

**FREE TRANSPORTATION AVAILABLE FOR SATURDAY MASSES**

The Cluster Parishes of St. Martin of Tours, St. Monica, Sts. Peter & Paul and St. Therese in cooperation with the Maple Heights Department of Human Services, continue to offer transportation to the Saturday liturgy. This transportation is done on a rotating basis as follows:



- 1st Saturday of each month: St. Martin of Tours.....Mass time: 4:30 PM
- 2nd Saturday of each month: St. Monica.....Mass time: 4:00 PM
- 3rd Saturday of each month: Sts. Peter and Paul.....Mass time: 4:00 PM
- 4th Saturday of each month: St. Therese.....Mass time: 5:30 PM



This service is open to residents of Maple Heights and Garfield Heights who are 60 years of age or older. You are welcome to attend Mass at any or all of the four parishes whether or not you are a parishioner.

To reserve your seat or request more information, please call the Maple Heights Senior Center at 216-587-5472 by the Wednesday, before the Saturday you wish to attend. The first time you call to reserve your ride, you will be asked some basic information such as name, address, phone number, birthday and emergency contact information. Please have this information handy. We ask that you be ready for pickup one hour before the scheduled church service. This program will operate on a first call, first served basis.

**Contact Us**

Give us a call for more information about our services.

Maple Heights Senior Center  
15901 Libby Rd.  
Maple Heights, OH 44137

(216) 587-5481

E-Mail  
lvopat@mapleheightsohio.com

Visit us on the web at  
www.mapleheightsohio.com



**GOLDEN MAPLE LEAVES**

City of Maple Heights      Annette M. Blackwell , Mayor      OCTOBER 2018

Linda M. Vopat, Director of Human Services

Meal Reservations: 216-587-0015

Fax: 216-587-9069

Transportation Reservations: 216-265-1489

Additional Information: 216-587-5481



**MEMORANDUM**

**To:** Cuyahoga County Mayors, Managers and Trustees  
**From:** Diane Bickett, Executive Director, Cuyahoga County Solid Waste District  
**Date:** September 4, 2018  
**Re:** Problems Facing Recycling

You may have seen recent media reports about the problems facing recycling these days. You may have also been contacted by your recycling processor proposing price increases. I am writing to let you know what is driving these problems, what you can expect, and how you can help.

The current problems with recycling are mainly being driven by [China's National Sword Policy](#). Simply stated, China no longer wants our recyclables. For decades, China was the main consumer of the world's recyclables but these often were contaminated with trash and hazardous waste. This left the nation with a spoiled environment that must now be cleaned up. Because of National Sword, China has stopped accepting most recyclables and recyclers across the world are feeling the effects as they try to meet stricter quality standards and find alternative markets. In particular, the markets for mixed paper and mixed plastic have been affected as prices have plummeted from reduced demand and increased supply worldwide.

**Local Impacts:**

The National Sword Policy is impacting curbside recycling the most because household recyclables tend to be very contaminated and are costly to process. Materials must meet new quality standards if they are to be sold into remaining markets. These factors impact the price charged by our local recycling processors - Kimble, Republic, Rumpke and Waste Management. For instance, one community recently received bids for waste collection and recycling services that included a recycling processing fee. This fee was new and ranged from \$35.16 per ton to \$62.95 per ton. In addition, one company indicated it would charge \$250 per ton for contaminated loads of recyclables they would have to landfill.

**WHAT DOES ALL THIS MEAN TO US...**

As costs were increased to our trash hauler, Waste Management, they passed on that increase to us. So, beginning in 2019, the monthly rate per residential unit will increase from \$18.75 to \$18.99. That amounts to a .24 cents increase per month. If you receive the Homestead Exemption your monthly charge will increase from \$9.38 to \$9.62 or .24 cents a month as well. We all are never happy when there are cost increases, but in this case keeping recycling and trying to do a better job doing it will help protect the environment and make the world a little better place for our children, grandchildren and great grandchildren.

