

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 transportation 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 of your appointment. 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

October 2022

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 3: Writing Workshop w Morgan
- Oct 4: Chair Exercise Video 10:15
- Oct 6: Sip & Paint Class - Devoted 
- Oct 10 : Columbus Day - Closed
- Oct 11: Site Council Meeting 10:30
- Oct 11: October Birthday's - Noon
- Oct 12: Bunco 10:00 AM 
- Oct 13: Bingo 10:00 
- Oct 13: UH Health Screenings 10:45
- Oct 17: Flu Shots—Drug Mart 10 AM
- Oct 17: Writing Workshop w Morgan
- Oct 18: Chair Exercise Video 10:15 AM
- Oct 19: Farmers Market 11:00
- Oct 20: Mobile Market 9:30 - 11:30
- Oct 21: Movie - Sweet Home Alabama
- Oct 24: Writing Workshop w Morgan
- Oct 25 : Site Council Meeting 10:30
- Oct 26: Book Lovers Club 10:00
- Oct 26: General Meeting 11:00
- Oct 27: Covid Vaccine Clinic 4:00-6:00 PM
- Oct 27: Lutheran Church Dinner
- Oct 28: Halloween Party
- Oct 31: Writing Workshop w Morgan

Linda

superheroesandteacups.com

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

District 1 - Stafford L. Shenett Sr.
District 2 - Toni Jones
District 3 - Timothy Tatum
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.**

SPOOKY HALLOWEEN party!

COSTUME CONTEST!

FRIDAY, OCTOBER 28TH

MAPLE HEIGHTS SENIOR CENTER
STARTING AT 10 AM

CUYAHOGA COUNTY
BOARD OF HEALTH
YOUR TRUSTED SOURCE FOR PUBLIC HEALTH INFORMATION



COVID-19

Vaccine Clinic
Adults Only



THURSDAY, OCTOBER 27, 2022
4:00 - 6:00 PM

MAPLE HEIGHTS SENIOR CENTER
15901 Libby Road
Maple Heights, OH 44137

WHAT'S AVAILABLE

- 1st & 2nd doses and boosters
- Pfizer, Moderna & J&H primary series
- Pfizer Bivalent Adult Boosters (Omicron Variant)
- Transportation for Maple Heights residents

\$100.00 gift cards for first dose recipients
\$50.00 gift cards for second dose or booster recipients
will be given while supplies last!

PLEASE BRING YOUR CDC COVID-19 VACCINATION RECORD CARD
TO YOUR BOOSTER SHOT APPOINTMENT, SO WE CAN FILL IN THE
INFORMATION REGARDING YOUR BOOSTER DOSE

Online Registration Opens Thursday, October 6, 2022
gettheshot.coronavirus.ohio.gov | use zip code 44137

No internet access?

Dial 2-1-1 to register on the phone with an operator for United Way.
Or call the Maple Heights Senior Center 216-587-5481



Monthly Bingo

The monthly bingo will usually be the First Thursday of each month and starts at 10:00 a.m. Please check the newsletter for the date each month in case a scheduling conflict occurs. 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 13th.



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 Council President Ron Jackson for providing prizes 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. Masks are no longer required.



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. This has been moved to Tuesdays, Until the end of the year. (unless other activities are planned) beginning at 10:15 AM. Please check the Newsletter for weekly dates.

September Birthday's

On Tuesday, September 13, 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
Marymount Place
for providing the cupcakes!**

HAPPY BIRTHDAY!!!



Carolyn Townsend 9/2
Virginia Williams 9/8
Velma Cogburn 9/11
Thelma Roberson 9/22

Linda Sandefur 9/5
James Duke 9/9
Walter Howard 9/13
Rose Vrnak 9/27

Thank you for your donations!

Donations of money, cups, sugar, creamer, coffee, tea and/or snacks, straws & wrapping silverware are appreciated.

Linda Sandefur



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

Maple Heights Choice Food Pantry News for 2022
We will now be providing an "In - Pantry" Shopping Experience!



