 5) and Lunch ’N’ Movie on the 27th and you have lots to do during the month. We added lunches back to Lyndhurst on Tuesdays, along with a hearty helping of bingo following lunch. Call 216-650-4029 to make your reservation for Tuesday lunch at Lyndhurst, or any of our other days and sites for hot lunches and cool activities.

Summertime means Farmers’ Market coupons. This popular program, funded by the United States Department of Agriculture (USDA), the Ohio Department of Aging (ODA), and Western Reserve Area Agency on Aging, makes $50 in coupons available to older adults to use at participating area Farmers’ Markets. CPA is one of the larger distribution sites for the coupons; however, this year we only received 440 sets. We distribute via a random lottery that will be held on July 12. There are eligibility requirements to be entered into the lottery. We are accepting applications for the lottery until July 7th. See page 16 for more information.

Did you know that CPA has a foundation? The Community Partnership Foundation was created in 2015 to raise funds and identify resources for CPA. On May 24, 2023, the Foundation Board participated in a four hour retreat to discuss changes to the Foundation that will increase its effectiveness in carrying out its mission. One of the key decisions of the day was the creation of three active committees to address three key areas of concern: governance, fundraising and communications. Each of the committees will be chaired by a foundation trustee, but membership on the committees is open to the community, meaning anyone with an interest to help the foundation grow. The governance committee will address the structure and functioning of the foundation board, including expanding membership. Fundraising encompasses all things related to securing dollars for CPA activities: identifying donors, crafting grant proposals, facilitating conversations between CPA and potential sponsors and other like activities. Communications will delve into creating and implementing an impactful strategy to tell CPA’s story and raise community awareness. If you are interested in actively participating in any one of the committees described above, please let me know. The Community Partnership Foundation welcomes your involvement in efforts to strengthen and broaden the Foundation’s scope.

Wendy
With the first half of the year over, there are many volunteer impacts to share.

Earlier in the year, a handful of those in urgent need contacted CPA to assist with last minute errand requests, grocery grabs, and snow assistance. These fulfillments roughly totaled 20 hours of service work.

Two dozen volunteers have placed weekly, bi-weekly, or monthly friendly phone calls to our community members that are seeking companionship. With this fleet of volunteers, individuals feel less isolated. Both the volunteers and phone call recipients look forward to this regular communication. Conversations can last between 15 minutes or an hour.

During the months of April and May, residents in our six cities placed 31 landscape requests for light weeding and leaf raking. Corporate, junior and high school students, college athletes, and retired volunteers all pitched in to complete the tasks. This initiative consisted of upwards of 60 hours of service work.

During CPA’s office hours, a team of administrative volunteers has been responsible for executing daily operational requirements. Since March, there has been a reliable team of a dozen volunteers that rotate throughout the week in the CPA office each day, all day. This team answers phone calls, assists with computer work, filing, office organization, general administration work and so much more! Programs that run throughout the community centers also have volunteers either facilitating or assisting with registration recording. One program in particular is the food distribution day team, as it would not be possible to dispense food boxes and produce to our community without this team of sorters, loaders, and registrars. The food distribution day events connect roughly 200 hours of volunteer hours between roughly 8 volunteers.

Additional requests that have been matched between volunteers and residents include extremely light handyman work, completing a one-off emergency RX pick up, and providing individual instruction to technology class participants outside of regular class.

A task that remains outstanding and needs to be fulfilled by volunteers is trash can assistance, especially during the winter months. The CPA office received 8 requests by residents that needed help placing trash receptacles out by the street, as well as bringing them back in. CPA was able to complete 3 of these requests. This weekly commitment consists of roughly an hour a week by one volunteer.

During the next half of the year, I am hopeful that an increased number of friendly visits can be made by volunteers to residents. Currently, there are 3 residents within our network of cities waiting for individuals to regularly visit their residence to play cards or hold conversations together.

Two particular stories to share include elementary school-aged volunteers. With leadership from their teacher, an elementary school class wrote letters to older adults that identified as isolated in CPA screenings. These letters ignited a pen-pal program with multiple exchanges. Another elementary school honor student independently led a letter writing campaign as her personal service project.

