

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 the Transportation call 216-587-5481. then 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.

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

May 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



MAY ACTIVITIES AT A GLANCE

May 2 :Chair Exercise Video 10:15

May 2: Post Office on Wheels 9:45

MAY 5: Bingo 10:00

May 6: Mothers Day Tea Party 10:00

May 6: AARP Driver Safety

May 9 : Chair Exercise Video 10:15

May 10: May Birthday's - Noon

May 12: Bingo with Awesome

May 16: Chair Exercise Video 10:15

May 18: Bunco 10:00

May 19: Mind Challenge Practice 9:00

May 19: Mobile Market 9:30 - 11:30

May 20: Movie – Encanto

May 23: Chair Exercise Video 10:15

May 24: Site Council Meeting 10:30

May 25: Book Lovers Club 10:00

May 25: COVID Vaccine Clinic

4:00- 6:00 PM

May 26: Sip & Paint Class 10:15

May 27: Mind Challenge 9:30

May 30: Memorial Day - Closed

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.**



COMMUNITIES ASSISTING RESIDENTIAL ELDERERS

1370 Victory Drive
South Euclid OH 44121
216-970-0599; info@careneo.org
www.careneo.org

CARE Members are homeowners, 60 and older who live in any of our partner cities

Cleveland Heights
Highland Heights
Lyndhurst

Maple Heights
Mayfield Heights
Mayfield Village

Richmond Heights
Solon
South Euclid

ABOUT

CARE is a Membership Program that offers services focused on helping older adults to age in place with dignity. Volunteers assist with completing projects around the home and property. CARE works closely with its partner cities to expand access to their senior residents.

CARE VOLUNTEERS

Our diverse and dedicated Volunteers include individuals, couples, faith-based groups, coworkers, students, youth, families and friends from a wide array of backgrounds, skills and abilities. Some Volunteers sign up for one day projects, while others volunteer regularly.



SERVICES

Services provided are based on member needs. Our most popular requests are for yard care projects. We also do minor painting, repairs, garage cleanouts, window washing and more.
**Volunteers do not provide mowing, snow removal, electrical, plumbing, gutter cleaning or services requiring a professional or the use of a ladder.*

THE COST

For those who are income eligible there is no cost. For others participation is still welcome, and we can review any associated costs with you.

TO BECOME A MEMBER
CALL 216-970-0599

www.careneo.org



The Community Partnership on Aging Serves as our Fiscal Sponsor

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



COVID-19

Vaccine Clinic



WEDNESDAY, MAY 25, 2022

4:00 - 6:00 PM

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

WHAT'S AVAILABLE

- 1st doses, 2nd doses and boosters
- Moderna & Pfizer vaccines will be used J&J, if available
- Flu Shots
- Transportation for Maple Heights residents

\$100 gift card given to individuals receiving their 1st dose

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

Register online: 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 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, May 5th



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.

April Birthday's

On Tuesday, April 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 Medical Center
for providing the cupcakes!**

HAPPY BIRTHDAY!!!



Renna Ward 4/1
Jean Tamulewicz 04/10
Lenora Glan 04/23

Anthony Lodge 04/06
Betsy Wolf 04/15
Audrey Brandon 4/28

Thank you for your donations!

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

Gayle Holman, Ruth Kopczyk (Chips)
Holly Miller, Vickie Stevens



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!



Mayor Annette M. Blackwell announces new 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

Breakfast in Bed to start Mother's Day off Right!

Applesauce muffins are great idea for Mom on Mothers Day. A great breakfast in bed idea to show your Mom she is appreciated.

1 cup butter, softened, 2 cups sugar, 2 large eggs, 1 teaspoon vanilla extract, 2 cups applesauce, 4 cups all-purpose flour, 1 teaspoon baking soda, 1 teaspoon ground cinnamon, 1 teaspoon ground allspice, 1/4 teaspoon ground cloves, 1 cup chopped walnuts, optional, cinnamon sugar, optional

1. Preheat oven to 350 degrees; In a bowl, cream butter and sugar until light and fluffy, 5-7 minutes. Beat in eggs and vanilla. Stir in applesauce. Combine flour, baking soda and spices; stir into creamed mixture. If desired, fold in nuts
2. Fill greased or paper-lined muffin cups three-fourths full. Bake until a toothpick comes out clean, 20-25 minutes. Cool 5 minutes before removing from pans to wire racks. If desired, sprinkle with cinnamon sugar.



