

Meet Meteorologist Bryan Shaw, WEWS-TV channel 5



Bryan Shaw Meteorologist for WEWS-TV channel 5 in Cleveland will be coming to the Maple Heights Senior Center on Friday, May 17th at 10:30 AM to present “Severe Weather Awareness”. Thunderstorms, Tornadoes, & Lightning are some of nature’s most violent storms. Being prepared for the unexpected and knowing what to do during an emergency is an

important part of your safety and the safety of those you care about. Learn some safety tips for the upcoming Spring and Summer season, so that you feel safe during a storm. Bryan will also be conducting weather experiments.

Remember: When Thunder Roars, Go Indoors!



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



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

PLACE
STAMP
HERE



GOLDEN MAPLE LEAVES



City of Maple Heights

Annette M. Blackwell , Mayor

MAY 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



MAY PROGRAMS AT A GLANCE

- MAY 1: 10:30 Tai Chi (Extra Class)
- MAY 2: 9:45 Movie: First Man
- MAY 3: 9:45 Chair Exercise with Video
- MAY 6: 9:30 USPS Mail Truck
- MAY 6: 9:45 Chair Volleyball - Beachwood Pt.
- MAY 7: 10:30 Low Vision Support Group
- MAY 8: 10:30 Tai Chi
- MAY 8: 10:30 Cleveland Clinic - Cole Eye Inst.
- MAY 9: The Goddess Touch - 10 Min. Massage
- MAY 9: 9:45 Movie: Risen
- MAY 10: 9:45 Chair Exercise - Video
- MAY 13: 9:45 Chair Volleyball - Beachwood Pt.
- MAY 14: 10:30 Sr. Site Council
- MAY 14: Noon May Birthday's
- MAY 16: 10:00 
- MAY 17: 10:30 News 5 Bryan Shaw - Weather
- MAY 20: 9:30 Mr. White - Haircuts
- MAY 20: 9:45 Chair Volleyball - Beachwood Pt.
- MAY 21: 10:30 BP Screening - Suburban Hlth
- MAY 22: 10:30 Tai Chi
- MAY 23: 9:00 Mayor's Breakfast Club
- MAY 24: 9:45 Chair Volleyball with Video
- MAY 27: CLOSED - Memorial Day
- MAY 28: 10:30 ESOP Financial Edu Workshop
- MAY 28: 10:30 Sr. Site Council Meeting
- MAY 29: 10:00 Welcome Summer Celebration
- MAY 29: 12:45 General Meeting
- MAY 30: 9:45 Movie: Novitiate
- MAY 31: 10:00 Bunco

Linda

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 April Bingo prizes. The next Bingo will be May 16th



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

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

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.



Who Wants a Message!

Tara L. Adams is a Licensed Massage Therapist and will be coming to the Maple Heights Senior Center to provide a mobile message service to our Seniors. She will do a 10 minute message of your back, arms and hands for just \$5.00. Her first time coming will be on Thursday, May 9th from 9:30 - 11:30 AM. She will come once a month going forward. A sign up sheet will be available to make your appointment.



The Goddess Touch
A Mobile Massage Service
Tara L. Adams
Licensed Massage Therapist

Mobile Food Pantry— NEW LOCATION!

The City of Maple Heights and St. Andrew Eastern Orthodox Church in cooperation with the Greater Cleveland Food Bank are sponsoring a new Mobile Farmers Market at the

**St. Andrew Eastern Orthodox Church
16029 Maple Park Drive
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, May 16th**

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



Deshawn Owens



VOLUNTEER

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, Sharon Dunlap,
Jessie Giles, Carol Hrodmake &
Gayle Holman & Walter Wacławik**



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! 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

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.



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.

Chair Volleyball

Our chair volley ball games are 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?



April Birthday's

On Tuesday, April 9th, 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!!!