Interested in Advertising in the Golden Maple Leaves? Please Call for Details!

City of Maple Heights  
Maple Heights Senior Center  
15901 Libby Rd.  
Maple Hts., Ohio 44137

PLACE  
STAMP  
HERE

Maple Heights Office On Aging | 15901 Libby Road | Maple Heights, Ohio 44137

- |                                      |                                  |                             |
|--------------------------------------|----------------------------------|-----------------------------|
| District 1 - Stafford L. Shenett Sr. | <b>Members of City Council</b>   | District 5 - Tanglyn Madden |
| District 2 - Toni Jones              | President of Council—Ron Jackson | District 6 - Sharri Thomas  |
| District 3 - Ebony Miller            | City Hall                        | District 7 - Edwina Agee    |
| District 4 - Terry Woody Sr.         | 5353 Lee Road                    |                             |
|                                      | Maple Heights, Ohio 44137        |                             |
|                                      | Phone: 216-662-6000              |                             |

### OCTOBER PROGRAMS AT A GLANCE

- OCT 1: 9:30 USPS Mobile Mail Truck
- OCT 1: 9:45 Chair Volleyball-Beach Pt.
- OCT 2: 10:00 Medicare Insurance Fair
- OCT 3 9:30 Oak Street Health - Breakfast/Games
- OCT 4: 10:00 Oktoberfest - Garfield Hts. Ctr.
- OCT 5: 9:45 Chair Exercise - Video
- OCT 5: 11:00 DSAS Voting Registration
- OCT 8: CLOSED - Columbus Day
- OCT 9: 10:30 Senior Site Council
- OCT 9: Noon October Birthday's
- OCT 10: 10:00 Cleveland Clinic—Top Diseases
- OCT 10: 10:45 Tai Chi Class
- OCT 11: 9:00 Mayor's Breakfast Club
- OCT 12: 9:45 Witch Hat Craft with Lynn
- OCT 15: 9:45 Chair Volleyball-Beach Pt.
- OCT 16: 10:30 Blood Pressure - Suburban Pav.
- OCT 18: 10:00 
- OCT 19: 9:45 - Chair Exercise - Video
- OCT 22: 9:45 - Chair Volleyball—Beach Pt.
- OCT 24: 10:45 Tai Chi Class
- OCT 25: Movie - Winchester 
- OCT 26: 10:00 Bunco 
- OCT 29: 9:30 Hair Cuts—Mr. White
- OCT 29: 9:45 - Chair Volleyball-Beach Pt.
- OCT 30: 10:30 Site Council Meeting
- OCT 31: 10:00 Halloween Party
- OCT 31: 12:45 General Meeting

### Podiatry Service

Lara S. Poduska, DPM will be available for foot care. Assignment from Medicare and Medicaid is accepted. Special arrangements can be made for persons on HMO insurances. Call Dr. Poduska's office at 216-662-0027 for an appointment

### Transportation

Seniors 60 years or older who reside in the city of Maple Heights and bordering areas can request van transportation. The Maple Heights Senior van can be used for medical appointments, prescription pick-ups, grocery shopping, banking and to come to the Maple Heights Senior Center. Suggested donation is \$1.00 *each way*.

To register for the Senior Center call 216-587-5481. To make a van reservation, call the "STC Call Center" @ 1-216-265-1489 by 12 noon, three (3) business days prior to, or up to two (2) weeks in advance, Monday through Friday from 7:00 a.m. to 5:00 p.m.