Items available at the Maple Heights Food Pantry (While supplies last)
Canned applesauce, butter, sugar, eggs, flour

Maple Heights Mobile Market (Produce)

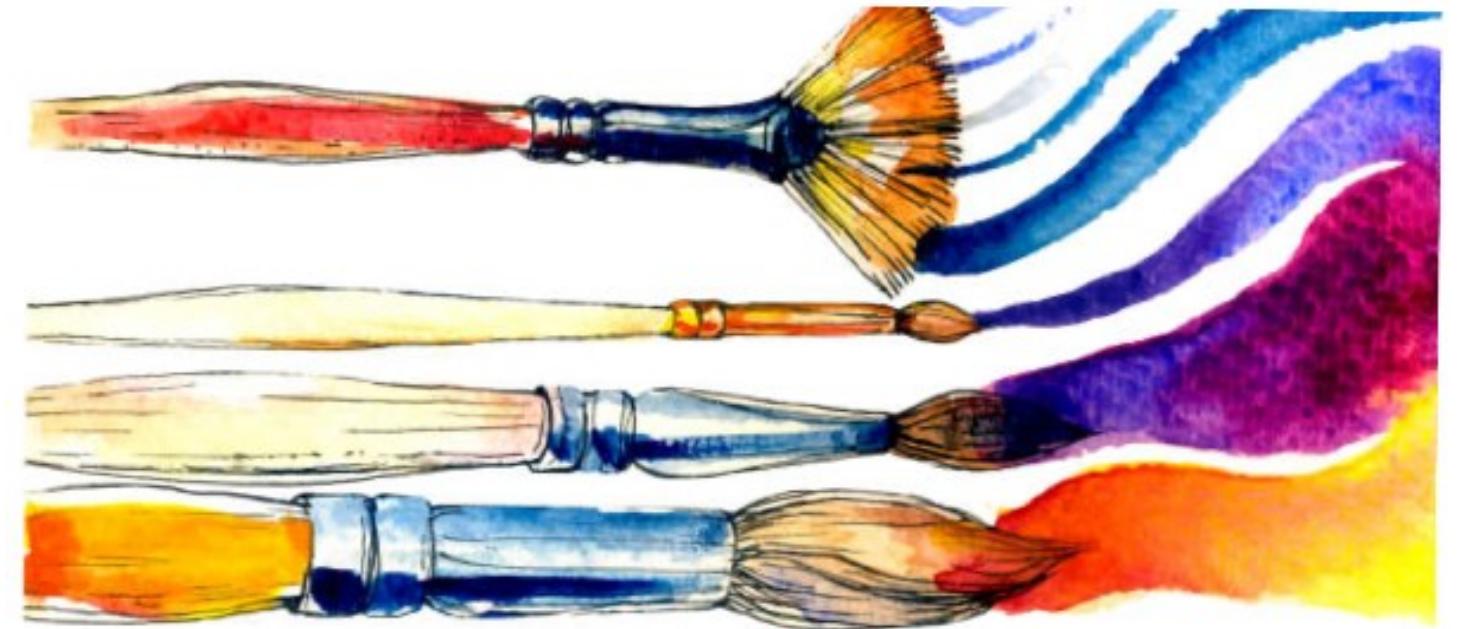
The City of Maple Heights and St. Andrew Eastern Orthodox Church in cooperation with the Greater Cleveland Food Bank will continue to have a Mobile Food Market on the third Thursday of each month.

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

| May 19th | June 16th | 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



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, May 26th
10:15am

This creative activity is a great way to stimulate brain
health, increase mental clarity, and find peace!

Non-alcoholic refreshments will be available.

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

JUNE 14TH
BLUE LUNCH
 6:30 - 8:30 PM

JULY 12TH
JUST CHARNISE
 6:30 - 8:30 PM

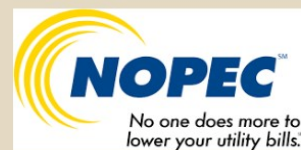


AUGUST 9TH
FORECAST
 6:30 - 8:30 PM

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

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



Groovy Movies 9:45 AM

May Movie - 2nd Floor



Friday, May 20th - Encanto

(7.3) 2021

Walt Disney Animation Studios' "Encanto" tells the tale of an extraordinary family, the Madrigals, who live hidden in the mountains of Colombia, in a magical house, in a vibrant town, in a wondrous, charmed place called Encanto.



