

AVON fund-raising

Vivian Paul, Avon Representative will be helping the Maple Heights Senior Site Council with an Avon Fundraiser to help with the purchase of a commercial carpet/vacuum cleaner. The fundraiser will run from October 7th through Oct 18th, 2019. The Avon books will be available on the first day October 7th. No tax or processing fee will be applied to the orders. If you are interested in participating in this fundraiser by either placing an order of collecting orders, please call 216.587.5481. Thank you

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, 50/50 raffle and more! Please be sure to join in on all the fun!



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

OCTOBER 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

I believe in Maple Heights and it is apparent that so many of you do in the way that you celebrate our small wins! I want to thank the Senior Center Site Council for being my guest at the "Soft Opening" at the new KFC on Warrensville Center Road; we now have choices in fast food chicken to eat. Also coming soon, right across the street, Rally's is opening sometime next month, October, another choice in food.



The primary election was on September 10th and we are now on to the General Election in November. This year's election is to elect the Mayor and Councilpersons for Districts 2, 4 and 6. So it is a very important one. I have no doubt that all of you will take the time to research the candidates that are running for office and make the best decision for the city.

The weather is getting cooler and darker earlier in the evenings so be sure to stay warm and safe. Please make sure that you stay in touch with family and friends and ask for help where you need it. We are here to help and listen to your concerns, making a difference where it counts. And as we move towards the end-of-year holidays, I hope that you participate in the holiday celebrations that we are planning for you.

In closing, I want to make sure that you all know how much I appreciate your support and kindness. You all are very special people and the City of Maple Heights is a better place because of you all.

OCT PROGRAMS AT A GLANCE

OCT 1: Medicare 101-Medical Mutual
OCT 1: 10:30 Low Vision Support Group
OCT 3: Oktoberfest—Garfield Hts.
OCT 4: 9:45 Chair Exercise - Video
OCT 7: 9:45 Chair Volleyball
OCT 7: AVON FUNDRAISER BEGINS
OCT 8: 10:45 Sr. Site Council
OCT 8: Noon October Birthday's
OCT 9: 10:30 Tai Chi
OCT 9: Cleveland Clinic—Senior Eye Care
OCT 10: 9:30 Goddess Touch Massage
OCT 10: 9:45 Movie: POMS
OCT 10: Noon - Clam Bake
OCT 11: Medicare Insurance Fair
OCT 14: 9:45 CLOSED—Columbus Day
OCT 15: 10:30 BP Screening - Suburban Hlth.
OCT 16: Craft with Lynn—Pumpkin Planter
OCT 17: 10:00 
OCT 18: AVON FUNDRAISER ENDS
OCT 18: 9:45 Chair Exercise - Video
OCT 21: 9:45 Chair Volleyball
OCT 23: 10: 30 Tai Chi
OCT 24: 9:00 Mayor's Breakfast Club
OCT 25: 10:00 Bunco
OCT 28: 9:45 Chair Volleyball
OCT 29: 10:45 Sr. Site Council Meeting
OCT 30: 12:45 General Meeting—Chief Vito
OCT 31: Halloween Party

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 Suburban Health for the September Bingo prizes.

The next Bingo will be Thursday, October 17th



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.

Medicare 101

Roydean Avery of Medical Mutual will be coming to the Maple Heights Senior Center on to give a presentation on Medicare 101. This presentation will help Seniors get ready for open enrollment, which begins on October 15th. The presentation will be Tuesday, October

1st from 10:00 –11:00 AM



Medicare Insurance Fair

The Medicare Insurance fair will be Friday, October 11th. 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



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 Thursday 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

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, October 17th

Please Bring Your Own Bags

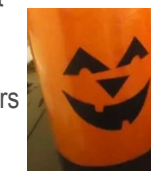
Learn to Play BUNCO!

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! We have added the Traveling Bunco too! Thank you to Council President Ron Jackson for providing gift cards for the person who wins the "Most Bunco's" prize.



Pumpkin Planter Craft Class

Wednesday October 16th we will be making pumpkin planters with hardy mums out of 8" terracotta pots. You will paint your planter and put a pumpkin face on it and plant the mum into it. Everything you need to make this planter will be provided. The cost will be \$10.00 each. There will be a limit of 15 planters that will be available to make or purchase.



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.

Audrey Brandon, Carrie Bruce, Mr. & Mrs. Cesco, Lydia Fotia, Gayle Holman, Rosalyn Hood, Carol Hrodmake, Robert Oatman, Caroline Smith, Water Wacławik, Juanita Womack, Ruth Yelsik, & Kay Zielinski



Volunteer of the Month



Eva Parnell



for helping out with lunches



Volunteer of the Month

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

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.

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! Every Monday to we play chair volleyball Games. We start playing at 10:00 AM and usually play 3 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 10th, 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!!!