### Maple Hts. Nutrition Program

Provides a nutritionally sound hot meal to individuals 60 years of age or older in a friendly atmosphere. **The suggested donation for the meal is \$1.50.** Lunch is served promptly at noon unless otherwise specified. It is the Center's policy that you arrive by 11:30 a.m. for your reserved lunch, otherwise it will be offered to a person on the stand-by list. Meal reservations are made one week in advance on Monday or Tuesday. You can reserve or cancel a lunch either by phone at 216-587-0015 or in person from 9:00 AM to 5:00 PM. **We are pleased to announce additional options to your menu! We will be accepting 3 different menu choices for each day. When calling in your meal reservation, please tell us if you want the regular hot meal, the Cold Plate (CP) option of Chicken Salad w/Croissant (Monday only) or Spring Lettuce Salad w/Chicken Breast (Tues—Fri) or the Boxed Lunch (BX) option of Tuna, Turkey or Roast Beef designated on the menu for each day. We are now taking lunch reservations for the new meal options.**

### Outreach Service

If you know someone in Maple Heights who is 60 plus and needs assistance, please contact Jaimie Hasenohrl to arrange an OUTREACH VISIT from 8:30 a.m. to 5:00 p.m. at 216-587-5451.

### Notary Services Available

Maple Heights Resident Audrey Brandon

Has offered her services as a Notary Public to all of our Seniors. Please call 1-216-587-5481 or speak to a staff member to make an appointment with Audrey for all your Notary needs.

### Medicare Assistance

Open enrollment begins on Monday October 15<sup>th</sup> and continues through December 7<sup>th</sup>. If you would like to review your Medicare health plans or have a prescription comparison completed, now is the time to do it. If you decided to switch plans they will be effective on January 1<sup>st</sup>, 2019. An OSHIP Counselor is available to all seniors at the Maple Heights Senior Center. Staff will assist you with Medicare forms and questions.

### Chair Exercises - SIT and be FIT

By request of the Maple Heights Seniors, the center will be starting a weekly chair exercise class. This a 2 DVD set called SIT and be FIT for 2 complete workouts. Easy fitness for Seniors. This exercise format will be administered by Juanita Womack, Vice President of the Senior Site Council every Friday (unless other activities are planned) starting at 9:45 AM. Please check the Newsletter for weekly dates.



### Cleveland Clinic

The Cleveland Clinic provides community outreach education as part of a grant with the Maple Heights Office on Aging. They will be coming on a quarterly basis. The next scheduled date is Wednesday, October 10th the topic will be "Top Diseases That Peak During Fall & Winter"



### Mobile Food Pantry - Here we grow again!

The City of Maple Heights and the Cuyahoga County Board of Developmental Disabilities in cooperation with the Greater Cleveland Food Bank are sponsoring a **New Mobile Farmers Market** at the **Maple Heights Adult Training Center** 14775 Broadway Ave. **Maple Heights, Ohio 44137** **From 9:30—11:30 AM**

**On the third Thursday of every Month our next date will be Thursday October 18th**

**Please Bring Your Own Bags**

### Learn to Play BUNCO!

Bunco is a social dice game, traditionally played with 12 players, who are divided into three tables with 4 players at each table. But really, any number can play. Join in to play Bunco on Friday, October 26<sup>th</sup> 10:00 AM, at the Maple Heights Senior Center. Just \$1.00 to play. The money collected will then be distributed to the person(s), who wins Most Bunco's, Most Baby Bunco's, Most Wins, Most Losses! Thank you to Suburban Pavilion for providing a gift card for the person who wins the "Most Bunco's" prize.



### Volunteer of the Month



**Tonya Black and Ray Coe for delivering the boxes of produce to the Seniors from the Mobile Food Pantry.**



### Donations Accepted



The services offered at the Maple Heights Senior Center are funded by the City of Maple Heights, the Older Americans Act through the Ohio Department of Aging and the Cuyahoga County Division of Senior and Adult Services, through the Health & Human Services Levy. Donations are accepted for the services of Congregate and Home-Delivered Meals, Outreach, Transportation, and Escort. The decision to donate or not to donate is totally yours and will in no way affect your eligibility for these services.