The teamwork within CPA’s volunteers is to be celebrated, too. The recent Volunteer Olympics event demonstrated how individuals with diverse backgrounds could have a laugh and conquer lighthearted challenges together. The participants raced cars, answered trivia, stacked cards, and held spoon races with a lot of laughs!

The CPA volunteer network and operation is robust. Yet, there are unfulfilled requests and more matches to be made. And, there are more volunteers to be gained.

How will you spend the next six months? Make today the day you’ll start improving the lives of older adults. I invite you to describe how you’d like to volunteer for services CPA provides by emailing me at galej@communitypartnershiponaging.org or calling 216-291-3903.

Left: Ursuline College Women’s Soccer Team members participated in the Spring Yard Clean Up project! See page 11 for more pics of this amazing Team!
THURSDAY, JULY 13
Lunch Box
**Turkey on a Pretzel Bun**
Pick up at South Euclid Community Center
at 11:30AM
$5 per person. Deadline to order:
July 10 at 12:00PM
Call 216-970-0347

FRIDAY, JULY 21
Summer Party
4:00PM at Richmond Heights Community Center/Kiwanis Lodge
$1.00 per hot dog
Call 216-650-4029 with reservations and number of hot dogs; deadline 7/17

THURSDAY, July 27th
Lunch ‘N’ Movie
**Chicken Salad Sandwich**
$5; Mayfield Village Civic Center
Lunch at 12:00PM, Movie at 1:00
Movie: “Champions” (2023)(PG-13)
Stars Woody Harrelson
Lunch reservation deadline:
July 21 at 12:00PM
Call 216-970-0347

THURSDAY, AUGUST 10
Friends and Family Cook-Out - Bring a friend or family member!
South Euclid Community Center (time TBA)
Hot Dogs/Hamburgers and more
$2 per person. Reservation deadline:
August 7 at 12:00PM
Call 216-650-4029 for reservations for the August Cook-Out

THURSDAY, AUGUST 24
Lunch ‘N’ Movie
**Strawberry Poppyseed Salad**
$5; Mayfield Village Civic Center
Lunch at 12:00PM, Movie at 1:00
Movie: “Are You There, God? It’s Me, Margaret” (2023)(PG-13)

Nutrition 360° is a program spearheaded by CPA’s Dietetic Technician, Mary Beth Healy.
Through education, coaching and experiential learning, interested older adults can learn (or even RE-learn!) healthy food behaviors.

Upcoming Nutrition 360° Classes held at 1:00PM
- Wednesday, July 5 - Unintended Weight Loss and Malnutrition at South Euclid Community Center
- August, September & October - 3-Part Instant Pot Cooking Series! Sign up (and attend!) all three classes and be entered into a drawing for a FREE Instant Pot! August 2, September 6, October 4 at South Euclid Community Center

Call 216-970-0347 with questions and to make a reservation.
Join us for lunch prior to the class; see the Community Meal info below ↓

CPA Community Meals: call 216-650-4029 for all Community reservations and inquiries
Have a hot meal with us at 11:45AM on-site according to the following schedule:
- Mondays: Richmond Heights Community Center and Lyndhurst Community Center
- Tuesdays: Lyndhurst Community Center
- Wednesdays: Highland Heights Community Center and South Euclid Community Center
- Fridays: Highland Heights Community Center

Lunch ‘N’ Movie, continued
August Lunch reservation deadline: August 21 at 12:00PM
Call 216-970-0347

THURSDAY, SEPTEMBER 26
Lunch ‘N’ Movie
TENTATIVE Movie title: “Sweetwater” (2023)(PG-13)
Hall of Famer, Nat Sweetwater Clifton, makes history as the first African American to sign an NBA contract, forever changing how the game of basketball is played.
This month, I wanted to ask you, our audience, what you would like to learn tech-wise or about social media. Feel free to email me with any ideas or comments about what you’d like to learn about! You can contact me directly at anastasiadis@communitypartnershiponaging.org or simply just interact with CPA on social media and I’ll get back to you!