Carolyn Townsend 9/3
Margaret Toney 9/9
Viola Gardiner 9/15
Harry Williams 9/15
Ed Roppel 9/27

Linda Sandefur 9/5
Velma Cogburn 9/11
Gladys Sheary 9/15
Thelma Roberson 9/22
Jean Nix 9/30

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, October 7, 2019

Blood Pressure Screening

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

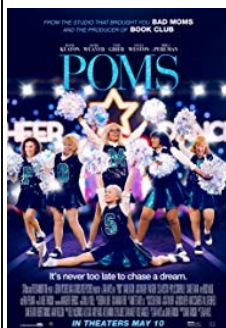


**SuburbanHealth
Organization**



Groovy Movies 9:45 AM

October Movies - 2nd Floor



Thursday, October 10th - POMS

5.7/10 (2019)

POMS is a comedy about a group of women who form a cheer leading squad at their retirement community, proving that you're never too old to 'bring it!'

Snacks provided by Beachwood Pointe

Cleveland Clinic - Glaucoma Screenings

Meredith Seeley, CTTS program manager from the Cleveland Clinic will be coming to the Maple Heights Senior Center on **Wednesday, October 9th at 10:00 AM.**



The Ohio Affiliate of Prevent Blindness is committed to ensuring that all Ohioans have good sight for life. We prevent blindness in Ohio's adult population by providing services for early detection of possible vision problems through **vision screening** and educating people about how to keep their sight safe and healthy for a lifetime. Early detection is essential in reducing the number of workplace injuries due to reduced or impaired vision as well as controlling vision loss due to diseases such as glaucoma, diabetic eye disease, and age-related macular degeneration.

The peripheral fields test is used to identify possible glaucoma or other eye diseases that may reduce peripheral vision. Our certified vision screener also records an eye health history and makes referrals to eye care physicians based on test results and/or eye disease risk factors that the client may exhibit. Educational informational materials are provided to individuals screened, educating them about eye health, and safety. The Ohio Affiliate of Prevent Blindness provides a complete continuum of care to adults that are unable to afford follow-up care through our Vision Care Outreach Program, by providing free eye exams and glasses to those in need. Please note, additional information regarding this program is available upon request.

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




Oktoberfest

GAMES, MUSIC, PRIZES & FOOD!

FREE for seniors in Cuyahoga County

Thursday, October 3rd
10:00 - 2:00 PM
Garfield Heights Senior Center
5407 Turney Road in Garfield Hts.

10:00 - Line Dancing
11:30 - Lunch: Bratwurst, sauerkraut, potatoes, onions, peppers, a drink and dessert!
12:30 - Polka Band
1:30 - Raffle prizes











Transportation for Garfield Heights residents.
 Made with PosterMyWall.com **RSVP by Sept. 26 at 216-475-3244**

2020 Mind Challenge Team Formation Competition

What is The Mind Challenge for the New Majority? It is a trivia tournament for active seniors and baby boomers (50+) representing 36 cities/senior centers. This year marks the second year after a tremendously successful inaugural campaign in 2019.

Mind Challenge Qualifying/Team Formation Round JANUARY 2020

There will be two weeks of competition within each participating city. During these two weeks cities will conduct individual trivia competition for team selections. There is no maximum number of teams that a city can have representing them. The only rule about team formation is that no team can exceed 6 members per team and must have at least 3 members to form a team.

WE WANT YOU!

The City of Maple Heights team formation competition date will be Tuesday, January 14, 2020 at 10 AM at the Maple Heights Senior Center 15901 Libby Rd., Maple Heights.