### Monthly Bingo

The monthly bingo is usually the third Thursday of each month and starts at 10:00 a.m. Please check the newsletter for the date each month. If you would like to stay for lunch, your meal reservation should be made on Monday or Tuesday the week before. Thank you to Suburban Pavilion for the September Bingo prizes. Bingo will be Oct 18th this Month.



### Volunteers Needed

The Maple Heights Senior Center offers many opportunities for you to give of your time and talents to others. Volunteers are needed to deliver home delivered meals and to escort seniors to medical appointments. For more information or to lend a hand, call 216—587-5481. **F.Y.I.**

Division of Senior and Adult Services:	1-216-420-6750
Long-Term Care	
Ombudsman Helpline:	1-800-365-3112
Long-Term Care Ombudsman:	1-216-696-2719
Western Reserve Area Agency on Aging:	1-216-621-8010

### Thank You to the Following Seniors

For donations of money, cups, sugar, creamer, coffee, Tea and/or snacks, straws & wrapping silverware.

Mr. & Mrs. Otis Cesco, Edward Grinage, Sharon Hagens, Gayle Holman, Carol Hrodmake, Walter Waclawik,



### Hot Meals Program

The Maple Heights Lutheran Church of the Covenant will be offering a FREE Hot Meal on the last Thursday of the month. Meals will be served from 5:00 – 7:00 pm. The Maple Heights Lutheran Church of the Covenant is located at 19000 Libby Road. For a ride call 216-587-5481.

### Hair Cuts - Isiah White

Isiah White is a licensed barber that will be coming to the Maple Heights Senior Center on the last Monday of each month! Except those months where there is a holiday that falls on the last Monday. He will then come the week before. The cost is \$6.00 per hair cut. He is scheduled to come at 9:30 AM. Please call 216-587-5481 to schedule your appointment. See calendar for date.



### Medicare Insurance Fair

The Medicare Insurance fair will be Tuesday, October 2nd. Several Insurance representatives will be available to discuss potential plans. They will be on the second floor of the Maple Heights Senior center from 10:00 AM—Noon



### Senior Employment Service

Employment opportunities are available through various Senior employment services. The following agencies offer some kind of assistance for employment opportunities.

- AARP Senior Employment Program: 216-881-1155
- Jewish Family Service Association: 216-292-3999
- National Caucus & Center on Black Aged: 216-721-9197
- Parma Employment Connection: 216-898-1366
- Vocational Guidance Service Incorporated: 216-431-7800

### Book Delivery for Homebound-Library2you

Library2You is a free service for homebound individuals from Cuyahoga County Public Library which mails library materials to your home. Are you a Cuyahoga County resident who is unable to visit the library for one of the following reasons?

- Frail older adult age 60 and older
- Physically, visually and/or mentally impaired
- Temporarily homebound

Contact the Adult Services Department at 216-749-9307 to make arrangements.

### NEW Chair Volley Ball! NEW

Our chair volley ball games are under way and so much fun! Rebecca Moore from Beachwood Pointe Care Center is coming every Monday to administer Chair Volleyball Games. Chair Volleyball is a rapidly growing sport among seniors and great exercise too! Won't you join us?



### September Birthday's

On Tuesday September 11th, we celebrated birthdays at the Senior Center. The special birthday table was covered with a festive tablecloth distinguishing it from other tables in the dining room.

**Special Thank You to  
Walton Manor  
For providing Cake!**

*HAPPY BIRTHDAY!!!*



- |                     |                      |
|---------------------|----------------------|
| James Stransky 9/3  | Linda Sandefur 9/5   |
| Margarit Toney 9/9  | Henrietta Yax 9/10   |
| Velma Cogburn 9/11  | Gladys Sheary 9/15   |
| Harry Williams 9/15 | Nancy Williams 9/15  |
| Marie Lee 9/21      | Thelma Roberson 9/22 |

### USPS Mobile Truck

The United States Post office Mobile truck usually visits the Maple Heights Senior Center on the first Monday of each month. This is a full service mail truck to accommodate all your mailing needs. The next visit will be @ 9:30 AM on

