

FREE Hearing Screenings

Don't miss out on life.

At Holly's Hearing Aid Center, we believe that better living can be achieved through better hearing. Our staff of friendly professionals are experienced and dedicated hearing instrument specialists who are committed to helping those with hearing loss discover what they have been missing.



Your Trusted Hearing Professionals



Maple Heights Senior Center

When: March 5, 2019

Time: 9:30 a.m. to 11:30 a.m.

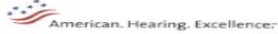
Holly's Hearing Aid Center

Call one of our five convenient locations today!

Ashtabula • Chardon • Concord • Mayfield Heights • Willoughby

Toll Free (855) 856-2244

www.HollysHearing.com



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

MARCH 2019

Linda M. Vopat, Director of Human Services

Meal Reservations: 216-587-0015

Transportation Reservations: 216-265-1489

Fax: 216-587-9069

Additional Information: 216-587-5481

MARCH PROGRAMS AT A GLANCE

- MAR 1: 9:45 Chair Exercise with Video
- MAR 4: 9:30 USPS Truck
- MAR 4: 9:45 Chair Volleyball—Beachwood Pt.
- MAR 5: 9:30 Holly's Hearing Screenings
- MAR 5: 10:30 Low Vision Support Group
- MAR 5: 12:00 PACZKI DAY - Paczki Desserts
- MAR 6: 9:00 Oak Street Health - Winter Dist.
- MAR 7: 9:45 Movie: Conviction
- MAR 8: 9:45 Chair Exercise with Video
- MAR 11: 9:45 Chair Volleyball—Beachwood Pt.
- MAR 12: 10:30 Sr. Site Council
- MAR 12: Noon March Birthday's
- MAR 13: 10:30 Tai Chi
- MAR 14: 10:00 St. Patrick's Day Party - Garfield Hts.
- MAR 15: 9:45 - Chair Exercise - Video
- MAR 18: 9:45 Chair Volleyball - Beachwood Pt.
- MAR 19: 10:30 BP Screening - Suburban Hlth
- MAR 20: 10:30 Name That Tune
- MAR 21: 10:00 **BINGO**
- MAR 22: 9:45 Chair Exercise with Video
- MAR 25: 9:30 Hair Cuts—Mr. White
- MAR 25: 9:45 - Chair Volleyball Beachwood Pt.
- MAR 26: 10:30 Sr. Site Council Meeting
- MAR 27: 10:30 Tai Chi
- MAR 27: 10:30 CLE Metro/12:45 General Meeting
- MAR 28: 9:45 Movie: Novitiate
- Mar 29: 10:00 Bunco



March 2019 Mayor's Message



The month of March isn't just about celebrating St. Patrick's Day, the start of spring and March Madness, as the NCAA calls it and it isn't all about basketball. But, we know that the winter weather in Cleveland can be mad! It has been so cold and the wind strong and wild that going in and out of the cold has been very uncomfortable as we are bundled up and bent over to stay warm. In March the days get just a little longer and brighter and we will be thankful for the relief.

I believe that 2019 is going to be good year for our city, let's stay positive and hopeful as we each do our part to make it so. The City of Maple Heights is good small town living with a convenient location to downtown and other nearby cities, housing is affordable, there are desirable choices in housing styles. There are many people who have spent most of their lives here, because it works for them. I work for all of you to keep things here good and safe. Thank you to so many of you that do the same each and every day in our city.

Let's get ready for March, which comes with St. Patrick's Day and March Madness, if you are a basketball fan!



Linda

Interested in Advertising in the Golden Maple Leaves? Please Call for Details! Like us on Face book!

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.
District 2 - Toni Jones
District 3 - Ebony Miller
District 4 - Terry Woody Sr.