Cardia Gosha 4/8	Carol Fordham 4/10
Barbara Gosha-Forts 4/14	Daisy Darus 4/15
Betsy Wolf 4/15	Reuben Dammons 4/21
Lenora Glen 4/23	Audrey Brandon 4/28
Ed Shelton 4/30	Margaret Khurt 4/30

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, May 6, 2019

Blood Pressure Screening - Tuesday

Melissa from Suburban Health will be doing blood pressure screenings on the Third **Tuesday** of every month at 10:30 AM



SuburbanHealth
Organization



Groovy Movies 9:45 AM

May Movies— - 2nd Floor



Thursday, May 2nd—First Man

7.4/10 (2018)

A look at the life of the astronaut, [Neil Armstrong](#), and the legendary space mission that led him to become the first man to walk on the Moon on July 20, 1969.

Snacks provided by Suburban Health

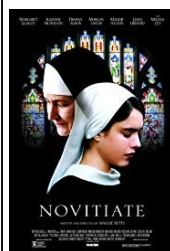


Thursday, May 9th - Risen

6.3/10 (2016)

In 33 AD, a Roman Tribune in Judea is tasked to find the missing body of [Jesus Christ](#), who rose from the dead.

Snacks provided by Beachwood Pointe



Thursday, May 30th - Novitiate

6.6/10 (2017)

Set in the early 1960s and during the era of Vatican II, a young woman in training to be come 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 Clinic Cole Eye Institute

The Cleveland Clinic Cole Eye Institute will be coming to the Maple Heights Senior Center on Wednesday, May 8th at 10:30 AM and will conduct a presentation and Q&A session with you. They will be speaking about the latest in prevention, diagnostics and treatment options for a wide spectrum of eye conditions - from the routine to the complex. Learn why Cleveland Clinic Cole Eye Institute is ranked No. 9 in the U.S. and best in Ohio by U.S. News & World Report. Their retina team has some of the best clinical outcomes in the field, and is passionate about leading the way in research and innovation for retinal diseases. This is a presentation that has been requested by our seniors. Please be sure to come to this very special opportunity!



SENIOR FINANCIAL EDUCATION WORKSHOPS



**Protect Yourself Today!
Prepare for Tomorrow!**

**SEVEN-SESSION WORKSHOP SERIES HELPS OLDER
ADULTS TAKE CHARGE OF THEIR FINANCES**

**Whatever your situation, learn how to protect
your money, property and identity!**

TUESDAYS 10:30-11:30 am

Maple Heights Senior Center

15901 Libby Road

Maple Heights, Ohio 44137

May 28, 2019: Recognizing & Avoiding Elder Financial Exploitation

June 4, 2019: Estate Planning & Preparing for the Future

June 11, 2019: Goal Setting & Budgeting

June 18, 2019: Taking Control of Credit & Debt

June 25, 2019: Building Savings & Understanding Financial Products

July 2, 2019: Tying it All Together: Action Plan

July 9, 2019: Financial Health & Wellness Resources

ESOP IS A SUBSIDIARY OF BENJAMIN ROSE INSTITUTE ON AGING

ESOP | 11890 Fairhill Road, Cleveland OH 44120 | esop-cleveland.org
216.361.0718

ESOP is a HUD-approved housing and financial counseling agency

Maple Heights Seniors Welcome Summer!

The Maple Heights Seniors will be having a Welcome Summer Celebration on Wednesday, May 29th from 10:00 - 11:30 AM. There will be a rock painting craft, a balloon game with fly swatters and snacks. The lunch of the day will be stuffed peppers at the suggested donation price or you can choose to have pizza and salad for just \$3.00. A special dessert of root beer floats will be provided for all by the Senior Site Council. The day will conclude with our regularly scheduled general meeting. Come join us!



