

St. Monica's Church Thanksgiving Dinner

It's that time of year again! For the St. Monica FREE Thanksgiving Day Community Meal!

Come join your neighbors and friends at

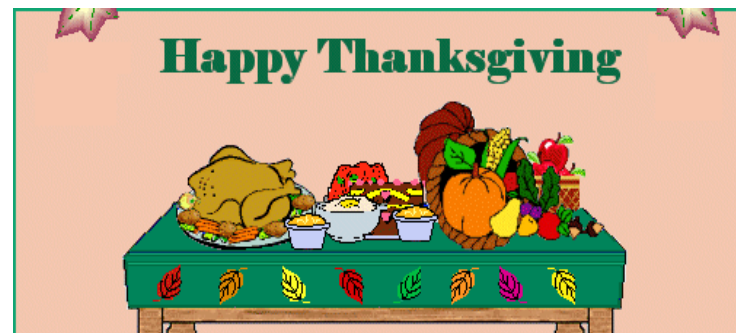
St. Benedict School Cafeteria on the grounds of St. Monica Parish

Sit down to a complete Thanksgiving Day Meal on November 28th from

11AM - 1PM

13623 Rockside Rd. Garfield Heights, OH 44125

Sponsored by the Ohio Catholic Federal Credit Union



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

NOVEMBER 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



NOVEMBER PROGRAMS AT A GLANCE

- NOV 1: 9:45 Chair Exercise - Video
- NOV 4: 9:30 USPS Mobile Truck
- NOV 4: 9:45 Chair Volleyball
- NOV 5: Election Day - VOTE
- NOV 7: 9:30 Goddess Touch Massage
- NOV 7 9:45 Movie: The Best of Enemies
- NOV 8: 9:45 Chair Exercise - Video
- NOV 8: Peterson's Nut Fundraiser Begins
- NOV 11: CLOSED - Veterans Day
- NOV 12: 10:45 Sr. Site Council
- NOV 12: Noon November Birthday's
- NOV 13 : 10:30 Tai Chi
- NOV 14 9:45 Movie: Indivisible
- NOV 15: Chair Exercise with Video
- NOV 18: 9:45 Chair Volleyball
- NOV 18: 10:00 Hair Cuts with Tymeka
- NOV 19: 10:30 BP Screening - Suburban Hlth.
- NOV 20: 10: 30 Tai Chi
- NOV 21: 10:00 **SINGO**
- NOV 22: Chair Exercise - Video
- NOV 25: 9:45 Chair Volleyball
- NOV 25: 11:00 Sr. Site Council Meeting
- NOV 26: 12:45 General Meeting
- NOV 27: 11:30 Breaking Bread
- NOV 28: CLOSED - Thanksgiving Day
- NOV 29: 10:00 Bunco

Linda

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

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

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

PLACE
STAMP
HERE

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 October Bingo prizes. The next Bingo will be Thursday, November 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

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 Assistance

Open enrollment begins on Monday October 15th and continues through December 7th. If you would like to review your Medicare health plans or have a prescription comparison completed, now is the time to do it. If you decided to switch plans they will be effective on January 1st, 2020. An OSHIIP Counselor is available to all seniors at the Maple Heights Senior Center. Staff will assist you with Medicare forms and questions.

Chair Exercises - SIT and be FIT

The Maple Heights Seniors 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 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, November 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! 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.



Thanksgiving Reflection

Please join us for a Thanksgiving Reflection as we break bread together at the Senior Center on Wednesday, November 27th at 11:30 AM. The reflection will be presented by Pastor Webb. Remember to make your lunch reservation on November 18th & 19th. Hope to see you there!



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, Genevieve Cercek, Beverly Fuller, Gayle Holman, Carol Hrodmadka, Marie Sanda, Linda Sandefur, Lillie Scales, & Ruth Yelsik



Volunteer of the Month



Jean Lightfoot



Hot Meals Program

The Maple Heights Lutheran Church of the Covenant offers a FREE Hot Meal on the last Thursday of the month. For the month of November, 2019 the venue and date will be changing. Information will be forthcoming as we get it. Please call 216-587-5481 to confirm details.

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.

Hair Cuts are Back!

Tymeka, Owner of Blow Hair & Nail Studio will be coming to the Maple Heights Senior Center on the third Monday of each month! The cost is \$8.00 per hair cut. She is scheduled to come at 10:00 AM on Monday, November 18th. Please call 216-587-5481 to schedule your appointment. See calendar for future dates.



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 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?