Members of City Council
President of Council—Ron Jackson
City Hall
5353 Lee Road
Maple Heights, Ohio 44137
Phone: 216-662-6000

District 5 - Tanglyn Madden
District 6 - Sharri Thomas
District 7 - Edwina Agee

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 Walton Manor for the February Bingo prizes. The next Bingo will be March 21st



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

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 - New Meals!

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.

alzheimer's association®

community health program

Healthy Living for your Brain and Body: Tips from the Latest Research

presented by
the alzheimer's association

March 21, 2019
10:30 a.m.-11:30 a.m.

**Cuyahoga County Library
Maple Heights Branch
5225 Library Ln.
Maple Heights, OH 44137**

Join us to learn about research in the areas of diet and nutrition, exercise, cognitive activity and social engagement, and use hands-on tools to help you incorporate these recommendations into a plan for healthy aging.



This program is FREE and open to the public.

To register please call 800.272.3900 (24/7 Helpline)

or visit: <https://goo.gl/mjEMty>

Please register and provide your contact information should there be a change or cancellation.

How Sweet It Is!

A series of six workshops designed for people living with type 2 diabetes or pre-diabetic.

Come learn how to manage diabetes by making small changes, step by step. Classes are fun, social, and FREE.

Diabetes Empowerment Education Model is used.

Healthy snacks, prizes and more. Bring Medicare/Medicaid ID



Class 1: Understanding the Human Body & Diabetes Complications



Class 2: Understanding Risk factors for Diabetes



Class 3: Monitoring your body



Class 4: Get Up & Move! Diabetes & Physical Activity



Class 5: Management of Diabetes through Meal Planning



Class 6: Learning about Medications, Medical Care & Living with diabetes

Maple Heights Senior Center/2nd Floor

Address: 15901 Libby Road

Dates: Tuesdays, March 12th- April 16th

Time: 10:00 AM -12:00 Noon

Contact Christine Terry to register: 216.727.2618

Healthy snacks, prizes and more. Bring Medicare/Medicaid ID

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?



February Birthday's

On Tuesday February 12th, 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
Suburban Health
for providing the cakes!**

HAPPY BIRTHDAY!!!



Beverly Fuller 2/5

Trudie Spears 2/8

Carmella Gramuglia 2/13

Alice Wood 2/13

Mary Glenn 2/16

Roosevelt Bland 2/19

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

Monday, March 4, 2019

Blood Pressure Screening - Tuesday

Melissa 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



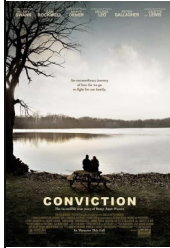
Groovy Movies 9:45 AM

March Movies - 2nd Floor



Thursday, March 7th - Conviction

7.2/10 (2010)

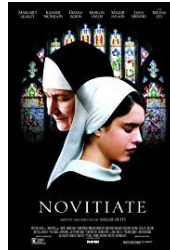


A working mother puts herself through law school in an effort to represent her brother, who has been wrongfully convicted of murder and has exhausted his chances to appeal his conviction through public defenders.

Snacks provided by Suburban Health

Thursday, March 28th - Novitiate

6.6/10 (2017)



Set in the early 1960s and during the era of Vatican II, a young woman in training to become a nun struggles with issues of faith, the changing church and sexuality.

Snacks provided by Care Source

Free Tai Chi Classes

In cooperation with the Maple Heights Adult Activities Center, we are offering a free Tai Chi Class on Wednesday Mornings from 10:30 -11:30 AM. The classes will be 2nd & 4th Wednesday's of the month. Transportation will be available from the Maple Heights Senior Center leaving between 10:00 AM and 10:15 AM. You can drive directly to the activity center and participate at the Maple Heights Adult Activities Center 14775 Broadway Ave. Maple Heights. For more Information call 1.216.587.5481



Cleveland Metroparks

Doug Kusak from Cleveland Metroparks will be coming to the Maple Heights Senior Center on Wednesday March 27 for a talk on the Great Lakes Exposition of 1936. This is one of his most popular talks. He is scheduled to speak starting at 10:30 for approximately 45 minutes.