**Monday, October 1, 2018**

### Blood Pressure Screening - Tuesday

Mason Yoder from Suburban Pavilion will be doing blood pressure screenings on the Third Tuesday of every month at 10:30 AM



Suburban Pavilion Nursing and Rehabilitation Center



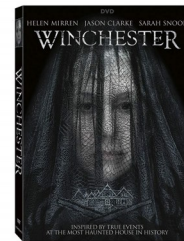
## Groovy Movies 9:45 AM

Halloween Themed October Movie - 2nd Floor

Thursday, October 25th Winchester

5.4/10 (2018)

Ensclosed in her sprawling California mansion, eccentric firearm heiress Sarah Winchester believes she is haunted by the souls of people killed by the Winchester repeating rifle.



### Halloween Witch Hat Craft with Lynn

Learn to make this cute Halloween witches hat . This Craft class will be on Friday October 12th beginning at 9:45 am. All the supplies you need will be provided to make this cute craft. Please bring a pair of sharp scissors and if you have a glue gun with glue sticks please bring that too, there will be some minor gluing. Put this decoration on your door or on a wall in your home to decorate for Halloween. The cost will be just \$10.00 each. We are limited to 10 crafters and 2 finished witch hats will be for sale!



### Free Tai Chi Classes

In cooperation with the Maple Heights Adult Activities Center is offering a free Tai Chi Class on Wednesday Mornings from 10:45-11:15. The classes will be every other Wednesday, starting in 2018. Transportation will be available from the Maple Heights Senior Center leaving at 10:15 AM. You can drive directly to the activity center at the Maple Heights Adult Activities Center 14775 Broadway Ave., Maple Heights. For more Information call 1.216.587.5481



### We're Having a Halloween Party!

Thursday, October 31st, the Senior Center will have a Halloween Party! We will start the day off with guessing games at 10 AM. We will have a costume contest for the best Halloween costume! Halloween word find puzzles, and a 50/50 raffle. Don't miss it! T&L Home of the Heart's Home Care LLC will be bringing Halloween cookies for all to enjoy!



### DSAS - National Voting Registration Act

Lauren Forbes from the Division of Senior and Adult Services (DSAS) will be at the Maple Heights Senior Center Friday, October 5th at 11:00 AM to talk about the National Voting Registration Act. She will have a voter registration cards and absentee ballot applications.



# Oktoberfest

**GAMES, MUSIC, PRIZES & FOOD!**  
**FREE for seniors in Cuyahoga County**

Thursday, October 4th  
 10:00 - 2:00 PM

**Garfield Heights Senior Center**  
**5407 Turney Road in Garfield Hts.**

---

**10:15 - Enjoy games**  
**11:30 - Lunch - Bratwurst and much more!**  
**12:30 - Entertainment (to be announced)**  
**& Raffle prizes!**

Transportation for Garfield Heights residents.  
 RSVP by Sept. 26 at 216-475-3244



The CARE Program is actively recruiting volunteers to assist elderly home owners with simple tasks around their homes in your area! Become a part of our team, give back to the community, and help make a difference in the lives of local senior citizens! For more information please call Eric McLellan at 216-848-0594 or email Eric at [mclellane@communitypartnershiponaging.org](mailto:mclellane@communitypartnershiponaging.org).

This Initiative is funded in part through a Senior Center Innovation Grant awarded by the Cuyahoga County Division of Senior and Adult Services through the Health & Human service Levy.