May 2019 WRAAA MENU

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Menu Approved By: Jill Riffle MS, RDN, LD</p> <p>Menu Written By: Carolynn Scott</p>	<p>Choice of 1% Milk or Buttermilk</p> <p>*=Take Temperature of Milk and all food proceeded by an asterisk.</p>	<p>1</p> <p>*Beef Meatloaf 3 oz *Gravy 2 oz *Mashed Potatoes ½ c Mixed Vegetables ½ c 2 Whole Grain Wheat Sliced Peaches ½ c</p> <p>ALT = CBG TR</p>	<p>2</p> <p>*Breaded Chicken Breast Pattie 3 oz Basil Tomato Sauce 1 oz Spinach ½ c/ 1 Vinegar PC Corn w/ Red Pepper ½ c Whole Grain Bun Sliced Pears ½ c</p> <p>ALT = CBG RB</p>	<p>3</p> <p>*Roasted Turkey Breast 3 oz *Brown Rice ½ c/*Gravy 2 oz Harvard Beets ½ c Brussel Sprouts ½ c 1 Whole Grain White Mandarin Oranges</p> <p>ALT= CBG RB</p>
<p>6</p> <p>2-2 oz. *Stuffed Shells *w/Sauce 2 oz Broccoli ½ c Glazed Baby Carrots ½ c 1 Whole Grain Wheat W.G. Vanilla Wafers 1 oz. Applesauce ½ c</p> <p>ALT = CS T</p>	<p>7</p> <p>* Chicken Cacciatore 3 oz *w/ Sauce 2 oz *Spaghetti 1 c Corn ½ c Green Beans ½ c Sliced Peaches & Pears ½ c</p> <p>ALT = CBG RB</p>	<p>8</p> <p>*BBQ Rib Patty 3 oz *Baby Lima Beans ½ c *Sweet Potatoes ½ c Whole Grain Bun Mixed Fruit ½ c</p> <p>ALT = CBG TR</p>	<p>9</p> <p>Swedish Meatballs 3-1 oz *w/Gravy 2 oz *Buttered Noodles ½ c Green Beans ½ c Cauliflower ½ c 1 Whole Wheat Bread Banana</p> <p>ALT = CBG T</p>	<p>10</p> <p>*Cold Roasted "Sandwich" SI Turkey Breast 3 oz, Mayo 1 PC *Potato Salad ½ c Tomato, Cucumber, and Onion Salad ½ c 2 Whole Grain Rye Pineapple Chunks ½ c</p> <p>ALT = CBG RB</p>
<p>13</p> <p>*Fish 4 oz/Tartar Sauce 1 PC *Cheese Potatoes ½ c Capri Blend ½ c 1 Whole Grain Wheat Oatmeal Bar 1 oz Orange Juice ½ c</p> <p>ALT = CS TR</p>	<p>14</p> <p>*Hamburger 3 oz Ketchup 2 PC Hash Brown Potatoes 4 oz Spinach ½ c/ 1 Lemon PC Whole Grain Bun Sliced Peaches ½ c</p> <p>ALT= CBG T</p>	<p>15</p> <p>*Chicken Breast Stuffed w/ Broccoli 6 oz Green Beans ½ c *O'Brien Potatoes ½ c 2 Whole Grain White Apricots ½ c</p> <p>ALT = CBG T</p>	<p>16</p> <p>*Tuna Salad 3 oz *3 Bean Salad ½ c *Coleslaw ½ c Whole Grain Bun Pineapple Chunks ½ c</p> <p>ALT = CBG RB</p>	<p>17</p> <p>*Sweet & Sour Chicken 3 oz *Brown Rice ½ c Mixed Vegetables ½ c Broccoli ½ c 1 Whole Grain White Mixed Fruit ½ c</p> <p>ALT = CBG T</p>
<p>20</p> <p>*Meatballs 3-1 oz *Spaghetti 1 c w/ Sauce 2 oz Green Beans ½ c Brussel Sprouts ½ c Sliced Peaches ½ c</p> <p>ALT = CS TR</p>	<p>21</p> <p>*Chicken Alfredo 3 oz *Sauce 2 oz/*Noodles ½ c Green Peas ½ c Baby Carrots ½ c 1 Whole Grain Wheat Sliced Pears ½ c</p> <p>ALT=CBG RB</p>	<p>22</p> <p>*Roasted Pork Loin 3 oz *Sweet Potatoes ½ c Spinach ½ c/ 1 Vinegar PC 1 Whole Grain Rye Applesauce ½ c W. G. Vanilla Wafers 1 oz</p> <p>ALT = CBG TR</p>	<p>23</p> <p>*Stuffed Cabbage 6 oz *w/Sauce 2 oz *Mashed Potatoes ½ c California Blend ½ c W. G. Dinner Roll 2 oz Mandarin Oranges ½ c</p> <p>ALT = CBG T</p>	<p>24</p> <p>*Beef Hot Dog 2 oz Mustard & Ketchup 1 PC each *Baked Beans ½ c *Seasoned Potato Wedges ½ Whole Grain Bun Banana</p> <p>ALT = CBG TR</p>
<p>27</p> <p>Memorial Day</p> <p>Site Closed</p>	<p>28</p> <p>*Beef Lasagna 8 oz Antiqua Blend Veggie ½ c Corn ½ c Whole Grain Garlic Toast 2 oz Apricots ½ c</p> <p>ALT=CS TR</p>	<p>29</p> <p>*Stuffed Peppers 6 oz w/Tomato Sauce 2 oz *Mashed Potatoes ½ c Green Peas ½ c 2 Whole Wheat Bread Banana</p> <p>ALT = CBG RB</p>	<p>30</p> <p>*Lemon Pica Chicken 3 oz *Scalloped Potatoes ½ c Buttered Beets ½ c Whole Grain Dinner Roll 2 oz Pineapple Chunks ½ c</p> <p>ALT=CBG T</p>	<p>31</p> <p>*Salisbury Steak 3 oz *Gravy 2 oz *Mashed Potatoes ½ c Broccoli ½ c 2 Whole Wheat Bread Mandarin Oranges ½ c</p> <p>ALT = CBG TR</p>






































