

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

August 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



August ACTIVITIES AT A GLANCE

- Aug 1: Chair Exercise Video 10:15
 - Aug 4: Bingo 10:00 
 - Aug 8: Chair Exercise Video 10:15
 - Aug 9: Site Council Meeting 10:30
 - Aug 9: August Birthday's - Noon
 - Aug 9: Music in the Park 6:30 PM 
 - Aug 10: Farmers Market 11:00
 - Aug 11: UH Health Screenings 10:45
 - Aug 15: Chair Exercise Video 10:15
 - Aug 17: Bunco 10:00 AM 
 - Aug 18: Mobile Market 9:30 - 11:30
 - Aug 19: Movie - The Long Walk Home
 - Aug 22: Chair Exercise Video 10:15
 - Aug 23: Music in the Park 6:00 PM 
 - Aug 24: Book Lovers Club 10:00
 - Aug 25: Lutheran Church Dinner 5:00
 - Aug 29: Chair Exercise Video 10:15
 - Aug 30: Site Council Meeting 10:30
 - Aug 31: Farmers Market 11:00
 - Aug 31: General Meeting 11:30
- Upcoming Events:
Sept 8-11 Community Garage Sale
Sept 10: Community Shred Day

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.**



CITY OF MAPLE HEIGHTS COMMUNITY SHRED DAY

**SATURDAY, September 10, 2022
9:00 AM - NOON**

**The "SHRED-RITE" 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**



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

**GARAGE SALE WILL BE HELD AT YOUR OWN HOME!
WE WILL TAKE CARE OF PERMITS!
WE WILL DO THE ADVERTISING!
INCLUDES A NEW SIGN!**



Mayor Annette Blackwell

CITY OF MAPLE HEIGHTS CITY-WIDE GARAGE SALE

Cost is \$5.00 to participate
Fill out registration form at the
Maple Heights Senior Center

**CITY OF MAPLE HEIGHTS
GARAGE SALE**
←

**Thursday, Sept 8th & Friday, Sept 9th from 10 AM - 5 PM
Saturday, Sept 10th & Sunday, Sept 11th from 9 AM - 5 PM**

Maple Heights Senior Center | 15901 Libby Road | Maple Heights, OH
Registration Deadline is Friday, September 2nd
Call 216.587.5481 for more information

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, August 4th



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 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. 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.

July Birthday's

On Tuesday, July 12th, 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!!!



Caroline Smith 7/6
Janice Talbert 7/13

Ruth Kopczyk 7/29

Evelyn Hall 7/7
Mark Gabor 7/25

Thank you for your donations!

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



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

Chili Dog Days of Summer Recipe

- 1 package of all beef hot dogs
- 1 can (15 oz) Chili
- 1 package of hot dog buns
- 1 package of shredded cheddar cheese
- 1/3 cup chopped onions



Heat grill to medium heat.
Grill franks 7 to 9 min. or until heated through, turning occasionally
Meanwhile, heat chili as directed on can
Fill buns with franks, top with chili cheese and onions

Canned Chili , shredded cheese, hot dogs & buns are 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!

July 21st | August 18th | September 15th

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

Maple Heights
CITY SCHOOLS

SATURDAY, AUGUST 6, 2022
9AM - 1PM
MAPLE HEIGHTS HIGH SCHOOL
1 MUSTANG WAY (PARKING LOT OFF LEE RD.)

FILL THE BUS

SCHOOL SUPPLY DONATION

SUGGESTED SUPPLIES
BACKPACKS, PENCILS/PENS, CRAYONS, SPRIAL NOTEBOOKS,
NOTEBOOK PAPER, SCISSORS, MARKER/HIGHLIGHTS, BLACK
EXPO DRY ERASE, SUPPLY CASES, GLUE/GLUE STICKS

CONTACT
CHARINITA MCDONALD (216) 587-6100 EXT. 6412 OR
ANGELIQUE SHY/ ANGELIQUE.SHY@MAPLESCHOOLS.COM

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 11:00 to 12:00 PM

- Wednesday, August 10th
- Wednesday, August 31st
- Wednesday, September 21st
- Wednesday, October 19th
- Future dates to follow, when confirmed



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



Groovy Movies 9:45 AM

August Movie - 2nd Floor



Friday, August 19th - The Long Walk Home

7.3/10 (1990)

Two women, black and white, in 1955 Montgomery Alabama, must decide what they are going to do in response to the famous bus boycott led by Martin Luther King.