I will be dropping into the South Euclid Community Center during lunch hours one day each month, so you can meet me and we can chat about tech and social media. Here are the dates I’ll be visiting:

- Wednesday, July 19th at 11:00am-12:00pm
- Wednesday, August 16th at 11:00am-12:00pm
- Wednesday, September 13th at 11:00am-12:00pm
- Wednesday, October 11th at 11:00am-12:00pm

As always, check out our social media accounts for updates on programming, volunteer opportunities, and other online activities.
The goal of the CPA Connects program is to help older adults get and stay connected to each other, to loved ones (and to CPA!) through technology. This is accomplished through School of Tech classes and mentoring and, depending on eligibility and availability, by providing equipment and/or connectivity (CPA Connects 2 U).

The Fall 2023 round of CPA Connects 2 U begins September 26, 2023. If your income is less than $2,248/mo. (household of 1/live alone) or less than $3,040/mo. (household of 2), and you do not have a working computer - you may be eligible to receive a tablet and one year prepaid internet service after successful completion of the class! Call 216-678-1955 to register.

Virtual/Online Programming -
Participate in programs from the comfort of your home on your computer, tablet or SmartPhone! Programs take place on Facebook, Zoom or YouTube

Connect on Facebook here: www.facebook.com/groups/cpapluggedinprogramming

Programs on Facebook (FB) - no need to pre-register for these programs! Simply login to your Facebook account and look for posts from CPA's Plugged-In Programming and click on the program you're interested in!
- **Monday Morning Meditation** every Mon. at 8:45 AM
- **Mental Stretch** - every Mon. at 3 PM
- **Tasty Tuesday** - every Tues. at 3 PM

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**Zoom (Z) Programs - register in advance for these programs by calling 216-848-0595. You will receive a link to join the class via email.**
- **Chair Yoga** - every Wed. at 9AM
- **Book Club** - the last Wed. of the month at 12:30 PM:
  - **Book for July will be: All The Little Hopes** by Leah Weiss

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Did you know CPA has a YouTube channel? Find the link on our website for past recordings of exercise classes, art demos, and educational presentations.

**Call 216-848-0595 with questions.**

CPA has a partnership with Greater Cleveland Neighborhood Centers Association's IConnect (IC) Virtual Programs for offerings such as Jazz Appreciation, Live Classical Piano, & more!
For info about their virtual programs, contact De'Neitra at 216-298-4440.
IN-PERSON PROGRAMMING: Something for everyone!

CPA IN-PERSON/RECURRING PROGRAM DESCRIPTIONS. See calendar for any applicable fees. Call 216-848-0595 with questions or to register (where applicable).

Alzheimer's Support Group (4th Wednesday at SE at 1:00PM).

Arthritis Exercise Video (Fridays at 10:30AM at HH): A specialized DVD presentation designed specifically for folks who are living well with arthritis. Follow along with the in-person group.

BINGO/DJ (Mondays at 12:30PM at RH. See page 13) and BINGO (Tuesdays at 12:30 at LCC).

Brainercize (3rd Monday at 3:00PM at MV) is sponsored by Anthology - Work on puzzles and other mind-sharpening activities in a fun group setting.

Busy Hands Knitters (Wednesdays at 1:00PM at SE) and Nimble Needlers (Fridays at 10:00AM at MV): Welcome all textile artisans to join their group, although most folks knit and/or crochet. Creators develop their own specialty items to give to a charity of their choice or to keep! Beginners are welcome; an experienced crafter will be happy to guide you along your way.

Cardio Drumming (first Friday at 2:00PM): in person at South Euclid Community Center.

Chair Yoga (Fridays at 11:00AM at MV) is a beginner and injury friendly space to stretch while seated or using the chair as a standing balance aid. Join experienced instructor Cynthia McIntyre for a fun and relaxing class. All abilities welcome. Also on Zoom on Wednesdays at 9AM.

CPA Crooners (Wednesdays at 12:30 at SE) - Join our Choir that is led by local volunteer, Laura Bruck.

Creative Paper Recycling - Volunteer Paper Artisans meet every Thursday to create new paper goods from paper scraps that are sold at local craft and art fairs. Proceeds benefit CPA! Contact Judy: 440-646-9820

Creative Writing Class (4th Monday at 1:00PM at LCC): Join our volunteer, Diana, for a monthly Creative Writing group!