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

May 2019

Monday	Tuesday	Wednesday	Thursday	Friday
		1) 10:30 Tai Chi (Extra Class), 1:00 PM Bid Whist, 7:00 PM Council Meeting  	2) Movie: 9:45 AM – First Man Snacks provided by Walton Manor 	3) 9:45 AM - Chair Exercises with Video, 1:00 PM Bid Whist Bunch, 5:30 PM Volunteer Dinner  
6) Meal Reservations , 9:30 USPS Mail Truck, 9:45 Chair Volleyball Sponsored by Beachwood Pointe - Administered by Rebecca Moore 	7) Meal Reservations , 10:30 Low Vision Support Group Low Vision Support Group 	8) 10:30 Tai Chi, 10:30, 1:00 PM Bid Whist, 10:00  Cleveland Clinic Cole Eye Institute  	9) 9:30 AM The Goddess Touch – 10 min. massage Movie: 9:45 AM - Risen Snacks provided by Beachwood Pointe  	10) 9:45 AM - Chair Exercises with Video, 1:00 PM Bid Whist Bunch  
13) Meal Reservations , 9:45 Chair Volleyball Sponsored by Beachwood Pointe - Administered by Rebecca Moore 	14) Meal Reservations , 10:30 AM Senior Site Council, Noon May Birthday's Walton Manor  	15) 7:00 PM Council Meeting , 1:00 PM Bid Whist 	16) 10:00 Bingo Sponsored by Suburban Health 	17) 10:30 Meet Bryan Shaw, Meteorologist for WEWS-TV channel 5, Presenting Severe Weather Awareness, 1:00 PM Bid Whist Bunch   
20) Meal Reservations , 9:30 Mr. White Haircuts 9:45 Chair Volleyball Sponsored by Beachwood Pointe Administered by Rebecca Moore  	21) Meal Reservations , 10:30 AM Blood Pressures Suburban Health 	22) 10:30 Tai Chi, 1:00 PM Bid Whist  	23) Mayor's Breakfast Club 	24)) 9:45 AM - Chair Exercises with Video, 1:00 PM Bid Whist Bunch  
27) CLOSED – Memorial Day 	28)) Meal Reservations, 10:30-11:30 Senior Financial Education Workshop , 10:30 AM Senior Site Council  	29) 10:00 Welcome Summer Celebration 12:45 General Meeting, 1:00 PM Bid Whist   	30) Movie: 9:45 AM - Novitiate Snacks provided by Maple Heights Seniors 	31) 10:00 AM BUNCO, 1:00 PM Bid Whist Bunch  

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