Name That Tune

Join in all the fun with Laura Blair of Kindred Stratford Commons for "Name That Tune"!

Name that Tune/Variety Show game will be

Wednesday, March 20th

from 10:45 -11:45AM



St. PATRICKS DAY CELEBRATION

9:30 - 2 PM

THURSDAY, MARCH 14

Garfield Heights Senior Center
5407 Turney Road Garfield Hts.

Join us for our annual St. Patrick's Day Party! The Garfield Heights High School Jazz Band will perform from 10 - 11 AM, a corned beef lunch will be served at 11:30 AM, and more entertainment (to be announced) after lunch. This event is FREE and open to seniors (55+) in Cuyahoga County. Please RSVP by March 7 at 216-475-3244.

This event is sponsored by Beachwood Pointe, Woodside Senior Living, Ohio Living Home Health and Hospice and Ideal Home Health.



MAPLE HEIGHTS SENIOR CENTER

Join Oak Street Health for a Winter Distribution!

Oak Street Health is a primary care doctor's office for adults on **Medicare**. Come learn more about us and receive free winter distribution items to keep warm for the coming months!

**WEDNESDAY MARCH 6, 2019
9 AM TO 10:30 AM
15901 LIBBY RD, MAPLE HEIGHTS, OH 44137**

RSVP by 2/27/19 to 216-587-9049

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.



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.



Telephone Reassurance

Any elderly person who is homebound or lives alone and would like a daily phone call, please contact the Center at 216-587-5451. Let us provide you with a reassuring daily call to let you know we care.

Legal Aid for Seniors

The Legal Aid Society offers legal counseling and services to persons age 60 and over.

New intakes are processed via phone:

888-817-3777 (toll-free)

Monday, Wednesday, Friday: 9 a.m. – 4 p.m.

Tuesday, Thurs: 9 a.m. – 2 p.m.

In-person intake applications are handled:

Tuesday, Thursday 9 a.m. – 1 p.m.

At any of four Northeast Ohio Offices in Cleveland, Elyria, Jefferson & Painesville

Visit www.lasclev.org for more information

Benefits Checkup

The program is a simple way for you to learn about state and federal programs you may be eligible for. You need to use a computer and answer several simple questions. The program will bring up a list of possible programs you may qualify for. Call 216-420-6840 for more information or the website to log onto is: www.benefitscheckup.org/link/cuyahoga

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.

Thank You to the Following Seniors

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

Mr. & Mrs. Cesco, Jessie Giles, Linda Sandefur & Ruth Yelsik



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 – 6:00 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.



Low Vision Support Group is Back!

The Maple Heights Senior Center, in conjunction with the Cleveland Sight Center, co-sponsor a support group for those who are visually impaired. The group will focus on common problems low vision people encounter, how to cope with these problems, and services available in the community. They will meet on the first Tuesday of the month from 10:30 to 11:30 AM.



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

An OSHIIP Counselor is available to all seniors at the Maple Heights Senior Center. Staff will assist you with Medicare forms and questions. Appointments for this service can be made by calling 216-587-5481.

Chair Exercises - SIT and be FIT

By request of the Maple Heights Seniors, the center is offering 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 is administered by Juanita Womack, Vice President of the Senior Site Council every Friday (unless other activities are planned) on Friday's beginning at 9:45 AM. Please check the Newsletter for weekly dates.



Income Tax Preparation

AARP will be providing the free income tax service for seniors and low-income individuals every Monday beginning February 4th through April 8th from 9:15 AM—2:30 PM with the exception of February 18th. We are closed due to Presidents day. Our appointments are currently full. If you wish to be put on a waiting list. Please call 216-587-5481. We will do our very best to call you when cancellations arise.



