

## Maple Heights Transportation

Seniors 60 years or older who reside in the city of Maple Heights can request van transportation. The Maple Heights Senior van can be used for medical appointments, prescription pick-ups, grocery shopping and banking. A Suggested donation of a \$1.00 *each way is appreciated.*

To register for the Transportation call 216-587-5481. then 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.

### MEDICAL APPOINTMENTS

Trips for medical appointments must be within our service area. If there is a doubt, please contact the STC with questions. Van service begins approximately **9:30 am** and service ends at approximately **3:00 pm**. Please schedule appointments during these hours and allow time to be home before service ends.

### 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 <http://www.citymapleheights.com/>



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



# GOLDEN MAPLE LEAVES



City of Maple Heights

Annette M. Blackwell, Mayor

December 2021

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

### DEC ACTIVITIES AT A GLANCE

- Dec 2: Bingo 10:00 
- Dec 3: Matter of Balance 10:00 AM
- Dec 6: USPS Mail Truck 10:00
- Dec 6: Chair Exercise Video 10:15
- Dec 7: Matter of Balance 10:00 AM
- Dec 8: Best Lifestyle Tips 11:00
- Dec 10 : Movie Grinch Stole Xmas
- Dec 13: Chair Exercise Video 10:15
- Dec 14: December Birthday's Noon
- Dec 16: Mobile Market 9:30 - 11:30
- Dec 17: Ugly Sweater | Holiday fun
- Dec 20: Chair Exercise Video 10:15
- Dec 22: Bunco 10:00 
- Dec 24: CLOSED-Xmas Observed
- Dec 27: Chair Exercise Video 10:15
- Dec 30: Noon Year's Eve 10:00
- Dec 31: CLOSED-New Year's Obs.



*Linda*

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

District 1 - Stafford L. Shenett Sr.  
District 2 - Toni Jones  
District 3 - Christian Ostenson  
District 4 - Dana Anderson

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 - Richard Trojanski  
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.

### Volunteers Needed

The Maple Heights Department of Human Services offers many opportunities for you to give of your time and talents to others. Volunteers are needed to deliver home delivered meals, to escort seniors to medical appointments, and at the Maple Heights Food Pantry. 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

### Telephone Reassurance

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



### 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. Grab and go lunches are also an option at this time. 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.**

## MAPLE HEIGHTS SENIOR CENTER

# NOON YEAR'S EVE COUNTDOWN TO 2022!

RING IN THE NOON YEAR WITH  
GOOD COMPANY AND A WHITE ELEPHANT  
GIFT EXCHANGE!

**FRIDAY, DECEMBER 30, 2021  
STARTING AT 10 AM**



### 2022 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 third year after a tremendously successful inaugural campaign in 2019.

### Mind Challenge Qualifying/Team Formation Round will be in May 2022

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 will be at the Maple Heights Senior Center 15901 Libby Rd., Maple Heights. If there is enough interested Senior participation.





# Chat Pals

Promote friendship through developing caring connections.

## What is Chat Pals?

Chat Pals is a telephone-based or video-based (Facetime or Zoom) program designed to provide:

- Connection to community
- Emotional support
- Companionship
- Improved mental and physical well-being

## How Chat Pals Works

- Participants and volunteers will be matched based on like-minded interests and experiences, so that a friendship can be formed remotely.
- Participants will receive a call from a background-checked volunteer on a weekly basis.

Participants aged 55+ and volunteers 18+.

**Kirsten Riley**

Kriley@greaterclevelandvolunteers.org

Phone: 216-391-9500 x 2124

## MISSION STATEMENT

Greater Cleveland Volunteers enriches the community and individuals through volunteer service.

**FOLLOW US ON:**



@CLEvolunteers

Greater Cleveland Volunteers is a 501(c)(3) nonprofit organization



Our RSVP program is funded in part by AmeriCorps Seniors

# Greater Cleveland Volunteers

4415 Euclid Avenue, Suite 200  
Cleveland, Ohio 44103-3758  
Phone: 216-391-9500  
Fax: 216-391-9010  
greaterclevelandvolunteers.org

## Monthly Bingo

The monthly bingo will be the First 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. Bingo will be Thursday, December 2nd



## 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 the Gladys Sheary Family for providing prize for the person who wins the "Most Bunco's" prize. We will practice COVID protocol to play. Each player will have their own set of die to play. Each Player must wear a mask while playing.



## Chair Exercises - SIT and be FIT

The Maple Heights Senior Center is offering a weekly chair exercise class. This is a 2 DVD set called SIT and be FIT for 2 complete workouts. Easy fitness for Seniors. Every Monday (unless other activities are planned) beginning at 10:15 AM. Please check the Newsletter for weekly dates.

