

**Seniors Famers Market Coupons**

The Maple Heights Senior Center has been chosen as distribution site for the 2019 Senior Farmer's Market Program. To be eligible you must be 60 years of age or older and have an annual household income of 185% of poverty or less. We will serve seniors that reside in the 44105, 44125 & 44137 zip codes. Coupons are now available on a first come, first serve basis. The coupons will be available on Monday, July 1st between 9:30 AM - 4:30 PM

**The Senior Farmer's Market Nutrition Program is supported by federal funds from the U.S. Department of Agriculture, the Ohio Department of Aging and the Western Reserve Area Agency on Aging.**



**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

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

**GOLDEN MAPLE LEAVES**

**City of Maple Heights      Annette M. Blackwell , Mayor      JULY 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

**JULY PROGRAMS AT A GLANCE**

- July 1: 9:30 USPS Mail Truck
- July 1: 9:45 Chair Volleyball - Beachwood Pt.
- July 2: 10:30 Low Vision Support Group
- July 2: 10:30 ESOP Financial Edu Workshop
- July 4: Independence Day- CLOSED
- July 5: 9:45 Chair Exercise - Video
- July 8: 9:45 Chair Volleyball - Beachwood Pt.
- July 9: Noon Sr. Site Council
- July 9: Noon June Birthday's
- July 9: 6:30 PM - Music in the Park 
- July 10: 10:30 Tai Chi
- July 10: Cleveland Clinic- Opioids
- July 11: 9:30 Goddess Touch Massage
- July 11: 9:45 Movie: A Dog's Way Home
- July 12: 9:45 Chair Exercise - Video
- July 15: 9:45 Chair Volleyball - Beachwood Pt.
- July 16: 10:30 BP Screening - Walton Manor
- July 17: 10:00 Family Feud - Beachwood Point
- July 18: 10:00 
- July 19: 9:45 Chair Exercise - Video
- July 22: 9:45 Chair Volleyball - Beachwood Pt.
- July 23: 10:30 ESOP Financial Edu Workshop
- July 23: 6:30 PM - Music in the Park 
- July 24: 10: 30 Tai Chi
- July 25: 9:45 Movie: Crazy Rich Asians
- July 26: 10:00 Bunco
- July 29: 12:00 Sr. Site Council Meeting
- July 29: 9:30 Mr. Lewis - Upgrades Haircuts
- July 30 : 12:45 General Meeting
- July 31: Lake County Captains Game 



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

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

### 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 June Bingo prizes. The next Bingo will be July 18th



### 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 Massage!

Tara L. Adams is a Licensed Massage Therapist and will be coming to the Maple Heights Senior Center to provide a mobile massage service to our Seniors. She will do a 10 minute massage of your back, arms and hands for just \$5.00. She will be coming on the second Tuesday of each month from 9:30 - 11:30 AM. 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, July 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 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



Volunteers of the Mobile Market  
Georgette, Pat, Sheryl, & Vince



### 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](http://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](http://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.

**Ruth Yelsik, Genevieve Cercek, Mr. & Mrs. Cesco, Linda Sandefur, Walter Waclawik, Carol Hromadka**



### 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

Tehron Lewis is a licensed barber that works in the new UpGrades Barber Shop that opened up in Maple Heights. He 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?



### June Birthday's

On Tuesday, June 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 Suburban Health for providing the cakes!**

*HAPPY BIRTHDAY!!!*



Sharon Hagans 6/1	Pearly Rashad 6/6
Wendell Chinn 6/18	Jerome Coleman 6/28
	Lydia Fotia 6/30

### 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, July 1, 2019**

### Blood Pressure Screening

Jennifer from Walton Manor will be doing blood pressure screenings on the Third Tuesday of every month at 10:30 AM





## Groovy Movies 9:45 AM

July Movies - 2nd Floor



### Thursday, July 11th - A Dog's Way Home

6.7/10 (2019)

A female dog travels four hundred miles in search of her owner throughout a Colorado wilderness.

Snacks provided by Beachwood Pointe



### Thursday, July 25th - Crazy Rich Asians

7.0/10 (2018)

This contemporary romantic comedy, based on a global bestseller, follows native New Yorker Rachel Chu to Singapore to meet her boyfriend's family.

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

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, July 10th. The topic will be on Opioid medication, safe medication management & pain management. Each attendee will also be given deltor bags for safe medication disposal. Please be sure to come to the Senior Center for this important talk with Jennifer McClelland Johnson, Licensed Social worker from the Cleveland Clinic.