Mobile Food Pantry

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 Activities Center at 14775 Broadway Ave. Maple Heights, Ohio 44137 From 9:30—11:30 AM

This is held the third Thursday of every Month. Our next date will be Thursday, March 21st

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 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, and 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



Lois Vranich



for donation, organization and sales of cards



March 2019 WRAAA Menu

Monday	Tuesday	Wednesday	Thursday	Friday
Menu Approved By: Jill Riffle MS, RDN, LD	Choice of 1% Milk or Buttermilk *Take Temperature of milk and all food proceeded by an asterisk.	Menus Written By: Carolynn Scott		1 *Roasted Pork Loin 3 oz. *Sweet Potatoes ½ c Broccoli ½ c Blueberry Muffin 2 oz. Sliced Apricots ½ c ALT = CBG TR
4 *Beef Stroganoff 4 oz. *Noodles ½ c Harvard Beets ½ c Green Beans ½ c Whole Grain White Pineapple Chunks ½ c ALT = CS T	5 *Beef Hot Dog 2 oz. Ketchup 1 PC/Mustard 1 PC *Baked Beans ½ c Au Gratin Potatoes ½ c Whole Wheat Bun Banana ALT = CBG TR	6 *Breaded Fish 4 oz. Tartar Sauce 1 PC Au gratin Potatoes ½ c Spinach ½ c w/ Vinegar 1 PC 2 Whole Grain Wheat Sliced Peaches ½ c ALT = CBG RB	7 *Stuffed Cabbage 6 oz. w/ Sauce 2 oz. *Mashed Potatoes ½ c Buttered Baby Carrots ½ c 2 Whole Grain Wheat Sliced Pears ½ c ALT = CBG TR	8 *Vegetable Lasagna 6 oz. Green Peas ½ c Buttered Beets ½ c Whole Grain Wheat Mandarin Oranges ½ c Whole Grain Vanilla Wafers 1 oz. ALT = CBG RB
11 *BBQ Chicken Breast 3 oz. *Butternut Squash/Sweet Potatoes Medley ½ c *Brussel Sprouts ½ c W. G Buttermilk Biscuit 2 oz. Sliced Peaches ½ c ALT = CS RB	12 *Meatballs 3-1 oz. *Spaghetti 1 c w/ Sauce California Blend ½ c Corn w/ Diced Red Peppers ½ c Whole Grain Wheat Tropical Fruit ½ c ALT = CBG T	13 *Hamburger 3 oz. Ketchup 2 PC *Seasoned Potato Wedges ½ c Green Peas ½ c Whole Grain Bun Sliced Pears ½ c ALT = CBG TR	14 *Chili Con Carne 8 oz Mixed Vegetables ½ c Buttered Beets ½ c Corn Muffin 2 oz. Apple Juice 4 oz ALT=CBG T	15 *2-2 oz. Stuffed Shells w/ Sauce 2 oz. Spinach ½ c/ 1 PC Lemon Juice Oriental Blend ½ c Whole Grain Garlic Toast 2 oz. Banana ALT = CBG RB
18 *Beef Meatloaf w/ Ketchup Glaze 3 oz. *Baked Beans ½ c Mixed Vegetables ½ c 2 Whole Grain White Mandarin Orange ½ c ALT = CS T	19 * Roasted Turkey Breast 3 oz. * Gravy 2 oz. *Mashed Potatoes ½ c Green Peas ½ c 2 Whole Grain Wheat Mixed Fruit ½ c ALT = CBG RB	20 *Stuffed Pepper 6 oz. w/Sauce 2 oz. *Mashed Potatoes ½ c *Green Beans ½ c 2 Whole Grain Wheat Banana ALT = CBG TR	21 * Swedish Meatballs 3-1 oz. w/Gravy 2 oz./ *Noodles ½ c Spinach ½ c/ Lemon Juice 1PC Carrots ½ c Whole Grain White Sliced Peaches ½ c ALT = CBG T	22 *Cheese Ravioli 6 oz. Broccoli ½ c *Baby Lima Beans ½ c Whole Grain Breadsticks 2 oz. Chunky Applesauce ½ c ALT = CBG RB
25 *Beef Sloppy Joe 4 oz. Green Peas ½ c Harvard Beets ½ c Whole Grain Bun Sliced Pears ½ c ALT = CS TR	26 *Salisbury Steak 3 oz. * w/ Gravy 2 oz. *Mashed Potatoes ½ c Mixed Vegetables ½ c 2 Whole Grain White Sliced Apricots ½ c ALT = CBG T	27 *BBQ Rib Patty 3 oz. *Sweet Potatoes ½ c * Brussel Sprouts ½ c Whole Grain Bun Chunky Applesauce ½ c ALT = CBG RB	28 *Sliced Ham 3 oz. w/ Pineapple Glaze * Au gratin Potatoes ½ c Cauliflower/Broccoli ½ c 2 Whole Grain Wheat Pineapple Chunks ½ c ALT = CBG TR	29 *Bread Fish 4 oz. Tartar Sauce 1 PC/Ketchup 1 PC Seasoned Wedge Potatoes ½ c Carrots ½ c Whole Grain White Mixed Fruit ½ c Whole Grain Vanilla Wafers 1 oz ALT = CBG RB






