# Revised October 2018 WRAAA MENU

Monday	Tuesday	Wednesday	Thursday	Friday
<p>1</p> <p>* Chicken Ala King 8 oz. *Baby Lima Beans ½ c Sliced Carrots ½ c W. G. Dinner Roll 2 oz Pineapple Chunks ½ c</p> <p>ALT= CS RB</p>	<p>2</p> <p>*Stuffed Green Pepper 6 oz. Mashed Potatoes ½ c Green Beans ½ c 2 Whole Grain Rye Escalloped Apples ½ c</p> <p>ALT = CBG TR</p>	<p>3</p> <p>*Breaded Chicken Breast Patty Mayo 1 PC 3 oz Harvard Beets ½ c Mixed Vegetables ½ c W. G. Hamburger Bun Orange Juice 4 oz.</p> <p>ALT =CBG RB</p>	<p>4</p> <p>Congregate Site Closed for Oktoberfest in Garfield Hts. Home Delivered Meals will be Turkey Boxed Lunches</p> <p>ALT=CBG TR</p>	<p>5</p> <p>*Roasted Turkey Breast 3 oz. *Gravy 2 oz. *Mashed Potatoes ½ c Broccoli ½ c Blueberry Muffin 2 oz Orange</p> <p>ALT = CBG RB</p>
<p>8</p> <p><b>Columbus Day</b></p> <p><b>Site Closed</b></p>	<p>9</p> <p>*Tomato Basil Chicken 3 oz. *Spaghetti 1 c. w/Sauce Mixed Vegetables ½ c Corn w/Red Peppers ½ c Sliced Pears ½ c</p> <p>ALT=CS RB</p>	<p>10</p> <p>*Beef Sloppy Joe 4 oz. *Seasoned Wedge Potatoes ½ c Ketchup 1 PC Green Beans ½ c Whole Grain Bun Sliced Peaches ½ c</p> <p>ALT=CBG T</p>	<p>11</p> <p>* Salisbury Steak 3 oz. w/ Gravy 2 oz. *Mashed Potatoes ½ c Baby Carrots ½ c Whole Grain Wheat W.G. Vanilla Wafers 1 oz Banana</p> <p>ATL=CBG TR</p>	<p>12</p> <p>*Rosemary Rub Roasted Pork Loin 3 oz. Green Peas ½ c Butternut Squash ½ c W.G. Dinner Roll 2 oz Escalloped Apples ½ c</p> <p>ALT=CBG T</p>
<p>15</p> <p>*Breaded Fish 4 oz. Tartar Sauce 1 PC Tater Tots ½ c w/ Ketchup 1PC Spinach ½ c Whole Grain Wheat Mandarin Oranges ½ c W.G. Vanilla Wafers 1 oz</p> <p>ALT= CS RB</p>	<p>16</p> <p>*Beef Meatloaf w/Ketchup Glaze *Gravy 2 oz. *Mashed Potatoes ½ c Capri Blend ½ c 2 Whole Grain White Sliced Peaches ½ c</p> <p>ALT=CBG