

## 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

June 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

# ★ HAPPY ★ FATHER'S DAY



### June ACTIVITIES AT A GLANCE

- June 2: Bingo 10:00 
- June 3: Mind Challenge 9:30 AM
- June 6: Post Office on Wheels 9:45
- June 6: Chair Exercise Video 10:15
- June 8: Bunco 10:00 
- June 9: TBD Mind Challenge 9:30 AM
- June 13: Chair Exercise Video 10:15
- June 14: Site Council Meeting 10:30
- June 14: June Birthday's - Noon
- June 14: Music in the Park 6:30 PM 
- June 16: Mobile Market 9:30 - 11:30
- June 17: Fathers Day Sports Talk 
- June 20: Juneteenth - Closed for Lunch
- June 22: Book Lovers Club 10:00
- June 22: COVID Vaccine Clinic  
4:00- 6:00 PM
- June 24: Movie – Fathers Day
- June 27: Chair Exercise Video 10:15
- June 28: Site Council Meeting 10:30
- June 29: General Meeting 11:30

*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 ELDERLS

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, JUNE 22, 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](https://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, June 2nd



**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.

**May Birthday's**

On Tuesday, May 10th, 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!!!*



John Pike 05/02  
Flora McMahon 05/04  
Patricia Zarrelli 05/21

Doris Baynard 05/02  
Marilyn Gilner 05/12  
Lois Vranich 05/24

Roslyne Pleasare 05/28

**Thank you for your donations!**

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

Marie Sanda (Weights)



**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](http://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

Father's Day Grilled Orange Chicken Kabobs

**Chicken breasts** - boneless and skinless, cut into 1.5-inch cubes. 5 -6 cubes per skewer. 1/2 cup **Soy sauce**, 1cup 100% **Orange juice**, 1 teaspoon **orange zest**, 2 Tablespoons **vegetable oil**, 1 clove **garlic**, 1/2 teaspoon **white pepper** - optional. 1/2 teaspoon **black pepper**, 2 tablespoons **Cornstarch** - we use this later to thicken up the marinade and turn it into a sauce. No waste in this recipe. You will also need skewers and tongs for outdoor grilling.



- **First marinate the chicken.** In a medium bowl, combine soy sauce, orange juice, orange zest, vegetable oil, garlic, white pepper (optional), and black pepper. Stir well until combined. Add chicken breast and stir to coat. Cover the bowl with cling wrap and refrigerate for at least 1 hour (or overnight).
- Next, remove the chicken from the marinade, and reserve the marinade. **Thread the chicken onto skewers**, adding about 6-7 pieces of cubed chicken breasts for each skewer. If you are using wooden skewers, soak them in water for 30 minutes before you thread the chicken on and grill to stop them from burning.
- **Now, we are ready to grill.** Lightly brush olive oil over grill or grill pan. Preheat the grill over medium high heat for 3 minutes until the oil starts sizzling and shimmering. Place the skewers spaced evenly apart on the grill and grill for 8-10 minutes on each side or until the internal temperature for the chicken reaches 165 F. Do not overlap the skewers at any time to ensure even cooking for all the skewers.
- Finally, **prepare the orange chicken sauce.** Place the reserved marinade into a small cooking pot and heat over medium heat for 2 minutes, until it starts to boil. Add cornstarch and stir continuously with a spoon to dissolve, until the sauce starts to thicken and forms a smooth and thick sauce. You don't need much sauce, a tablespoon is plenty for coating the chicken.

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!

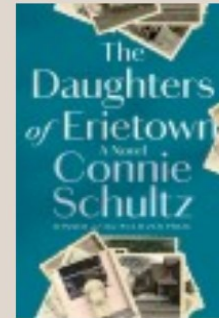
June 16th | July 21st | August 18th | September 15th

October 20th | November 17th | December 15th

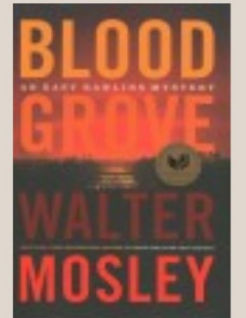
The Maple Heights Mobile Food Pantry will be at the  
St. Andrew Eastern Orthodox Church  
16029 Maple Park Drive  
Maple Heights, Ohio 44137

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



June 22, 2022



July 27, 2022

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.

JULY 27, 2022:

**BLOOD GROVE BY WALTER MOSLEY.**

UNLICENSED PRIVATE INVESTIGATOR-TURNED-HARDBOILED DETECTIVE EASY RAWLINS NAVIGATES SEX CLUBS, THE MAFIA AND DANGEROUS FRIENDS WHEN HE RELUCTANTLY ACCEPTS THE RACIALLY CHARGED CASE OF A TRAUMATIZED VIETNAM WAR VETERAN IN LATE-1960S LOS ANGELES.