Western Reserve Area Agency on Aging - 2019

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 with Croissant, ALT CBG Spring Lettuce Salad w/ Chicken Breast

March 2019

Monday	Tuesday	Wednesday	Thursday	Friday
				1) 9:45 AM - Chair Exercises with Video 
4) Meal Reservations , 9:30 USPS Mail Truck, 9:45 Chair Volleyball Sponsored by Beachwood Pointe - Administered by Rebecca Moore 	5) Meal Reservations , 9:30 – 11:30 AM Holly's Hearing Screenings, 10:30 Low Vision Support Group PACZKI DAY will be served for dessert 	6) 9:00 – 10:30 Oak Street Health Presentation, Hats Gloves & Blanket Giveaway, 1:00 PM Bid Whist, 7:00 PM Council Meeting 	7) Mayor's Breakfast Club 9:00 – 10:15 AM 	8) 9:45 AM - Chair Exercises with Video 
11) Meal Reservations , 9:45 Chair Volleyball Sponsored by Beachwood Pointe - Administered by Rebecca Moore 	12) Meal Reservations, 10:00 AM Diabetes Workshop 10:30 AM Senior Site Council, Noon March Birthday's Sponsored by Walton Manor 	13) 10:30 Tai Chi, 1:00 PM Bid Whist 	14) 10:00 Saint Patrick's Day Party Garfield Heights Senior Center 	15) 9:45 AM - Chair Exercises with Video 
18) Meal Reservations , 9:45 Chair Volleyball Sponsored by Beachwood Pointe - Administered by Rebecca Moore 	19) Meal Reservations, 10:00 AM Diabetes Workshop 10:30 AM Blood Pressure Sponsored by Suburban Health 	20) 10:30 AM Name that Tune, 1:00 PM Bid Whist, 7:00 PM Council Meeting 	21) 10:00 Bingo Sponsored by Suburban Health 10:30 – 11:30 Alzheimer's Association Presentation at the Maple Heights Library 	22) 9:45 AM - Chair Exercises with Video 
25) Meal Reservations , 9:30 Hair Cuts Isiah White – Licensed Barber, 9:45 Chair Volleyball Sponsored by Beachwood Pointe Administered by Rebecca Moore 	26) Meal Reservations, 10:00 AM Diabetes Workshop , 10:30 AM Senior Site Council Meeting 	27) 10:30 Tai Chi, 10:30 Guest Speaker Doug Kusak Cleveland Metroparks , 12:45 General Meeting, 1:00 PM Bid Whist 	28) Movie: 9:45 AM - Novitate Snacks Provided by Care Source 	29) 10:00 AM BUNCO 

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