

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

September 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

Autumnal Equinox—September 22nd



SEPT ACTIVITIES AT A GLANCE

- Sept 1: Bingo 10:00 
- Sept 5: Labor Day—Closed
- Sept 8: UH Health Screenings 10:45
- Sept 12: Chair Exercise Video 10:15
- Sept 12: Writing Workshop w Morgan
- Sept 13: Site Council Meeting 10:30
- Sept 13: September Birthday's - Noon
- Sept 14: Bunco 10:00 AM 
- Sept 15: Mobile Market 9:30 - 11:30
- Sept 16: Movie - Fried Green Tomatoes
- Sept 19: Chair Exercise Video 10:15
- Sept 19: Writing Workshop w Morgan
- Sept 21: Farmers Market 11:00
- Sept 22: Pumpkin Palooza Fall Party
- Sept 22: Lutheran Church Dinner 5:00PM
- Sept 26: Chair Exercise Video 10:15
- Sept 26: Writing Workshop w Morgan
- Sept 27: Site Council Meeting 10:30
- Sept 28: Book Lovers Club 10:00
- Sept 28: General Meeting 11:00
- Community 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, September 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. Every Monday (unless other activities are planned) beginning at 10:15 AM. Please check the Newsletter for weekly dates.

August Birthday's

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

HAPPY BIRTHDAY!!!



Geraldine Seals 8/04

Raymond Gaiduk 8/9

Lynette Maistros 8/13

Thank you for your donations!

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

Marilyn Gilner, Gayle Holman,
& Jean Lightfoot



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

LOW CARB CHICKEN CRUST PIZZA

Ingredients: Chicken Crusts

1 1/4 cups canned shredded chicken, 2 large eggs, 1/2 cup grated parmesan cheese, 1/2 teaspoon garlic powder, 1/4 teaspoon onion powder, 1/2 teaspoon salt, 1/4 teaspoon black pepper. Toppings: 1/3 cup **tomato/pizza sauce**, sugar free **BBQ sauce** or alfredo sauce, 1/2 cup cheese mozzarella, blue cheese, feta or parmesan. Optional Toppings: sliced mushrooms, tomatoes, onions, veggies, pepperoni, bacon bits & sausage.



Instructions:

Preheat oven to 425 F. Line a baking sheet with parchment paper. Lightly oil the parchment paper evenly where the chicken will lay. In bowl whisk the eggs. Add the shredded chicken, parmesan cheese, garlic powder, onion powder, salt & pepper. Mix well. Layer the chicken mixture on the oiled parchment paper into a round or square shape. Pat and press the chicken together making sure there's no air between the chicken. Flatten and shape the crust, about 1/4 inch thin. Bake the chicken crust for about 15-20 minutes or until it starts to crisp, golden and firm. Then allow the crust to cool for 5-10 minutes, so it can become a little more firm. Add your favorite sauce and toppings and return the pizza to the oven. Bake for another 10 minutes, or until the cheese melts and toppings are cooked.

Note: Ingredients bolded are available at the Maple Heights Food Pantry, while supplies last.

Maple Heights Mobile Market (Produce)