## 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 10:30am-11:30pm

Maple Heights Senior Center  
15901 Libby Road  
Maple Heights, Ohio 44137

July 2, 2019: Building Savings & Understanding Financial Products

July 23, 2019: Tying it All Together: Action Plan

July 30, 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

### Family Feud

Rebecca Moore from Beachwood Pointe will be coming to the Maple Heights Senior Center on Tuesday, July 16th at 10:00 AM. She will be playing one of the most popular game shows of all time, The Family Feud game is better than ever in the new 5th edition full of "SURVEY SAYS" questions from the TV show! Be sure to come to the Senior center on this day to enjoy a fun fill game of Family Feud!



### Lake County Captains Game

Join the Captains at Classic Park as we celebrate Senior Day! The Maple Heights Senior Van will take you down to the game about 9:30 AM. Free Coffee for the first hour starting at 10:00 AM and Bingo throughout the game! Every ticket purchased will qualify you for the Captains Group Raffle on the day of the game.



### Senior Day

Wednesday, July 31st - Game Time 11:00 AM

Lake County Captains vs. Lansing

# July 2019 WRAAA MENU

Monday	Tuesday	Wednesday	Thursday	Friday
<p>1</p> <p>*Beef Hot Dog Mustard 1 PC /Ketchup 1 PC *Seasoned Potato Wedges ½ c *Baked Beans ½ c Whole Grain Bun Apricots ½ c</p> <p>ALT=CS TR</p>	<p>2</p> <p>Hawaiian chicken 3 oz *Rice Pilaf ½ c Baby Carrots ½ c Green Beans ½ c Whole Grain Wheat Tropical Fruit ½ c</p> <p>ALT=CBG RB</p>	<p>3</p> <p>*Hamburger 3 oz Ketchup 2 PC Broasted Potatoes ½ c Spinach ½ c/ Vinegar 1 PC Whole Grain Bun Banana</p> <p>ALT=CBG TR</p>	<p>4</p> <p><b>4th of July Holiday</b></p> <p><b>Sites Closed</b></p>	<p>5</p> <p>*Roasted Turkey Breast 3 oz *Gravy 2 oz *Mashed Potatoes ½ c California Blend ½ c 2 Whole Grain Rye Pineapple Chunks ½ c</p> <p>ALT=CBG RB</p>
<p>8</p> <p>*Beef Stew 8 oz Brussel Sprouts ½ c Buttered Sliced Carrots ½ c Whole Grain Wheat W.G. Vanilla Wafers 1 oz Orange</p> <p>ALT=CS T</p>	<p>9</p> <p>*Chicken Alfredo 4 oz *Buttered Noodles ½ c Mixed Vegetables ½ c Harvard Beets ½ c Whole Grain White Sliced Pears ½ c</p> <p>ALT=CBG RB</p>	<p>10</p> <p>*Salisbury Steak 3 oz *Gravy 2 oz *Mashed Potatoes ½ c Broccoli ½ c 2 Whole Grain Wheat Banana</p> <p>ALT=CBG TR</p>	<p>11</p> <p>*Breaded Pork Pattie 3.75 oz *Sweet Potatoes ½ c Green Peas ½ c W.G. Dinner Roll 2 oz Scalloped Apples ½ c</p> <p>ALT=CBG T</p>	<p>12</p> <p>*Tuna Salad 3 oz *Potato Salad ½ c *Corn Relish Salad ½ c 2 Whole Grain Wheat Apricots ½ c</p> <p>ALT=CBG RB</p>
<p>15</p> <p>*Sliced Ham 3 oz w/ Pineapple Glaze Mixed Vegetables ½ c Cheesy Potatoes ½ c Corn Muffin 2 oz Mixed Fruit ½ c</p> <p>ALT=CS T</p>	<p>16</p> <p>*Stuffed Pepper 6 oz w/ 2 oz Sauce *Mashed Potatoes ½ c *Baby Lima Beans ½ c W.G. Honey Wheat Biscuit 2 oz Tropical Fruit ½ c</p> <p>ALT=CBG TR</p>	<p>17</p> <p>*Cold Sliced Turkey 3 oz Mayo 1 PC *Tomato Cuke Onion Salad ½ c *Cole Slaw ½ c 2 Whole Grain Rye Mandarin Oranges ½ c</p> <p>ALT=CBG RB</p>	<p>18</p> <p>*Breaded Chicken Breast 3 oz Marinara Sauce 2 oz Green Beans ½ c Capri Blend ½ c W. G. Breadstick 2 oz Sliced Peaches ½ c</p> <p>ALT=CBG RB</p>	<p>19</p> <p>*Swedish Meatballs 3-1 oz *Noodles ½ c/* w/Gravy 2 oz Broccoli ½ c Red Cabbage ½ c Whole Grain White Banana</p> <p>ALT=CBG T</p>
<p>22</p> <p>*Chicken Cordon Bleu 6 oz *Mashed Potatoes ½ c Harvard Beets ½ c 2 Whole Grain White Sliced Peaches ½ c</p> <p>ALT=CS RB</p>	<p>23</p> <p>*Sweet &amp; Sour Pork Loin 4 oz *Rice Pilaf ½ c Buttered Sliced Carrots ½ c Green Peas ½ c Applesauce ½ c W.G. Vanilla Wafer 1 oz</p> <p>ALT=CBG TR</p>	<p>24</p> <p>*Pepper Steak 3 oz *Butternut Squash ½ c Green Beans ½ c Blueberry Muffin 2 oz Banana</p> <p>ALT=CBG T</p>	<p>25</p> <p>*Beef Stroganoff 4 oz *Noodles ½ c w/*Gravy 2 oz Mixed Vegetables ½ c Corn ½ c Whole Grain Wheat Pineapple Chunks ½ c</p> <p>ALT=CBG TR</p>	<p>26</p> <p>*Breaded Fish 4 oz Tartar Sauce 1 PC *Scalloped Potatoes ½ c Spinach ½ c/ Lemon Juice 1 PC W.G. Dinner Roll 2 oz Sliced Pears ½ c</p> <p>ALT=CBG RB</p>
<p>29</p> <p>*Stuffed Cabbage 6 oz Sauce 2 oz *Mashed Potatoes ½ c Kyoto Blend Vegetables ½ c 2 Whole Grain Wheat Tropical Fruit ½ c</p> <p>ALT=CS TR</p>	<p>30</p> <p>*BBQ Rib Patty 3 oz *Sweet Potatoes ½ c Cape Cod Blend ½ c 2 Whole Grain Wheat Apricots ½ c</p> <p>ALT=CBG T</p>	<p>31</p> <p>*Beef Meatloaf 3 oz *Gravy 2 oz *Mashed Potatoes ½ c Green Beans ½ c 2 Whole Grain Wheat Sliced Peaches ½ c</p> <p>ALT=CBG TR</p>	<p>Menu Approved By:</p> <p><i>Jill Riffle MS, RDN, LD</i></p>	<p>*=take temperature of Milk and all food proceeded by an asterisk</p> <p>Choice of 1% Milk or Buttermilk.</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