October 2019 WRAAA MENU

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Menu Approved By:</p> <p><i>Ann Stahlheber MS, RDN, LD</i></p>	<p>1</p> <p>*Breaded Chicken Breast 3 oz Marinara Sauce 2 oz *Cauliflower ½ c *Zucchini ½ c W. G. Breadstick 2 oz Sliced Peaches ½ c</p> <p>ALT=CBG RB</p>	<p>2</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>3</p> <p>*Sliced Ham, 3 oz *WG Noodles, ½ c *Green Peas, ½ c *Butternut Squash, ½ c Whole Grain White Applesauce, ½ c</p> <p>ALT=CBG T</p>	<p>4</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>7</p> <p>*Beef Stew 8 oz *Brussel Sprouts ½ c *Buttered Sliced Carrots ½ c WG Dinner Roll 2 oz Apricots ½ c</p> <p>ALT=CS T</p>	<p>8</p> <p>*Chicken Alfredo 4 oz *W.G. Pasta ½ c *Mixed Vegetables ½ c *Broccoli ½ c Whole Grain White Sliced Pears ½ c</p> <p>ALT=CBG RB</p>	<p>9</p> <p>*Beef Sloppy Joe 4 oz *Sweet Potatoes ½ c *Green Peas ½ c W.G. Hamburger Bun 2 oz Scalloped Apples ½ c</p> <p>ALT=CBG TR</p>	<p>10</p> <p>*Salisbury Steak 3 oz *Gravy 2 oz *Mashed Potatoes ½ c Harvard Beets ½ c 2 Whole Grain Wheat Fresh Fruit</p> <p>ALT=CBG T</p>	<p>11</p> <p>*Tuna Salad 3 oz Spring Mix 1 c. Italian dressing 1 PC Three Bean Salad ½ c 2 Whole Grain Wheat WG Cinnamon Roll 2 oz Orange</p> <p>ALT=CBG RB</p>
<p>14</p> <p>Columbus Day</p> <p>Site Closed</p>	<p>15</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 Applesauce ½ c</p> <p>ALT=CS TR</p>	<p>16</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>17</p> <p>*Hawaiian Chicken 3 oz *Rice Pilaf ½ c *Baby Carrots ½ c Mixed Vegetables ½ c Whole Grain Wheat Tropical Fruit ½ c</p> <p>ALT=CBG RB</p>	<p>18</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>21</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>22</p> <p>*Sweet & 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>23</p> <p>*Roasted Turkey 3 oz *Gravy 2 oz *Butternut Squash ½ c Green Beans ½ c W.G. Biscuit 2 oz Banana</p> <p>ALT=CBG T</p>	<p>24</p> <p>*Chicken Cacciatore 3 oz *WG Pasta ½ c W *Sauce 2 oz. *Mixed Vegetables ½ c Peppers and onions ½ c Whole Grain Wheat Pineapple Chunks ½ c</p> <p>ALT=CBG TR</p>	<p>25</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 Orange</p> <p>ALT=CBG RB</p>
<p>28</p> <p>*Stuffed Cabbage 6 oz *Tomato Sauce 2 oz *Noodles ½ c *Kyoto Blend Vegetables ½ c Whole Grain Wheat Apricots ½ c</p> <p>ALT=CS TR</p>	<p>29</p> <p>*BBQ Rib Patty 3 oz *Sweet Potatoes ½ c *Cape Cod Blend ½ c 2 Whole Grain Wheat Red Grapes 1 c</p> <p>ALT=CBG T</p>	<p>30</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>31</p> <p>*Baked Chicken Breast 3 oz w Gravy 2oz *Cheesy Potatoes ½ c *Sautéed Swiss Chard ½ c Whole Grain Bun Mandarin Oranges ½ c</p> <p>ALT=CS TR</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

October 2019

Monday	Tuesday	Wednesday	Thursday	Friday
	1) Meal Reservations , 10:00 Medicare 101 – Roydean Avery of Medical Mutual, 10:30 Low Vision Support  	2) 1:00 PM Bid Whist, 7:00 Council Meeting 	3) Oktoberfest – Garfield Heights 	4) 9:45 AM - Chair Exercises with Video, 1:00 PM Bid Whist Bunch  
7) Meal Reservations , 9:30 USPS Mobile Truck, 9:45 Chair Volleyball   AVON fund-raising	8) Meal Reservations , 10:45 Senior Site Council, Noon October Birthday's by Walton Manor   AVON fund-raising	9) 10:00 AM Cleveland Clinic – Glaucoma Screenings 10:30 Tai Chi, 1:00 PM Bid Whist    AVON fund-raising	10) 9:30 AM The Goddess Touch – 10 min. massage, 9:45 AM Movie – POMS, Noon Senior Center Clam Bake    AVON fund-raising	11) 10:00 AM - Noon Medicare Insurance Fair, 1:00 PM Bid Whist Bunch   AVON fund-raising
14) CLOSED – Columbus Day  AVON fund-raising	15) Meal Reservations , 10:30 AM Blood Pressures screening by Suburban Health  AVON fund-raising	16) 1:00 PM Bid Whist, Craft with Lynn, Pumpkin Planter, 7:00 Council Meeting   AVON fund-raising	17) 10:00 Bingo Sponsored by Walton Manor  AVON fund-raising	18) 9:45 AM - Chair Exercises with Video, 1:00 PM Bid Whist Bunch   AVON fund-raising
21) Meal Reservations , 9:45 Chair Volleyball  AVON fund-raising	22) Meal Reservations	23) 10:30 Tai Chi, 1:00 PM Bid Whist   AVON fund-raising	24) 9:00 AM Mayor's Breakfast Club – Council President Ron Jackson Presenting  AVON fund-raising	25) 10:00 BUNCO, 1:00 PM Bid Whist Bunch   AVON fund-raising
28) Meal Reservations , 9:45 Chair Volleyball  AVON fund-raising	29) Meal Reservations , 10:45 Senior Site Council  AVON fund-raising	30) 12:45 General Meeting - Guest Speaker Fire Chief Vito – Prepare Seniors for Winter   AVON fund-raising	31) 10:00 Halloween Party  AVON fund-raising	

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