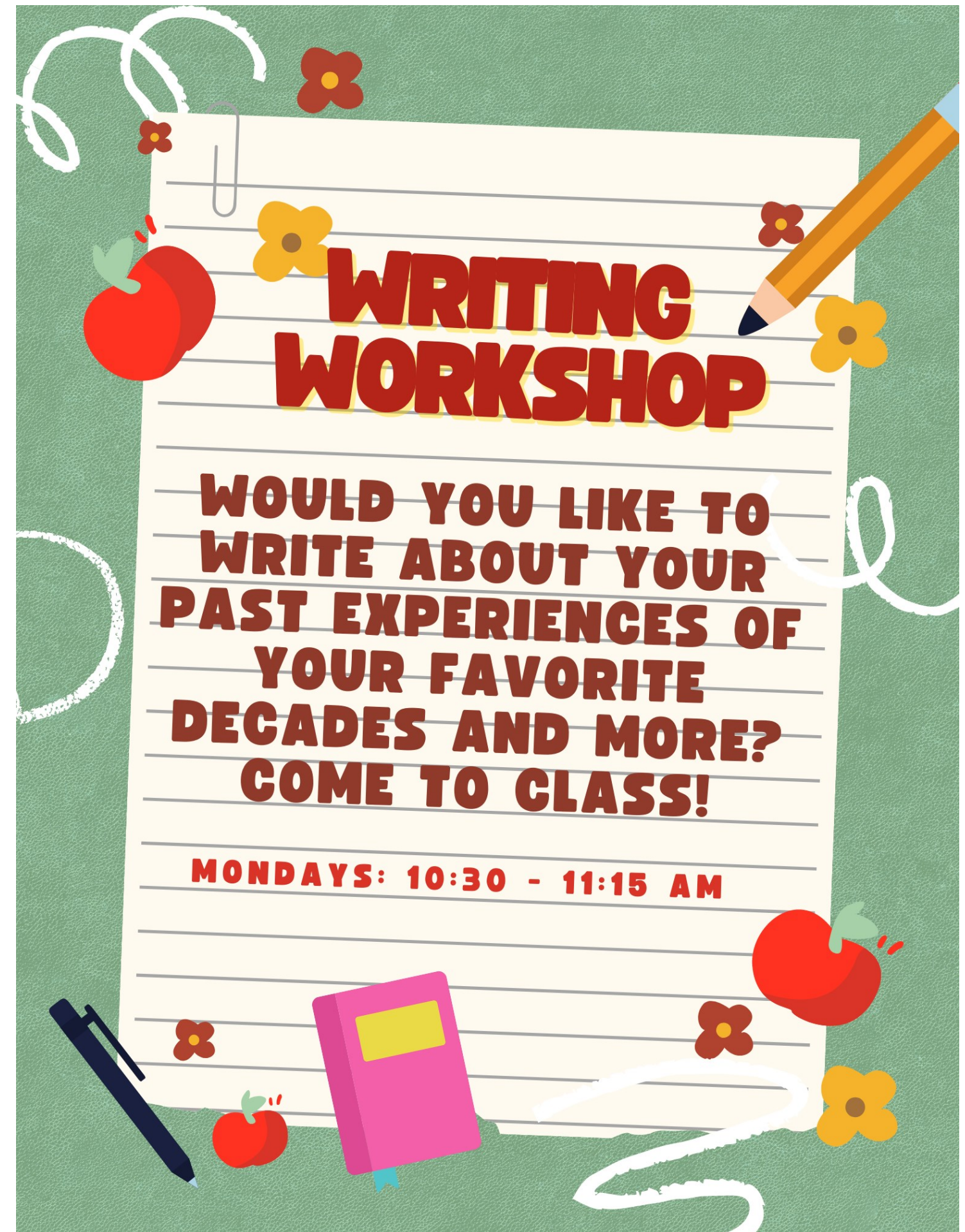
The City of Maple Heights and St. Andrew Eastern Orthodox Church in cooperation with the Greater Cleveland Food Bank will continue to have a Mobile Food Market on the third Thursday of each month.

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

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



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

Wednesday, September 21st
Wednesday, October 19th

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



Groovy Movies 9:45 AM



September Movie - 2nd Floor

Friday, September 16th - Fried Green Tomatoes

7.7/10 (1991)

A housewife who is unhappy with her life befriends an old lady at a nursing home and is enthralled by the tales she tells of people she used to know.



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 - 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

YOU'RE CORDIALLY INVITED TO THE

PUMPKIN PALOOZA FALL PARTY

AUTUMNAL EQUINOX

When: Thursday, September 22nd
Beginning @ 10 AM
Where: Maple Heights Senior Center
15901 Libby Rd. Maple Hts.

WHAT CAN YOU EXPECT?

- PUMPKIN SNACKS, COFFEE & TEA WITH PUMPKIN CREAMER
- PUMPKIN CRAFT - PAINTING
- PUMPKIN THEMED GUESSING GAMES
- PUMPKIN HARVEST PHOTO BOOTH
- FALL BASKET RAFFLE
- 50/50 RAFFLE

WHAT CAN YOU DO TO PREPARE?

- WEAR YOUR BEST FALL PUMPKIN PICKING OUTFIT FOR THE PHOTO BOOTH (5X7 PHOTO'S WILL BE PROVIDED)
- BRING A CERAMIC OR GLASS PUMPKIN FOR A CENTERPIECE (IF AVAILABLE)



**Dedicated Senior
Medical Center**
IN PARTNERSHIP WITH OHIOHEALTH

SPONSORED BY DEDICATED SENIOR MEDICAL CENTER
AND THE MAPLE HEIGHTS SENIOR SITE COUNCIL

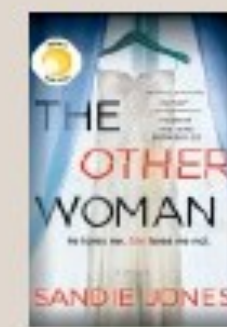


Join us for a monthly book discussion at
Maple Heights Senior Center
Every 4th Wednesday of the month at 10:00 AM

The Book Lovers Club



September 28, 2022



October 26, 2022

WEDNESDAY, 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.

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

Please pick up your copy of *The Other Woman*
at the Maple Heights Senior Center beginning September 28, 2022

Sponsored by the Cuyahoga County Public Library, Maple Heights Branch