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

# July 2019

<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<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, 10:30-11:30 Senior Financial Education Workshop</b> 10:30 Low Vision Support Group</p> 	<p>3) 1:00 PM Bid Whist, 7:00 PM Council Meeting</p> 	<p>4) Independence Day – CLOSED</p> 	<p>5) 9:45 AM - Chair Exercises with Video, 1:00 PM Bid Whist Bunch</p> 
<p>8) <b>Meal Reservations</b>, 9:45 Chair Volleyball Sponsored by Beachwood Pointe - Administered by Rebecca Moore</p> 	<p>9) <b>Meal Reservations</b>, 10:45 Senior Site Council, Noon July Birthday's, 6:30 PM Music in the Park</p> 	<p>10) 10:30 Cleveland Clinic – Opioids, 10:30 Tai Chi, 1:00 PM Bid Whist</p> 	<p>11) 9:30 AM The Goddess Touch – 10 min. massage. Movie: 9:45 AM – A Dogs Way Home Snacks provided by Beachwood Pointe</p> 	<p>12) 9:45 AM - Chair Exercises with Video, 1:00 PM Bid Whist Bunch</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>, 10:00 Family Feud Game by Beachwood Point 10:30 AM Blood Pressures screening by Walton Manor</p> 	<p>17) 1:00 PM Bid Whist</p> 	<p>18) 10:00 Bingo Sponsored by Walton Manor</p> 	<p>19) 9:45 AM - Chair Exercises with Video, 1:00 PM Bid Whist Bunch</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, 10:30-11:30 Senior Financial Education Workshop</b>, 6:30 PM Music in the Park</p> 	<p>24) 10:30 Tai Chi, 1:00 PM Bid Whist</p> 	<p>25) Movie: 9:45 AM – Crazy Rich Asians Snacks provided by Care Source</p> 	<p>26) 10:00 AM BUNCO, 1:00 PM Bid Whist Bunch</p> 
<p>29) <b>Meal Reservations</b>, 9:30 Hair Cuts 9:45 Chair Volleyball Sponsored by Beachwood Pointe Admin. by Rebecca Moore, Noon Site Council Mtg.</p> 	<p>30) <b>Meal Reservations, 10:30-11:30 Senior Financial Education Workshop, 12:45 General Meeting.</b></p> 	<p>31) Lake County Captains Game 1:00 PM Bid Whist</p> 		

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