Food Pantry Coordinator Anjenette Whitted

The Food Pantry will continue to be open on
Tuesdays from 12 PM – 3 PM
Wednesdays from 9 AM – 12 PM
Thursdays from 4:30 PM – 7:30 PM

Maple Heights Food Pantry
17100 Broadway Ave.
Maple Heights, OH
216-365-2842
During Hours of Operation

Two Ingredient Pumpkin Cake Recipe with Canned Pumpkin

Ingredients:

- 1 (18.25 oz.) Package spice cake mix
- 1 (15oz) can pumpkin

Directions:

- Preheat the oven 350 degrees F (175 degree C) Generously grease a 9X13—inch baking pan with cooking spray.
- Mix spice cake mix and canned pumpkin together in a large bowl until well combined; spread evenly into the prepared pan.
- Bake in the preheated oven until a toothpick inserted in the center comes out clean, about 25 to 30 minutes. Cool and serve, or store in the refrigerator to serve the next day.



Maple Heights Mobile Market (Produce)

The City of Maple Heights and St. Andrew Eastern Orthodox Church in cooperation with the Greater Cleveland Food Bank will continue to have a Mobile Food Market on the third Thursday of each month.

We will be open on the following Thursdays throughout the 2022 Year!

October 20th

November 17th | December 15th

The Maple Heights Mobile Food Pantry will be at the
St. Andrew Eastern Orthodox Church
16029 Maple Park Drive
Maple Heights, Ohio 44137
9:30 – 11:30 AM

Join us for a monthly book discussion at
Maple Heights Senior Center
Every 4th Wednesday of the month at 10:00 AM

The Book Lovers Club



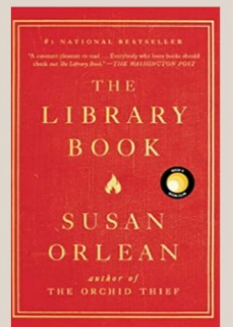
October 26, 2022

WEDNESDAY, OCTOBER 26, 2022
THE OTHER WOMAN BY SANDIE JONES

A BLISSFUL ROMANCE BETWEEN ADAM AND EMILY IS CHALLENGED BY ADAM'S MANIPULATIVE MOTHER, WHO RESORTS TO DIRE MEASURES TO KEEP ALL OTHER WOMEN OUT OF HER SON'S LIFE.

WEDNESDAY, NOVEMBER 23, 2022
THE LIBRARY BOOK BY SUSAN ORLEAN

THE LIBRARY BOOK IS A 2018 NON-FICTION BOOK BY SUSAN ORLEAN ABOUT THE 1986 FIRE AT THE LOS ANGELES CENTRAL LIBRARY. IT RECEIVED STRONGLY FAVORABLE REVIEWS AND BECAME A NEW YORK TIMES BEST SELLER.



November 23, 2022

PLEASE NOTE: THERE WILL BE NO BOOK CLUB DISCUSSION SESSION SCHEDULED FOR THE MONTH OF DECEMBER.
ALL BOOKS MUST BE RETURNED BY THE NOVEMBER 23, 2022 DISCUSSION SESSION.

Please pick up your copy of 'The Library Book'
at the Maple Heights Senior Center beginning October 26, 2022

Sponsored by the Cuyahoga County Public Library, Maple Heights Branch

Farmers Market

Maple Heights Senior Center
15901 Libby Road | Maple Heights | 216.587.5481

Redeem your Coupons!

Farmers Market Dates
Redeem your coupons at the Maple Heights Senior Center
from 11 AM to Noon

Last Chance!
Wednesday, October 19th

Front 9 Farm
<https://front9farm.com/>



Groovy Movies 9:45 AM

October Movie - 2nd Floor



Friday, October 21st - Sweet Home Alabama

A young woman who has reinvented herself as a New York City socialite must return home to Alabama to obtain a divorce from her husband after seven years of separation.