(Beginner) Line Dancing (Mondays at 10:30AM at LCC) and (Intermediate) Line Dancing (Fridays at 9:30AM at HH): Learn new choreographed steps with our experienced instructor and veteran line dancing crew.

Nature Walk (Mondays at 11:00AM at RH & Fridays at 10AM at MV Grove): Join others for an easy outdoor hike on (mostly) flat terrain.

Scrabble (Tuesdays at 12:30PM at LCC): Bring your dictionary if you are serious about Scrabble or just come to have a good time with like-minded wordsmiths.

Senior Exercise (Wednesdays & Thursdays at 10:30AM at SE. NO CLASS on third Thursday): Keep it moving with lead instructor Beth Parnin and her team of top notch senior fitness instructors. They will help you stay fit and toned with a total body, low impact, aerobic fitness routine. Bring stretch resistance band & light hand weights, if you have them.

Sippin’ Society will not meet in July.

Stretch Video (Tuesdays at 10:30AM at LCC): Keep limber with a like-minded group of friends new and old. We meet weekly to get a group stretch in.

Tai Chi (Mondays at 9:30AM at LCC & Mondays at 10:45AM at RH): Cultivate stress reduction and wellness. Our experienced instructor will take you through the programs of the Dr. Paul Lam Institute for Health and Wellness.

Woodcarving (Fridays at 9:30AM at HH): Join our casual, social group of woodcarvers. Folks can begin with just a bar of soap and a pocketknife! Bring your own supplies.

Gentle Yoga (Wednesdays at 1:00PM at HH): Find inner peace, strength and calm with this gentle, mat-based class led by Sue! Bring your own mat. All abilities welcome.

Foot Clinics
Appointments w/ Dr. Whaley: Call 216-229-0292
• Highland Heights: 7/14, and 7/28
• South Euclid: 7/27

Appointments with Dr. Spivack, call 440-487-3947
• Lyndhurst: 7/25

Richmond Hts. Foot Clinics are temporarily on hold. See calendar for Foot Clinic times

Blood Pressure Clinics
• Highland Heights: 1st Friday at 11:00AM
• Richmond Heights: 2nd Monday at RH (no BP in July)
• South Euclid: 3rd Wednesday at 11:30AM

July 2023 | Community Partnership on Aging
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<td>9:30 Tai Chi (LCC) $4/A</td>
<td>11:45 Community Meal: Chicken and Gravy (LCC)</td>
<td>10:30 Senior Exercise (SE) $2/A</td>
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**Physical Location Codes**

- **LCC** = 1341 Parkview Dr., Lyndhurst
- **SE** = 1370 Victory Dr., South Euclid
- **HH** = 5827 Highland Rd., Highland Hts.
- **MV** = 6622 Wilson Mills Rd., Mayfield Village
- **MVC** = 6621 Wilson Mills Rd., Mayfield Village
- **RH** = 27285 Highland Rd., Richmond Hts.
- **US** - University Suburban Health Center, 1611 S. Green Rd.
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<td>10:30 Senior Exercise (SE) $2/A</td>
<td>10:00 Nimble Needlers (MV)</td>
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<td>11:30 Creative Paper Recycling (US)</td>
<td>10:30 Arthritis Exercise Video (HH)</td>
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<td>11:45 Community Meal: Breaded Chicken Breast (HH)</td>
<td>11:00 Chair Yoga (MV) $5/A</td>
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<td>2:00 Cardio Drumming (SE) $5/A</td>
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<td>11:00 Chair Yoga (MV) $5/A</td>
<td>11:00 BP Checks (HH)</td>
</tr>
<tr>
<td>11:45 Community Meal: Beef Sloppy Joe (HH)</td>
<td>11:45 Community Meal: Beef Sloppy Joe (HH)</td>
</tr>
<tr>
<td>14</td>
<td>22</td>
</tr>
<tr>
<td>9:00 Dr. Whaley - Foot Clinic (HH)</td>
<td>9:00 Dr. Whaley - Foot Clinic (HH)</td>
</tr>
<tr>
<td>9:00 Morning Inspiration (IC)</td>
<td>9:30 Line Dancing (HH) $5/A</td>
</tr>
<tr>
<td>9:30 Walk N’ Talk (IC)</td>
<td>10:00 Nature Walk (MV Grove)</td>
</tr>
<tr>
<td>10:00 Produce Plus (SE)</td>
<td>10:00 Nimble Needlers (MV)</td>
</tr>
<tr>
<td>10:30 Live Classical Piano (IC)</td>
<td>10:30 Arthritis Exercise Video (HH)</td>
</tr>
<tr>
<td>11:30 Creative Paper Recycling (US)</td>
<td>11:00 Chair Yoga (MV) $5/A</td>
</tr>
<tr>
<td>12:00 Lunch ‘N’ Movie $5 (MV)</td>
<td>11:45 Community Meal: Broccoli Stuffed Chicken (HH)</td>
</tr>
</tbody>
</table>