## November Birthday's

On Tuesday, November 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  
Beachwood Pointe  
for providing the cakes!**

*HAPPY BIRTHDAY!!!*



Joy Nealon 11/3	Genevieve Cercek 11/20
Dorothy Rasnack 11/21	Steven Vasas 11/24
Gayle Holman 11/28	Kay Zielinski 11/27

## Reminder

The Maple Heights Senior Center will be closed in observance of the Christmas and New Year's Day holiday's on the following dates:

**Friday, December 24th - Christmas Day Observed**  
**Friday, December 31st - New Year's Day Observed**

## 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





Please join us for our annual

# CHRISTMAS PARTY

Friday, December 17, 2021

Ugly Sweater Contest!

Maple Heights Senior Center

Starting at 10AM

## Groovy Movies 9:45 AM

December Movie - 2nd Floor



Friday, December 10th - How the Grinch Stole Christmas

6.2/10 (2000)

Inside a snowflake exists the magical land of Whoville, wherein live the Whos, an almost-mutated sort of Munchkin-like people who all love Christmas. Just outside of their beloved town lives the Grinch (Jim Carrey), a nasty creature that hates Christmas and plans to steal it from the Whos, which he equally abhors. Little Cindy Lou Who (Taylor Momsen) decides to befriend the Grinch.



### Best Lifestyle Tips for Managing Chronic Conditions

Laura Hazen from Hanson Services will be presenting on Wednesday, December 8th at 11 AM. Best Lifestyle tips for managing chronic conditions. Living your best life even with health challenges is the goal here. Simple everyday choices can have a big impact on your health and wellness over time. Learn practical tips, and how to get motivated to make them part of your daily routine.



Hanson Services

### Halloween Fun

On Friday, October 29th the Maple Heights Senior Center had our first party, since reopening from the COVID-19 pandemic. We are trying our hardest to bring things back to normal as quickly as possible.

The day began with a fun game of Halloween Jeopardy. This game tested the minds of our Seniors in a fun way. We had a total of 6 teams competing and prizes were won by the top 3 teams, who earned the most points. Each team member got to choose from a variety of prizes donated by the Gladys Sheary family in her memory.



We also had guessing games available on the table. Marie Sanda donated a plant and a money jar. Gayle Holman donated a jar of candy corn. The task was to guess the amount of money in the jar, the amount of candy corn pieces or to guess the purchase amount of the plant. Each senior got to guess on all 3 items. The winners were Lois Vranich of the candy corn jar and Carol Hrodmarka was the winner of both the plant and money jar with their closest guesses.

The costume Contest was the highlight of the day. We had 6 participants and 3 winners. Marie Sanda was the Alien, Lynette Maistros, sang a country song and dressed as a country bumpkin and Kay Zielinsky was a gypsy and predicted the upcoming winter weather with her crystal ball.



The day was ended with hot warm meal, Halloween cupcakes, pretzels, donuts and apple cider. A special thank you to Beachwood Pointe for donating the Halloween cupcakes and Ruth Kopczyk for the Pretzels.

# December 2021

Monday	Tuesday	Wednesday	Thursday	Friday
		1)	2) 10:00 Bingo 	3) Meal Reservations 10:00 AM – Noon, Matter of Balance Class 
6) Meal Reservations, 10:15 AM-Chair Exercises with Video, 10:00 AM USPS Mail Truck 	7) Meal Reservations, LAST CLASS 10:00 AM – Noon, Matter of Balance Class 	8) Best Lifestyle Tips for Managing Chronic Conditions by Laura Hazen of Hanson Services, Inc. 11AM 	9)	10) Movie: How the Grinch Stole Christmas 10:00 AM 
13) Meal Reservations, 10:15 AM-Chair Exercises with Video 	14) Meal Reservations, Noon December Birthday's Sponsored by Beechwood Pt. 	15)	16) Mobile Market 9:30 – 11:30 AM Great Cleveland Food Bank 	17) 10:00 AM Wear your Ugly Sweater Day! Contest and Christmas Celebration! Sponsored by Village at Marymount 
20) Meal Reservations, 10:15 AM-Chair Exercises with Video 	21) Meal Reservations	22) Bunco 10:00 AM 	23)	24) CLOSED – Christmas Day Observed 
27) Meal Reservations, 10:15 AM-Chair Exercises with Video 	28) Meal Reservations	29)	30) White Elephant Gift Exchange Game 10:00 AM, Noon Year's Eve 11:45 AM 	31) CLOSED – New Year's Day Observed 

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