6.2/10 (2022)



Health Screenings Latanya—University Hospital Bedford Medical Center

Latanya from University Hospital Bedford Medical Center will be coming to the Maple Heights Senior Center to administer Health Screenings. The health screenings will include blood pressure, glucose screening, Heart rate and oxygen level testing. Plus she can answer any questions you might have and provide resources. She will be coming the second Thursday of every month at 10:45 AM going forward. Please stop by for your screening. Please check the calendar for the date.



The Next Lutheran Church Dinner - September 22nd

FREE

MONTHLY COMMUNITY MEAL

At The Lutheran Church of the Covenant
19000 Libby Road, Maple Heights, OH 44137

5:00 - 6:00 PM

Every 4th Thursday of each month

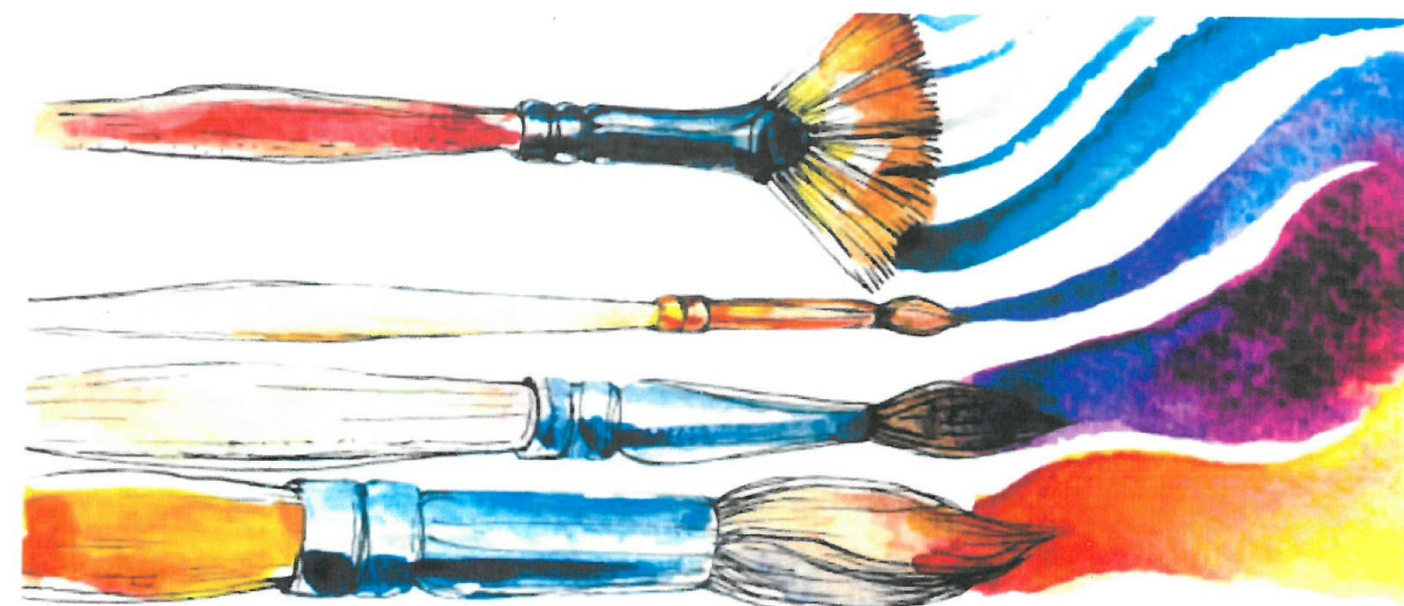
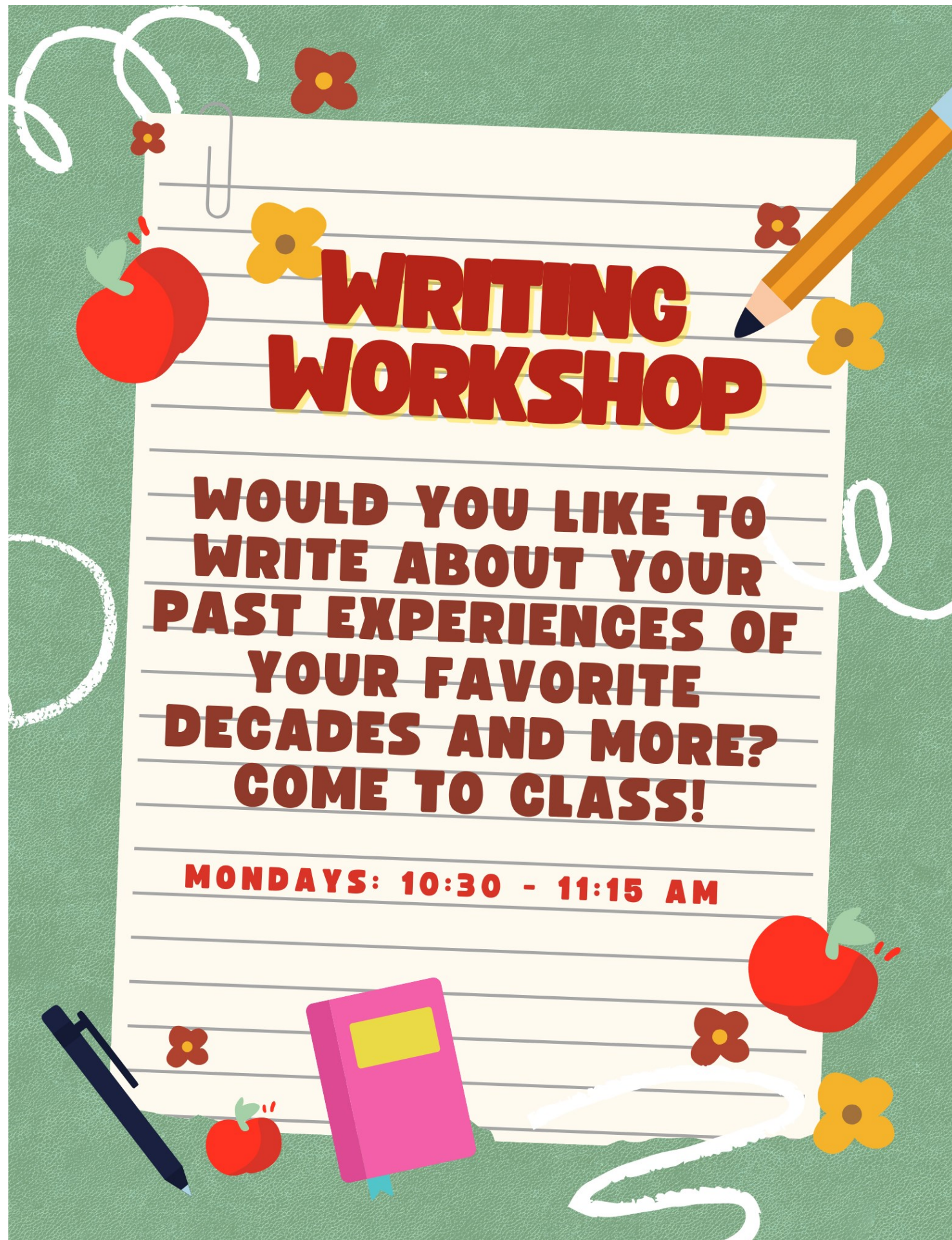
Come to the back of the church to enter the church hall

DINE-IN ONLY

Questions? Call Mary (216-924-6096)

July 28, 2022	November 17, 2022	March 23, 2023
August 25, 2022	December 22, 2022	April 27, 2023
September 22, 2022	January 26, 2023	May 25, 2023
October 27, 2022	February 23, 2023	June 22, 2023

To schedule a ride. Please call the Maple Heights Transportation Dept. at 216-587-5472



Sip and Paint!

Join professional artist, Emily Harsh, for a free and creative event!

Emily will guide you through a step-by-step journey to create a beautiful piece of art.

Location

Maple Heights Senior Center
15901 Libby Rd
Maple Heights, OH

Date & Time

Thursday, October 6th
10:15 AM



This creative activity is a great way to stimulate brain health, increase mental clarity, and find peace!
Non-alcoholic refreshments will be available.