TR</p>	<p>17</p> <p>*Sliced Ham 3 oz. w/ Pineapple Glaze *Cheesy Potatoes ½ c Broccoli ½ c W. G. Dinner Roll 2 oz Tropical Fruit ½ c</p> <p>ALT=CBG T</p>	<p>18</p> <p>*BBQ Chicken Breast 3 oz Green Peas ½ c *Sweet Potatoes ½ c 2 Whole Grain White Mixed Fruit ½ c</p> <p>ALT=CBG RB</p>	<p>19</p> <p>*Swedish Meatballs 3 oz. *Noodles ½ c Mixed Vegetables ½ c Red Cabbage ½ c Whole Grain Wheat Sliced Pears ½ c</p> <p>ALT=CBG T</p>
<p>22</p> <p>*BBQ Rib Patty 3 oz. *Scalloped Potatoes ½ c Broccoli ½ c W. G. Hamburger Bun Sliced Peaches ½ c</p> <p>ATL =CS T</p>	<p>23</p> <p>*Chili Con Carne 8 oz. Corn w/ Red Peppers ½ c Mixed Vegetables ½ c Rye Bread W.G. Vanilla Wafers 1 oz Orange</p> <p>ALT=CBG TR</p>	<p>24</p> <p>*Beef Hot Dog 2 oz. W.G. Bun Mustard 1 PC O'Brien Potatoes ½ c Spinach ½ c Sliced Peaches ½ c</p> <p>ALT=CBG T</p>	<p>25</p> <p>*Chicken Cacciatore 3 oz. *Sauce 2 oz. *Brown Rice ½ c Green Beans ½ c Brussel Sprouts ½ c Whole Grain Wheat Pineapple Chunks ½ c</p> <p>ALT=CBG RB</p>	<p>26</p> <p>*Pepper Steak 3 oz. *Seasoned Wedge Potatoes ½ c Ketchup 1 PC California Blend ½ c 2 Whole Grain Wheat Mandarin Oranges ½ c</p> <p>ALT=CBG TR</p>
<p>29</p> <p>*Beef Stew 8 oz. *Brussel Sprouts ½ c Mixed Vegetables ½ c Corn Muffin 2 oz Tropical Fruit ½ c</p> <p>ALT= CS TR</p>	<p>30</p> <p>*Turkey 3 oz. w/ Stuffing 4 oz *Sweet Potatoes ½ c Spinach ½ c W.G. Dinner Roll 2 oz Sliced Peaches ½ c</p> <p>ALT=CBG RB</p>	<p>31</p> <p>*Stuffed Cabbage 6 oz *Sauce 2 oz* Noodles ½ c Green Beans ½ c Sliced Carrots ½ c W.G. Vanilla Wafers 1 oz Apricots ½ c</p> <p>ALT=CBG T</p>	<p>*=Take Temperatures of milk and all food proceeded by an asterisk</p> <p>Choice of: 1% Milk or Buttermilk</p>	<p>Menu Written By: Carolynn Scott</p> <p>Menu Approved By: Jill Riffle MS, RDN, LD</p>