50/ 50 Raffle Tickets For Sale at Music in the Park

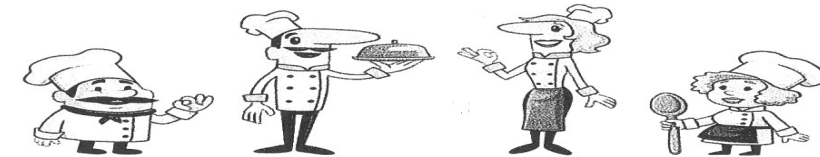
Members of the Maple Heights Senior Site Council will be present at all of the Music in the Park events this summer selling 50/50 raffle tickets to help raise money towards the down payment of a new Senior Center Van. The raffle tickets are 1 strip of 3 for \$1.00 or 6 strips of 3 for \$5.00.

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 and introduce yourself. Please check the calendar for the date.



The Next Lutheran Church Dinner - August 25th



FREE

Monthly Community Meal

****RETURNS INDOORS****

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

5:00 - 6:00 PM

Beginning Thursday, **May 26, 2022**

and continuing every 4th Thursday of the month

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

Questions? Call Mary
(216-924-6096)

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

CITY OF MAPLE HEIGHTS
**MUSIC IN
 THE PARK**

AUGUST 9TH
FORECAST
6:30 - 8:30 PM



AUGUST 23RD
ERIN NICOLE NEAL
6:00 - 8:00 PM

FINAL PERFORMANCES FOR 2022!

STAFFORD PARK
5400 MAYVILLE AVENUE
MAPLE HEIGHTS, OH 44137

FOOD AVAILABLE FROM
HEIGHTS SOUL FOOD AND GRILL



Rain out location will be at
The Lanes 21400 Southgate Park Blvd., Maple Hts.

REMEMBER YOUR LAWN CHAIRS!
QUESTIONS? PLEASE CALL 216-587-5481



COUNCIL PRESIDENT RON JACKSON
DISTRICT 2 - COUNCILWOMAN TONI JONES
DISTRICT 3 - COUNCILMAN TIMOTHY TATUM
DISTRICT 4 - COUNCILWOMAN DANA ANDERSON
DISTRICT 6 - COUNCILMAN RICHARD TROJANSKI



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



August 24, 2022



September 28, 2022

AUGUST 24, 2022

I'D GIVE ANYTHING BY MARISA DE LOS SANTOS

LOSING HER FIREFIGHTER FATHER IN A SCHOOL TRAGEDY, GINNY HIDES WHAT SHE KNOWS ABOUT THE INCIDENT FOR DECADES BEFORE A SCANDAL INVOLVING HER HUSBAND THREATENS TO DESTROY EVERYTHING.

SEPTEMBER 28, 2022

THE MIDNIGHT LIBRARY BY MATT HAIG

NORA SEED FINDS HERSELF FACED WITH THE POSSIBILITY OF CHANGING HER LIFE FOR A NEW ONE, FOLLOWING A DIFFERENT CAREER, UNDOING OLD BREAKUPS, OR REALIZING HER DREAMS OF BECOMING A GLACIOLOGIST, SHE MUST SEARCH WITHIN HERSELF AS SHE TRAVELS THROUGH THE MIDNIGHT LIBRARY TO DECIDE WHAT IS TRULY FULFILLING IN LIFE, AND WHAT MAKES IT WORTH LIVING IN THE FIRST PLACE.

Please pick up your copy of *The Midnight Library*
 at the Maple Heights Senior Center beginning August 24, 2022

Sponsored by the Cuyahoga County Public Library, Maple Heights Branch