

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

December 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

DEC ACTIVITIES AT A GLANCE

- Dec 1: Bingo 10:00 
- Dec 2: Peterson Nut Fundraiser Ends
- Dec 5: Creativity Club with Morgan
- Dec 7: Bunco 10:00 AM 
- Dec 8: UH Health Screenings 10:45
- Dec 9: Movie - Home Alone 2
- Dec 12: Art Showcase 10:30 AM
- Dec 13: Site Council Meeting 10:30
- Dec 13: December Birthday's Noon
- Dec 14: Holiday Nail Painting 10:00 AM
- Dec 15: Mobile Market 9:30 - 11:30
- Dec 16: Annual Holiday Party 10:00 AM
- Dec 19: Chair Exercise Video 10:15 AM
- Dec 20: Senior Brunch Winter Wonder
- Dec 22: Golden Players Skit 11:00 AM
- Dec 22: Lutheran Church Dinner 5:00 PM
- Dec 26: Christmas Holiday- Closed
- Dec 27: Site Council Meeting 10:30
- Dec 28: General Meeting 11:00
- Dec 30: White Elephant Game 10:00AM
- Dec 30: Noon Year's Eve 11:45 AM



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 - 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.**

Friday, December 16, 2022
10 AM TO 1 PM
NATIONAL UGLY SWEATER DAY!

Annual Holiday Party

COME & JOIN US!

We Invite you to celebrate the most beautiful time of the year with us! Come and enjoy good company and a beautiful Holiday ambiance and make this Christmas unforgettable!

UGLY SWEATER FASHION SHOW & CONTEST!

50/50 RAFFLE!

GUESSING GAMES!

HOLIDAY BASKET RAFFLE!

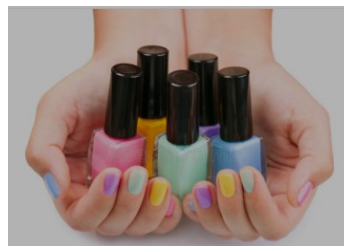
HOLIDAY PHOTO BOOTH WITH SANTA!

**MAPLE HEIGHTS SENIOR CENTER
15901 LIBBY RD. MAPLE HTS.**

Holiday Nail Painting Event

Vivian Paul our very own Maple Heights Senior Center Avon lady will be offering her time and supplies to host a Holiday Nail Painting Event. This event will be at the Maple Heights Senior Center on Wednesday, December 14th from 10:00 AM to 11:30 AM. This event is offered to anyone that would like to participate. Vivian will be bringing all the supplies needed, including Holiday nail decals! If you need help painting your nails there will be a signup sheet available to sign up and Vivian will paint your nails for you.

Only 7 spaces are available, so please only sign up if you need help painting your nails. Everyone is welcome to use the supplies provided to do their own nails. Thank you Vivian for offering your time and supplies to host this fun event.



Golden Players Presents "No Room at the Inn"

Please mark your calendars for a special event presented by the "Golden Players" for Thursday, December 22nd at 11:00 AM, The Golden Players are a small group of Seniors at the Maple Heights that are going to perform a short skit called "No Room at the Inn"

Lynette Maistros- Director
Ken Boyer - Narrator
Linda Sandefur - Pianest
Mark Gabor - In Keeper
Gwen Jones - In Keepers Wife
Michael Plon- Joseph
Marie Sanda - Mary



Senior Center Closed

With the holidays approaching please remember that there will be several days in the next 2 months that the Maple Heights Senior Center will not be open. There will be no food services provided during these days. This includes Home Delivered Meals. Please see the calendar for the following these dates;

Monday, December 26, 2022 - Christmas Holiday Observed

Monday, January 2, 2023 - New Year's Day Holiday Observed

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. Bingo prizes will be provided by Vivian Paul our resident Avon Lady. 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 1st.



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.

November Birthday's

On Tuesday, November 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
Dedicated Senior Care
for providing the cupcakes!**

HAPPY BIRTHDAY!!!



Jean Lightfoot 11/1
Genevieve Cercek 11/20
Eleanor Menefield 11/25

Joy Nealon 11/3
Steven Vases 11/24
Kay Zielinski 11/27

Gayle Holman 11/28

Thank you for your donations!

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

Vivian Paul, Susan Starr, Ruth Koczyk



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

Cranberry Orange Relish Recipe

- 1 bag (12oz) frozen cranberries
- Zest and juice from 1 orange
- 1/3 cup sugar, plus more if needed
- 1 tsp fresh grated ginger

1. Combine the cranberries, orange juice, sugar, and ginger in a saucepan set over medium heat.
2. Simmer for 20 to 25 minutes, until the cranberries break down to form a thick sauce.
3. Taste and adjust the sweetness with more sugar if necessary.

Add the orange zest just before serving.

Some items available at the Maple Heights Food Pantry, while supplies last.



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!

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



Groovy Movies 9:45 AM

December Movie - 2nd Floor



Friday, December 9th - Home Alone 2

6.8/10 (1992)

One year after Kevin McCallister was left home alone and had to defeat a pair of bumbling burglars, he accidentally finds himself stranded in New York City - and the same criminals are not far behind.



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 - December 22, 2022

FREE

Monthly Community Meal

At the Lutheran Church of the Covenant

19000 Libby Road, Maple Heights, OH 44137

5:00-6:00 PM

3rd Thursday for the Month of December

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

Dine -In Only

Questions? Call Mary (216)924-6096

December 22, 2022

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