Virtual Program location codes:

(FB): Facebook
(Z): Zoom
(IC): IConnect

Where the word ‘picnic’ comes from is something of a mystery. The French root may derive from the verb piquer (‘to peck’ or ‘to pick’) and the noun nique (‘a small amount’ or ‘nothing whatsoever’). Originally, it did not refer to anything we would now recognize as a picnic. The word first appears in a satire where the main character, ‘Pique-Nique’, is a hero whose name probably referred to an excessively large or lavish meal. Picnics came into their own during the 18th century. A favorite pastime of the aristocracy, they were enshrined as purely indoor affairs. Attendees were required to contribute; they could either bring a dish or drink, or pay a share of the cost.

During the French Revolution, most aristocratic picnickers fled abroad. They were often short of money but they did their best to maintain their old way of life, and the ‘Pic Nic Society’ was formed. These extravagant events required every member to bring a dish and six bottles of wine (!!!).

Picnics were eventually taken up by the middle classes and moved outdoors. The outdoor picnic found its way to the United States, and thanks to Henry David Thoreau’s Walden (1854), contained images of gnarled trees and craggy rocks.

Attendees at our Summer Party will NOT be required to bring any wine! Call 216-650-4029 to make your reservation for our indoor picnic to be held on Friday, July 21 at Richmond Heights Community Center/Kiwanis Lodge.

adapted from https://www.historytoday.com/archive/historians-cookbook/history-picnic

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TRANSPORTATION WITH STC

CPA has partnered with Senior Transportation Connection (STC) to provide coordinated, efficient and affordable transportation to seniors and adults with disabilities within our community. You must be a resident of one of our cities to qualify for this service. You may be eligible for transportation to medical, shopping, personal trips, and to the community centers. To register, please contact a CPA Social Worker at 440-442-2628. To schedule a trip, contact STC at (216) 265-1489. Learn more at www.ridestc.org.

NEW at Senior Transportation Connection – Standby Program: STC cannot always accommodate your request on the day you need it; however, ask your call center representative to put you on standby. If we can fit you in, we will call you the day before your desired appointment and ask if you’d like to still take your ride.

July 2023 Group Shopping Trips (trips subject to change).

MH/MV/RH – Wed., July 5 & Tues., July 18 & Aug. 1 to Giant Eagle & Target ▪ Friday, July 14 & 28 to Heinen’s & Marc’s

FOR MEDICAL APPOINTMENTS and other personal trips, call 216-265-1489 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.
Community Partnership on Aging is making Pantry Box pick up as easy as PIE!
Receive Phone reminders in advance;
Pick up In your neighborhood;
Eat right, eat smart, eat free!
CPA is expanding our Pantry Box Program (CSFP Program) and has additional boxes available!
Cost: Free to eligible older adults
Where: South Euclid Community Center
When: Monthly
Who: Anyone age 60+ with an income of less than $1580*/mo (household of one) or less than $2137*/mo (household of 2)
Box ingredients change each month but often include canned fruit and veggies, peanut butter, cereals/grains/rice, fresh cheese, canned tuna/chicken and more!
Call 216-291-3904 to get started with your application!
*updated Federal guidelines as of 1/31/23

Good Things by Good People!