Please pick up your copy of Blood Grove  
at the Maple Heights Senior Center beginning June 22, 2022

Sponsored by the Cuyahoga County Public Library, Maple Heights Branch



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

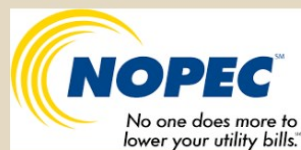


**AUGUST 9TH**  
**FORECAST**  
 6:30 - 8:30 PM

**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



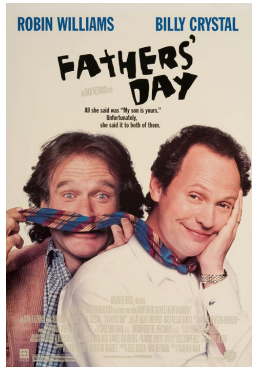
**Groovy Movies 9:45 AM**

June Movie - 2nd Floor



Friday, June 24th - Father's Day

5.2/10 (1997)



Jack Lawrence is a smart aleck lawyer who is one day visited by an ex-girlfriend who tells him her kid was his. Enter Dale Putley, a depressed goofball who is also a writer, meets with the same ex-girlfriend who tells him her kid is his. One day Jack and Dale meet and discover what had happened: they've been told the same story and now there's a question of who the real father is.

They learn their son is following a rock band called Sugar Ray around. So Jack and Dale hit the road to Sacramento and find their drunk, love-struck son. Soon after they bring him back to their hotel room, their son escapes and Jack and Dale must use teamwork to find him again, bring him home, and find out which one of them is the real father.



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.

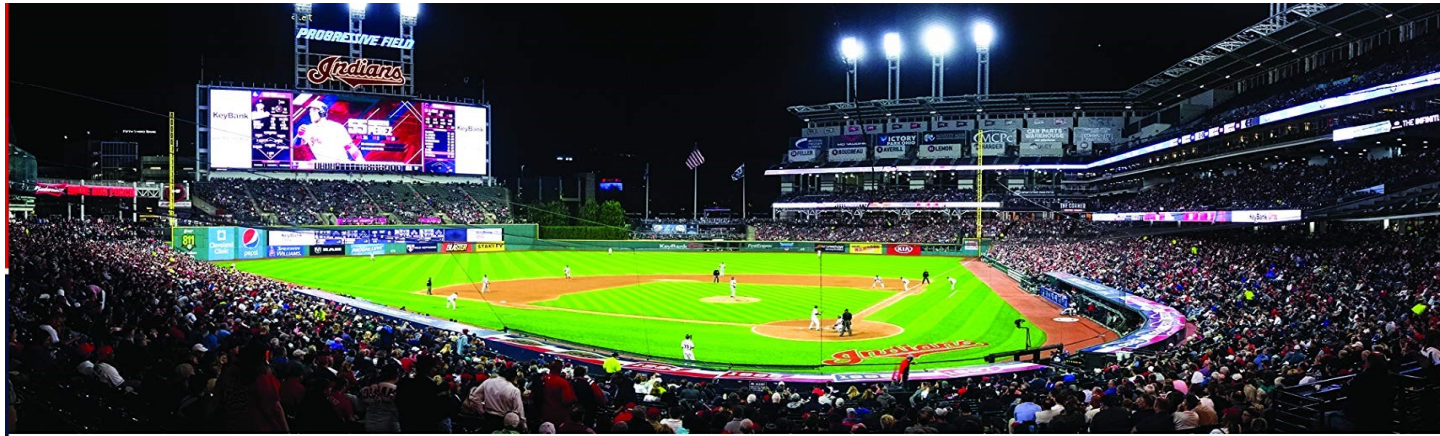
The final Knockout round will be Friday, June 3rd from 9:30 -11:30 AM at the Bedford Heights Community center.  
 5615 Perkins Rd, Bedford Heights, OH 44146

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/>







# ULTIMATE CLEVELAND *Indians* TIME MACHINE BOOK



MARTIN GITLIN

## Father's Day Cleveland Baseball Celebration and Root Beer Floats

Please join us for a special Fathers' Day presentation at the  
Maple Heights Senior Center  
Friday, June 17th., starting at 10:30 AM.



This sports program is titled

### **From the Spiders to Indians to Guardians: A Cleveland Baseball Celebration Presentation**

Take a fun and enlightening journey through Cleveland baseball history with the author of the Ultimate Cleveland Indians Time Machine Book. This presentation features videos and photographs of the greatest and most fascinating players, teams, events and moments in franchise history. The program also includes trivia questions for patrons to ponder and covers it all from the fascinating 1899 Spiders, whose 20-134 record remains the worst in major league history, to the brilliance of Bob Feller and championship team of 1948 to the miseries of the 1960s and beyond to the pennant winners of the 1990s and 2016 to the death of Chief Wahoo and the team nickname. The event concludes with a question-and-answer period. Author Martin Gitlin will have autographed and personalized copies of his book available following the program.

But wait there is more! Oak Street Health will be providing root beer floats as a special Father's Day treat! Yummy root beer and vanilla ice cream will be served in a mug style glass with mustache straws. Super Fun! Please remember to wear your Cleveland baseball gear for this event!



FATHER'S DAY  
**FLOATS**  
