

## Spooktacular Halloween Bingo



Join us for a **SPOOKTACULAR** night of **HALLOWEEN BINGO**  
Thursday, October 28, 2021  
7:00 p.m.  
A virtual event

Details:  
<https://tinyurl.com/gcv-halloween-bingo>

Follow us on Facebook @greaterclevelandvolunteers and Twitter @CLEvolunteers

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

### 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/>



# GOLDEN MAPLE LEAVES



City of Maple Heights

Annette M. Blackwell, Mayor

October 2021

Linda M. Vopat, Director of Human Services

Meal Reservations: 216-587-0015

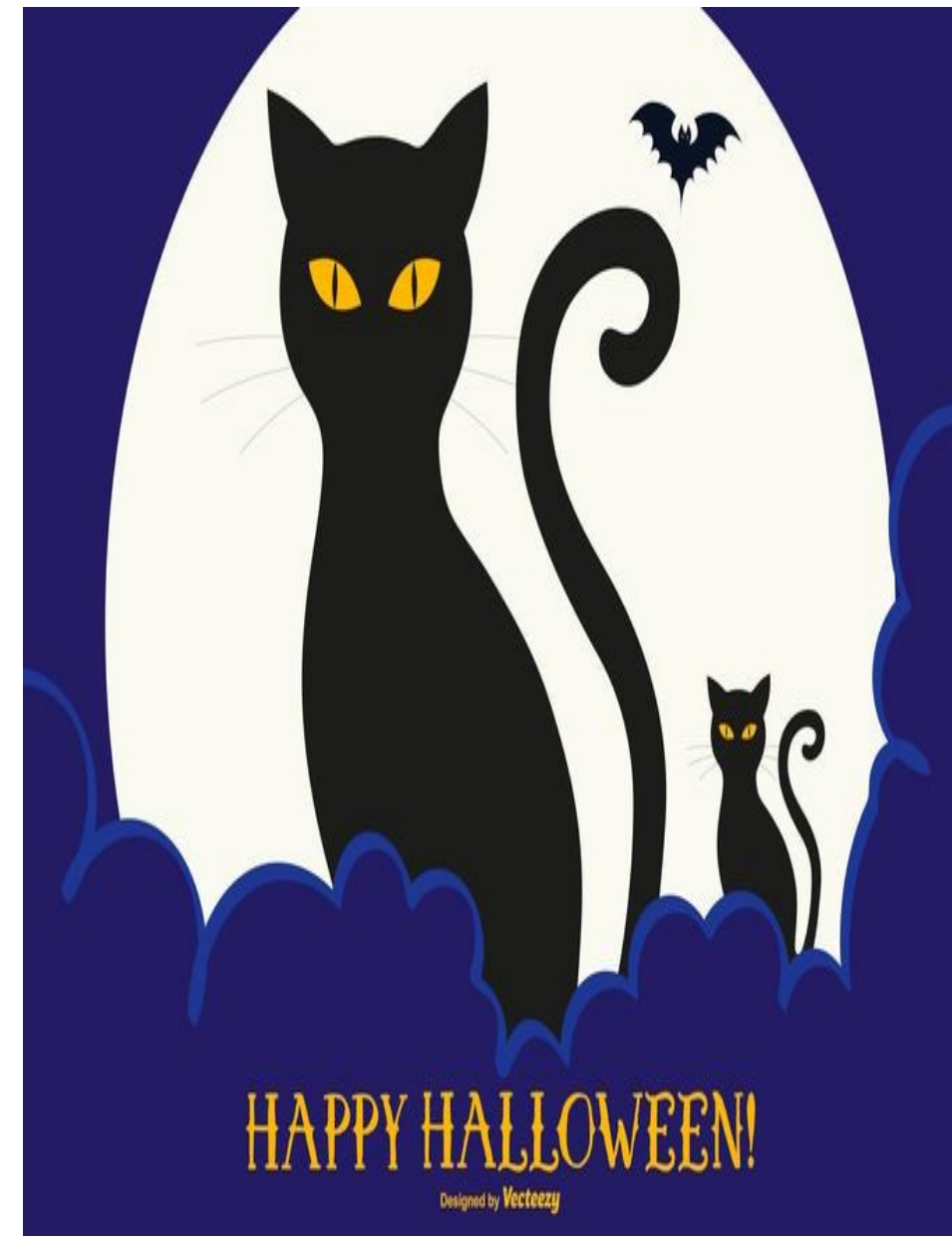
Transportation Reservations: 216-265-1489