Western Reserve Area Agency on Aging - 2018

Note: Box Lunch Default Menu choice is shown in the right hand corner of each day.






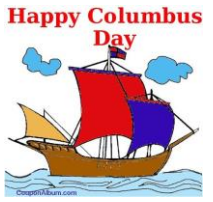

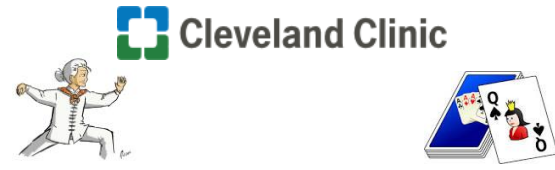

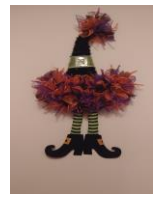









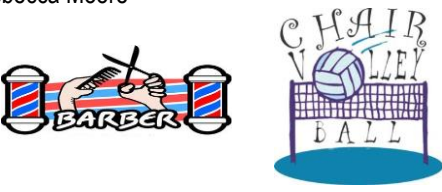


"T" = Tuna, "TR" = Turkey, "RB" = Roast Beef

ALT CS = Chicken Salad w/Croissant, ALT CBG = Spring Lettuce Salad 2/Chicken Breast



Western Reserve  
Area Agency on Aging

## October 2018

Monday	Tuesday	Wednesday	Thursday	Friday
<p>1) ) <b>Meal Reservations</b>, 9:30 USPS Mail Truck, 9:45 Chair Volleyball Sponsored by Beachwood Pointe - Administered by Rebecca Moore</p> 	<p>2) <b>Meal Reservations</b>, Medicare Insurance Fair 10:00 AM - Noon</p> 	<p>3) <b>9:30 Oak Street Health – Continental Breakfast, Game and Prizes, 1:00 PM Bid Whist, 7:00 PM Council Meeting</b></p> 	<p>4) Oktoberfest – Garfield Heights Senior Ctr. 10:00 AM – 2:00 PM</p> 	<p>5) 9:45 AM - Chair Exercises with Video, 11:00 DSAS – National Voting Registration Act</p> 
<p>8) CLOSED – COLUMBUS DAY</p> 	<p>9) <b>Meal Reservations</b>, 10:30 AM Senior Site Council, Noon October Birthday's Sponsored by Suburban Pav</p> 	<p>10) 10:30 Cleveland Clinic – “<b>Top Diseases That Peak During Fall &amp; Winter</b>” 10:45 AM Tai Chi Class, 1:00 PM Bid Whist</p> 	<p>11) <b>9:00 AM Mayor's Breakfast Club</b></p> 	<p>12) 9:45 AM – Craft Class – Witches Hat</p> 
<p>15) <b>Meal Reservations</b>, 9:45 Chair Volleyball Sponsored by Beachwood Pointe - Administered by Rebecca Moore</p> 	<p>16) <b>Meal Reservations</b>, 10:30 AM Blood Pressure Sponsored by Suburban Pavilion</p> 	<p>17) 1:00 PM Bid Whist, <b>7:00 PM Council Meeting</b></p> 	<p>18) 10:00 Bingo Sponsored by Sunrise Pt.</p> 	<p>19) 9:45 AM - Chair Exercises with Video</p> 
<p>22) <b>Meal Reservations</b>, 9:45 Chair Volleyball Sponsored by Beachwood Pointe - Administered by Rebecca Moore</p> 	<p>23) <b>Meal Reservations</b></p>	<p>24) 10:45 Tai Chi Class, 1:00 PM Bid Whist</p> 	<p>25) Movie: 9:45 AM - Winchester</p> 	<p>26) 10:00 AM - Bunco</p> 
<p>29) <b>Meal Reservations</b>, 9:30 Hair Cuts Isiah White – Licensed Barber, 9:45 Chair Volleyball Sponsored by Beachwood Pointe Administered by Rebecca Moore</p> 	<p>30) ) <b>Meal Reservations</b>, 10:30 AM Senior Site Council Meeting</p> 	<p>31) 10:00 Halloween Party, 12:45 General Meeting, 1:00 PM Bid Whist</p> 		

Meal Reservations are taken on Monday and Tuesday, One Week in Advance, @ 216.587.0015

Join us for a

# Clam Bake!



Come join Mayor Annette M. Blackwell for the City of Maple Hts.

**3rd Annual Clam Bake!**

By Maple Heights Catering

\$27.00 a Dinner, \$8.00 for an extra dozen clams

Purchase your tickets at the Maple Heights Senior Center

15901 Libby Road | Maple Hts.



**LIVE MUSIC**

**Make Checks Payable to**

**City of Maple Heights**



*Hope to see you there!*

**When & Where:**

Saturday, October 27, 2018 from 2:00 - 5:00 PM

Bakes will be served from 2:30 - 3:30 PM

Milkovich Middle School | 19800 Stafford Ave. | Maple Hts.

## How can you participate in this worthy cause?

Your sock donations can be dropped off at the **Maple Heights Senior Center** (15901 Libby Road, between Lee and Broadway) from now up until Friday, October 26, 2018.

Monday through Friday from 9:00 AM—5:00 PM.

Please contact Linda M. Vopat, Director of Human Services with any questions @ (216) 587-5481

**Your kindness is appreciated!**



# *“Socks for the Soul” Give Away*

**Date:** Saturday, November 3<sup>rd</sup>, 2018

**Time:** 10:00am-1:00pm

**Location:** Maple Heights Senior Center  
15901 Libby Road (*between Lee and Broadway*)

The *Women of God Outreach Ministries, Inc.* in conjunction with the **City of Maple Heights**, will have a

**FREE SOCKS GIVEAWAY**

No questions asked-All are welcomed

*When your Feet are Happy*

*You are Happy All Over 😊*

For more information contact

**Dana D. Anderson**

(216) 256-4467

womenofGodoutreachministries@outlook.com