October Birthday's

On Tuesday, October 8th, we celebrated birthdays at the Senior Center. The special birthday table was covered with a festive tablecloth distinguishing it from other tables in the dining room.

**Special Thank You to
Walton Manor
for providing the cakes!**

HAPPY BIRTHDAY!!!



Leroy Polk - 10/1	Joanne Trusnik -10/6
Helen Gosha -10/7	Eugene Sordi - 10/9
Lillie Scales - 10/14	Gussie Weems -10/19
Robin Lascher -10/21	Elizabeth Silaghi - 10/23
Vivian Wooley -10/27	Marshall Foster -10/28

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, November 4, 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

November Movies - 2nd Floor



Thursday, November 7th - The Best of Enemies

7.0/10 (2019)

Civil rights activist Ann Atwater faces off against C.P. Ellis, Exalted Cyclops of the Ku Klux Klan, in 1971 Durham, North Carolina over the issue of school integration.
Snacks provided by Walton Manor



Thursday, November 14th - Indivisible

5.6/10 (2019)

INDIVISIBLE is the extraordinary true story of Army Chaplain Darren Turner and his wife Heather. When war etches battle scars on their hearts, they face one more battle: the fight to save their marriage. One marriage, one family, under God.
Snacks provided by Care Source



Maple Heights Senior Center Annual Nut Fund Raiser

Taking orders for fresh and delicious nuts to Benefit the Maple Heights Senior Center.

All payments are due upon ordering. Please make checks payable to the Maple Heights Senior Advisory Site Council

Ordering deadline is Thursday, December 5th

Free Tai Chi Classes (Final Dates)

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 final 2 classes will be November 13th & 20th. 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

NOTE: The Maple Heights Adult Activities Center will be closing at the end of 2019, this free service will no longer be available.



Monthly Birthday Celebration

Monthly birthdays are celebrated on the second Tuesday of each month. Anyone attending the Senior Center is able to take part in the birthday celebration. You must sign up at the back desk to be recognized on the month of your birthday. Some seniors give cards to the birthday celebrants with gifts of money. Please do not feel obligated to include cash in the card. It is completely up to you. Also, gift certificates for lunch can be purchased from a staff member. We included an example below.



This is not a valid Coupon

Maple Heights Senior Center, City of Maple Heights Gift Certificate

One (1) Nutritious Lunch - \$1.50 Value for

Redeemable only at Maple Heights Senior Center, City of Maple Heights
Expires: 12/31/2020

www.citymapleheights.com



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.