Fax: 216-587-9069

Additional Information: 216-587-5481

### OCT ACTIVITIES AT A GLANCE

- Oct 4: Chair Exercise Video 9:45
- Oct 4: USPS Mail Truck 10:00
- Oct 6: Farmer's Market 10:30
- Oct 7: Bingo 10:00
- Oct 11: CLOSED - Columbus Day
- Oct 12: Treasury Dept. Speaker
- Oct 12: October Birthday's Noon
- Oct 15: Movie - Hocus Pocus 9:45
- Oct 18: Chair Exercise Video 9:45
- Oct 19: Bunco 10:00
- Oct 20: Farmer's Market 10:30
- Oct 21: Mobile Market 9:30 - 11:30
- Oct 25: Chair Exercise Video 9:45
- Oct 28: Virtual Bingo 7:00 PM
- Oct 29: Halloween Party 10:00



*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 - 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 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

### 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.**



# CITY OF MAPLE HEIGHTS COMMUNITY SHRED DAY

**SATURDAY, OCTOBER 9, 2021  
9:00 AM - NOON**

**The "SHRED-IT" Truck will be at  
St. Andrew Eastern Orthodox Church  
16029 Maple Park Drive, Maple Heights**

**PAPER SHRED ITEMS ONLY!  
WATCH THEM SHRED IT!  
CALL 216-587-5481 FOR INFORMATION!**



**MAPLE HEIGHTS RESIDENTS  
RECEIVE A FREE JAR OPENER AND MAGNET  
(WHILE SUPPLIES LAST)**



**Funds for this program provided  
through a grant from the  
Cuyahoga County Solid Waste District**



**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, October 7th



**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. 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 9:45 AM. Please check the Newsletter for weekly dates.

**October Birthday's**

On Tuesday, October 12th, we will celebrate birthdays at the Senior Center. Your special birthday place setting will be covered with a festive place mat that distinguishes it from other place settings in the dining room.

**Special Thank You to Beechwood Pointe for providing the cupcakes!**

*HAPPY BIRTHDAY!!!*



- |                       |                        |
|-----------------------|------------------------|
| Brenda Moore 10/6     | Roosevelt Bishop 10/11 |
| Marge Toole 10/11     | Margaret Subwick 10/22 |
| Marshall Foster 10/28 |                        |

**Cuyahoga County's Treasury Dept. Presentation**

Ms. Halli Martin, Community Outreach Coordinator for the Cuyahoga County Treasury Department will be coming to the Maple Heights Senior Center on Tuesday, October 12th at 10 AM to discuss with you various ways to pay your current or delinquent property taxes. She will be bringing handouts and pamphlets to share and payment plan options to help you stay current on your property taxes. Please join us for this very informative presentation.





# Are you concerned about falling?



## Take steps to make falls less likely — Participate in A Matter of Balance!

1

**Sign up for A Matter of Balance:** This nationally-recognized program reduces the fear of falling and increases activity levels.

2

**Get some exercise:** Lack of exercise weakens legs, which increases the chance of falling. Exercise programs like Tai Chi increase strength and improve balance, making falls less likely for aging adults.

3

**Be mindful of medications:** Some medications, or combinations of medicines, can have side effects like dizziness or drowsiness. This can make falls more likely. Have a doctor or pharmacist review all your medications to reduce risky side effects.

4

**Keep your vision sharp:** Poor vision makes it harder to get around safely. To help make sure you're seeing clearly, have your eyes checked every year and wear glasses or contact lenses with the right prescription strength.