Our volunteers are the best! Spring has been busy for our volunteers, as you can see from these pictures.

Above, CPA’s Busy Hands Knitters donated handmade blankets to Kemper House in Highland Heights. Busy Hands Knitters meet on Wednesdays at 1 pm at South Euclid Community Center and Nimble Needlers meet on Fridays at Mayfield Village Community Room.

Left - a couple more action shots of the Ursuline College Women’s Soccer Team who collected nine bags of yard waste at their project!
FOOD ASSISTANCE PROGRAMS

Community Partnership on Aging

Richmond Heights Mobile Pantry

Richmond Heights Mayor Kim Thomas and Councilwoman Cassandra Nelson, in conjunction with "Change of Direction" host a food pantry every 3rd Thursday each month. Free groceries/produce are available to families who are in need. Drive up and they will load your trunk!

Thursday, July 20
10:00 AM - 12 PM
Richmond Heights Community Center (formerly Kiwanis Lodge)
27285 Highland Rd.

South Euclid Community Center

Hillcrest Meals on Wheels

Hillcrest Meals on Wheels is a service designed to meet the nutritional needs of homebound senior residents by delivering meals directly to their homes. Trained volunteers deliver the meals Monday - Friday.

The service area includes the communities of Highland Hts., Richmond Hts., Mayfield Hts., South Euclid, Lyndhurst, and Mayfield Village. Meals are delivered Monday through Friday between 11:00 and noon by volunteers. A hot meal with an option of a lunch box is provided at a nominal cost. Meals are prepared by the Greater Cleveland Food Bank.

If you would like to order meals for you or someone you know, please call Judy Conkling, Program Coordinator at (440) 449-3551, or email mealsonwheels@lyndhurst-oh.com for more information.

Are you looking to volunteer for Hillcrest Meals on Wheels? Contact Judy for that, as well!

Produce Plus is held at South Euclid Community Center!
See you there on July 20.

Do you need help making ends meet or need information about other food assistance programs?

SNAP (Supplemental Assistance Nutrition Program) are benefits that help put groceries and food on the table for people experiencing hunger. These temporary benefits are based on income and are issued monthly through an electronic debit (EBT) card called the Ohio Direction Card. Your family can use the benefits placed on the card to purchase groceries at authorized retailers. If you need help applying for SNAP benefits, we can help! Call a CPA Social Worker at 440-442-2628, and watch for more info about select dates in the next few months when staff from the Food Bank will be on site to offer assistance, too.

Individuals may also apply for SNAP and other public benefits such as Medicaid, Medicare Savings for Seniors, Cash Assistance, and Child Care Voucher online at www.benefits.ohio.gov
City of Mayfield Heights Upcoming Offerings:
Call 440-442-2627 for info and reservations

World's Longest Garage Sale –
8/11 8a-5p $59 Moderate to Extensive
Calling all yard and garage sale enthusiasts! We will travel along the Lincoln Highway/Byway – Rte. 30. Beginning in Canton and moving west. Lunch is on your own. In downtown Wooster and shopping will continue at the country fairgrounds. Registration deadline 7/13.

Programs with Mayfield Village Senior Services: Please call Samantha at 440-919-2332 for all questions and to register.

Mah Jongh takes place every Monday in the Community Room 1:00pm-4:00pm

Cards were moved from Thursdays to Tuesdays 1:30-4:00PM at the Community Room. Thursday Cards will continue at Governors Village from 1:30-4:00PM. All are welcome.

Free Blood Pressure Screening: Every Second Thursday of the Month 1:30-2:30PM in the Community Room - July 13, August 10, September 14 , October 12

Programs with Governors Village at Governor’s Village
Lunch and a Movie will be July 19th (The Hundred Foot Journey) August 16th (Norbit).

2023 TRIPS with JKL Tours:
Call 440-919-2332 (Checks made out to JKL)
- Summer Hawaiian Party - CANCELLED
- Ohio's Lavender and Blueberry Trail: August 4, $115
- Flight 93 National Memorial Experience: August 23, $49
- Surprise Mystery Trip #1: September 6, $99

Senior Resource Fair Mayfield Village Community Room
September 28th 4:00-6:30PM
We are so excited to provide many different tables full of useful information for the Seniors of our community and the neighboring communities. Join us to speak to a variety of different Senior Service providers around the area.