2022 Mind Challenge Team Formation Competition

What is The Mind Challenge for the New Majority? It is a trivia tournament for active seniors and baby boomers (50+) representing 36 cities/senior centers. This year marks the fourth year after a tremendously successful inaugural campaign in 2019.

Another Mind Challenge Team Formation Round (Practice) will be Tuesday, May 19th at 9:00 AM. Maple Heights can have more than one team, but no team can be larger than 6 people.

Maple Heights Senior Center

15901 Libby Rd., Maple Heights. OH 44137

The Knockout round will be Friday, May 27th and Friday, June 3rd from 9:30 -11:30 AM at the Bedford Heights Community center.

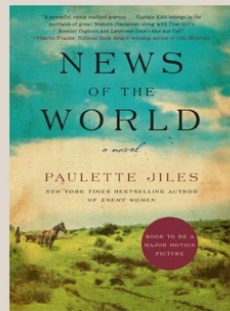
5615 Perkins Rd, Bedford Heights, OH 44146

If the Maple Heights team(s) qualifies for the elevated 8 round that will be held on Friday, June 9th at the same time and place as the Knockout round. For more information and to keep track on how the teams are doing visit:

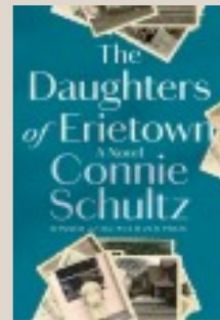
<https://themindchallenge.com/>

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



May 25, 2022



June 22, 2022

MAY 25, 2022:
NEWS OF THE WORLD BY PAULETTE JILES

A NEWS READER TRAVELING THE ANTEBELLUM SOUTH IS OFFERED \$50 TO BRING AN ORPHAN GIRL, WHO WAS KIDNAPPED AND RAISED BY KIOWA RAIDERS, BACK TO HER FAMILY IN SAN ANTONIO.

JUNE 22, 2022:
THE DAUGHTERS OF ERIETOWN BY CONNIE SCHULZ.

1957, CLAYTON VALLEY, OHIO. ELLIE HAS THE BEST GRADES IN HER CLASS. HER DREAM IS TO GO TO NURSING SCHOOL AND MARRY BRICK MCGINTY. A BASKETBALL STAR, BRICK HAS THE CHANCE TO ESCAPE HIS ABUSIVE FATHER AND BECOME THE FIRST PERSON IN HIS BLUE-COLLAR FAMILY TO ATTEND COLLEGE. BUT WHEN ELLIE LEARNS THAT SHE IS PREGNANT, EVERYTHING CHANGES.

Please pick up your copy of the News of the World
 at the Maple Heights Senior Center beginning May 25, 2022

Sponsored by the Cuyahoga County Public Library, Maple Heights Branch

BINGO with Awesome Companionship Care Agency



Awesome Companionship Care Agency, LLC will be coming to the Maple Heights Senior Center On Thursday, May 12th to play Bingo. They will be bringing all the prizes and supplies needed to play from 10:30 -11:30 AM.

Awesome Companionship Care Agency LLC is owned and managed by a health care professional with personal experience with health problems, disabilities, frequent hospital visits. Having to depend on a home health aide and communicating with others that have similar needs, opened her eyes to what could be better in-home healthcare. She made it her mission to hire passionate health care professionals that truly understand the needs of the clients.

AARP Drivers Safety Class

AARP Drivers Safety Class

Friday , May 6th from 9:00 AM to 1:00 PM

Maple Heights Senior Center

15901 Libby Road; Maple Heights, Ohio 44137

Contact Number:216-587-5481 to sign up, Class limit 15

\$20.00 Fee for AARP Members

\$25.00 for Non—Members Pay the day of the class



Mothers Day High Tea Party



Join us for a good old fashioned high tea party on Friday, May 6th starting at 10:00 AM in honor of Mother's everywhere! Bring in your vintage or collectable tea cups and tea pots to decorate your table. Wear your most authentic high tea outfit including your Easter bonnets/sun hats, shawls/shoulder wraps, gloves and jewelry. There will be a fashion show and contest for the most authentic high tea outfit. Council President Ron Jackson will provide the gift cards for the top 3 winners. Cora Young, Admissions and Marketing Director from Walton Manor will be bringing a variety of teas for tasting, biscuits and scones. Talk about current news, your growing up years, & family. Lots of reminiscing with your tea party friends.