5

**Remove hazards at home:** About half of all falls happen at home. A home safety check helps identify fall hazards, like clutter & poor lighting that should be removed or changed.



12200 Fairhill Road, Cleveland OH 44120  
(216) 421-1350 • [programs@fairhillpartners.org](mailto:programs@fairhillpartners.org)  
[www.fairhillpartners.org](http://www.fairhillpartners.org)



**SIGN UP TODAY!**  
Call Jaimie Hasenohrl  
216-587-9049  
A Matter of Balance at  
Maple Hts Sr Center, 15901 Libby Road, Maple Hts, OH 44137  
Tu + Fri, 11/5—12/3 10am-12pm  
(skipping 11/26)



A Matter of Balance was developed by Boston University and is licensed by MaineHealth. This program is made possible in part by an Older Americans Act Grant from Ohio Department of Aging through Western Reserve Area Agency on Aging, volunteers, and gifts to the Fairhill Partners Annual Fund.



## Groovy Movies 9:45 AM

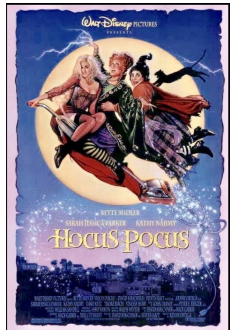
October Movie - 2nd Floor

The third Friday of every month



Friday, October 15th - Hocus Pocus (Walt Disney Pictures) 6.9/10 (1993)

A curious youngster moves to Salem, where he struggles to fit in before awakening a trio of diabolical witches that were executed in the 17th century.



Volunteer Position: Home Delivery Team

Greater Cleveland Food Bank



The Home Delivery volunteer will assist the Benefits Outreach Department in delivering shelf stable food boxes to homebound older adults and those with disabilities. This is a perfect volunteering opportunity for those interested in seeing more of their communities.

This volunteer will be responsible for picking up food boxes from GCFB, the Maple Heights Food Pantry, or Audrey's Outreach, and delivering to individuals' homes.













### Requirements:

- Ability to regularly lift boxes of food that can weight up to 50 lbs.
- Ability to utilize personal vehicle to complete assignments.
- Functioning cell phone (with gps navigation capabilities and internet browser access).
- Strong communication skills.
- Strong customer service skills.
- Comfortable visiting and traveling through a diverse range of neighborhoods.
- Must complete "Volunteer Personal Vehicle Use Waiver".
- Must attend Civil Rights Training, led by a GCFB staff member.
- Must complete a background check prior to starting.

Ability to give 1-3 hours of time per week on average.

If interested, please contact Chloe Francis at [cfrancis@clevelandfoodbank.org](mailto:cfrancis@clevelandfoodbank.org) for more information.

# October 2021

Monday	Tuesday	Wednesday	Thursday	Friday
				1)
4) 9:45 AM - Chair Exercises with Video 10:00 AM USPS Mail Truck 	5)	6) <b>Farmers Market 10:30 – 11:30 AM</b> <b>Redeem your Coupons!</b> 	7) 10:00 AM Bingo 	8)
11) <b>CLOSED</b> 	12) Speaker – Halli Martin Cuyahoga County Treasury Dept., Noon October Birthday's sponsored by Beechwood Point 	13)	14)	15) <b>Movie: Hocus Pocus 9:45 AM</b> 
18) 9:45 AM - Chair Exercises with Video 	19) Bunco 10:00 AM 	20) <b>Farmers Market 10:30 – 11:30 AM</b> <b>Redeem your Coupons!</b> 	21) <b>Mobile Market 9:30 – 11:30 AM</b> <b>Great Cleveland Food Bank</b> 	22)
25) 9:45 AM - Chair Exercises with Video 	26)	27)	28) <b>Virtual Spooktacular Halloween Bingo 7:00 PM</b> (See back page of newsletter for details) 	29) Halloween Party 10:00 AM 

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