B*I*N*G*O and DJ/Dancing at Richmond Heights Community Center (formerly Kiwanis Lodge)
CPA and the Richmond Heights Rec Department are looking for YOU to play bingo on the first 3 Mondays (and 5th if there is a 5th Monday) of the month and dance along with Jammin Joel the Dj on the 4th Monday of the month! It’s FREEEEEEEEEE, so join along!
When: Mondays, 12:30-1:30PM
Where: Richmond Heights Community Center 27285 Highland Rd.

Silver Sneakers at South Euclid Community Center
1370 Victory Dr., South Euclid on Fridays
Questions? Call 216-291-0771
$1.00 class fee for non-members

10:00AM - Classic Class with Instructor Tim
Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement and activities for daily living. Hand weights, elastic tubing and a Silver Sneaker’s ball are offered for resistance, and a chair is used for support.

11:00AM - Chair Yoga
Reduce stress, increase flexibility, improve balance and mental clarity! All skill levels welcome

Come cruise with Highland Heights Seniors down Lake Erie and Cuyahoga River on the Goodtime III! Enjoy a delicious lunch buffet at 11:00AM aboard the Goodtime III before a 2-hour narrated cruise down Lake Erie and Cuyahoga River.

When: Tuesday, August 22, 2023.
Fee: $75 per person, non-refundable.

Transportation provided by: Barons Bus Lines. Coffee and tea will be available at the Highland Heights Community Center at 9:15 am. All participants are required to complete a Liability and Emergency Information Waiver before boarding the bus. The bus will depart Highland Heights Community Center at 10:00 am. Arrive back at the Community Center at approximately 3:00 pm. Trip is Limited to 56 people; open to all seniors living in Highland Heights and CPA communities!
To reserve your space, visit www.highlandheights.com, and download the registration form. You may drop the form off or mail it to Highland Heights City Hall, 5827 Highland Rd, Highland Heights, OH 44143, ATTN: HH SENIORS BOAT TRIP. Please make checks payable to: City of Highland Heights. We will accept cash, check, MasterCard, or Visa.

For further information or questions, contact Mary Velotta at 440-461-2441
Avenue at Lyndhurst Care and Rehabilitation Center is dedicated to providing the industries best healthcare with an emphasis on excellent outcomes. Our expansive community offers expert skilled nursing and rehabilitation services in a 5-star hotel-like environment with two beautiful courtyards. Whether in need of short or long-term care, therapy services, temporary respite or hospice services, you can count on Avenue at Lyndhurst Care and Rehabilitation Center to help you discover your journey to healthiness. The Avenue at Lyndhurst also has Assisted Living suites available with large one bedroom rooms with full size fridge, exquisite solid surfaces, kitchen, living area, in room temperature control and large bathrooms with walk in showers. All the amenities-private dining services, and courtyard with gazebo. Please feel free to contact us at 440-646-8448.

Tara M. Favitta
Director of Admissions and Marketing
Avenue at Lyndhurst
5442 Rae Road, Lyndhurst, OH 44124
440.646.8448 | Cell: 216-401-2947

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- 60+ in age
- a resident of Cuyahoga County
- have an annual income of 185% of poverty or less (1 person household = $2,248/month; 2 person household = $3,040/month).

CPA accepts applications from residents of the following zip codes: 44121 - 44124 - 44118 - 44143 - 44122 - 44040* and distributes coupons by lottery. This year, applications will be available to complete in person June 26 - July 7, 2023 at our South Euclid office (1370 Victory Dr.). Applications will also be available to download from our website. The lottery to determine coupon recipients will be Wednesday, July 12 at 9:30 at the South Euclid Community Center. Call 216-291-3902 for more information. Valid Ohio ID required when claiming coupons.

*please note that we can only serve these zip codes. If you live in another zip code, please call WRAAA at 216-621-0303 to find your distribution site.