November 2019 WRAAA MENU

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Menu Approved By: <i>Ann Stahlheber MS, RDN, LD</i></p>	<p>Choice of 1% Milk Or Buttermilk</p>	<p>*=take temperature of Milk and all food proceeded by an asterisk.</p>		<p>1 *Hawaiian Chicken 3 oz *Rice Pilaf ½ c *Baby Carrots ½ c *Green Beans ½ c Whole Grain Wheat Tropical Fruit ½ c ALT=CBG RB</p>
<p>4 *Hamburger 3 oz Ketchup 2 PC *Broasted Potatoes ½ c *Spinach ½ c/ Vinegar 1 PC Whole Grain Bun 2 oz Orange, 1 ea ALT=CS TR</p>	<p>5 *Tomato Basil Chicken 3oz. *W.G. Pasta 1 c. w/Sauce 2 oz. *Mixed Vegetables ½ c *Corn w/Red Peppers ½ c Sliced Pears ½ c ALT=CBG T</p>	<p>6 *Breaded Fish 4 oz Tartar Sce 1 PC *Brown Rice ½ c *Asian Blend ½ c *Carrot coins ½ c Whole Grain White Apricots ½ c ALT=CBG RB</p>	<p>7 *Beef Stew 8 oz *Brussel Sprouts ½ c *Buttered Sliced Carrots ½ c 2 Whole Grain Wheat Fruited yogurt, 6 oz Banana, 1 ea ALT=CBG T</p>	<p>8 *Chicken Alfredo 4 oz *W.G. Pasta ½ c Spring Mix Salad 1 c Italian Dressing 1 PC *Broccoli ½ c Whole Grain White Sliced Pears ½ c ALT=CBG RB</p>
<p>11 Veteran's Day Site Closed</p>	<p>12 *BBQ Chicken Breast 3 oz *Macaroni and Cheese ½ c *Harvard Beets ½ c *Sautéed Swiss Chard ½ c WG Corn Muffin 1 oz Sliced Peaches ½ c ALT=CS RB</p>	<p>13 *Meatballs 3-1oz *Spaghetti 1 c w/ Tomato Sauce *Green Beans ½ c *Spinach ½ c w/ Vinegar 1 PC Banana, 1 ea ALT=CBG RB</p>	<p>14 *Sliced Ham 3 oz w/ Pineapple Glaze *Mixed Vegetables ½ c *Cheesy Potatoes ½ c W.G. Dinner Roll 2 oz Mixed Fruit ½ c ALT=CBG T</p>	<p>15 *Chicken Marsala 3 oz *Brown Rice ½ c *Sautéed mushrooms ½ c Green beans ½ c Whole Grain wheat Scalloped Apples ½ c ALT=CBG TR</p>
<p>18 *Beef Stroganoff 4 oz *Noodles ½ c w/*Gravy 2 oz Mixed Vegetables ½ c Corn ½ c Whole Grain Wheat Pears ½ c ALT=CS RB</p>	<p>19 *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 ALT=CBG TR</p>	<p>20 *Stuffed Cabbage w Beef 6 oz *Noodles ½ c/* w/Gravy 2 oz Broccoli ½ c Red Cabbage ½ c Whole Grain White Grapes, 1 c ALT=CBG T</p>	<p>21 *Sloppy Joe 4 oz *Cheesy Potatoes ½ c Baby Carrots ½ c Whole Grain Hamburger Bun Sliced Peaches ½ c ALT=CBG RB</p>	<p>22 *Sweet & Sour Pork Loin 4 oz *Rice Pilaf ½ c Red Peppers and Onions ½ c Green Peas ½ c W.G. Vanilla Wafer 1 oz Applesauce ½ c ALT=CBG TR</p>
<p>25 *Salisbury Steak 3 oz *Noodles ½ c *Red Cabbage ½ c Broccoli ½ c Whole Grain White Peaches ½ c ALT=CS T</p>	<p>26 *Breaded Fish 3 oz *Rice Pilaf ½ c Glazed Carrots ½ c Spinach ½ / Vinegar 1 PC Whole Grain Wheat Banana, 1 ea ALT=CBG TR</p>	<p>27 *Roasted Turkey Breast 3 oz *Gravy 2 oz & *Stuffing 4 oz Spinach ½ c Sweet Potatoes ½ c Whole Grain Dinner Roll 1 oz Pineapple Chunks ½ c ALT=CBG RB</p>	<p>28 Thanksgiving Day Site Closed</p>	<p>29 *Breaded Chicken Breast Patty Mayo 1 PC 3 oz Harvard Beets ½ c Broccoli ½ c W. G. Hamburger Bun 2 oz Apricots ½ c ALT=CBG T</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



November 2019

Monday	Tuesday	Wednesday	Thursday	Friday
				1) 9:45 AM - Chair Exercises with Video, 1:00 PM Bid Whist Bunch  
4) Meal Reservations , 9:30 USPS Mobile Truck, 9:45 Chair Volleyball  	5) Meal Reservations , Election Day 	6) 1:00 PM Bid Whist, 7:00 Council Meeting 	7) 9:30 AM The Goddess Touch – 10 min. massage, 9:45 AM Movie – The Best of Enemies  	8) 9:45 AM - Chair Exercises with Video, 1:00 PM Bid Whist Bunch    Peterson's Nut Fundraiser Begins
11) CLOSED – Veterans Day 	12) Meal Reservations , 10:45 Senior Site Council, Noon November Birthday's Sponsored by Walton Manor  	13) 10:30 Tai Chi, 1:00 PM Bid Whist  	14) 9:45 AM Movie - Indivisible 	15) 9:45 AM - Chair Exercises with Video, 1:00 PM Bid Whist Bunch  
18) Meal Reservations , 9:45 Chair Volleyball, 10:00 AM Hair Cuts with Tymeke  	19) Meal Reservations , 10:30 AM Blood Pressures screening by Suburban Health 	20) 10:30 Tai Chi, 1:00 PM Bid Whist  	21) 10:00 Bingo Sponsored by Suburban Health 	22) 9:45 AM - Chair Exercises with Video, 1:00 PM Bid Whist Bunch  
25) Meal Reservations , 9:45 Chair Volleyball 11:00 Senior Site Council  	26) Meal Reservations , 12:45 General Meeting 	27) 11:30 Breaking Bread, 1:00 PM Bid Whist  	28) CLOSED – Thanksgiving Day 	29) 10:00 BUNCO, 1:00 PM Bid Whist Bunch  

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