

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

July 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



July ACTIVITIES AT A GLANCE

- July 4: Independence Day - Closed
- July 7: Bingo 10:00 
- July 11: Chair Exercise Video 10:15
- July 12: Site Council Meeting 10:30
- July 12: July Birthday's - Noon
- July 12: Music in the Park 6:30 PM 
- July 13: Bunco 10:00 AM 
- July 14: UH Health Screenings 10:45
- July 18: Chair Exercise Video 10:15
- July 21: Mobile Market 9:30 - 11:30
- July 22: Movie - Independence Day
- July 25: Chair Exercise Video 10:15
- July 25: Christmas in July 10:00
- July 26: Site Council Meeting 10:30
- July 27: Book Lovers Club 10:00
- July 27: General Meeting 11:30
- July 29: Alzheimer Talk—CWR

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**.

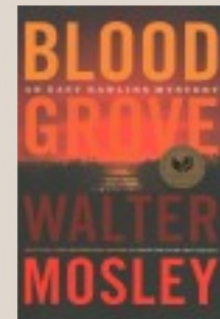
To register for the Senior Center call 216-587-5481. To make a van reservation, call the "STC Call Center" @ 1-216-265-1489 by 12 noon, three (3) business days prior to, or up to two (2) weeks in advance, Monday through Friday from 7:00 a.m. to 5:00 p.m.

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.**

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



July 27, 2022

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.

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.

Please pick up your copy of *I'd Give Anything*
at the Maple Heights Senior Center beginning July 27, 2022

Sponsored by the Cuyahoga County Public Library, Maple Heights Branch



August 24, 2022

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



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, July 7th



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.

June Birthday's

On Tuesday, June 14th, 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
Marymount Place
for providing the cupcakes!

HAPPY BIRTHDAY!!!



Anna Wallace 6/1
Margaret Brady 6/17
Wendall Chinn 6/18

Jim Short 6/11
Gwendolyn Jones 6/17
Elizabeth Dukes 6/21

Thank you for your donations!

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

Thomas Fasick (Coffee)



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

Red, White and Blue Jello Treats!

Make the berry blue jello according to the package instructions. Fill your cups 1/3 full with the blue jello.

Next, place in the fridge for about an hour to let the jello set. If you are in a hurry, you can put in the freezer for just a few minutes to do the trick.

Fill cups another 1/3 full with whipped cream. It does not take much for this layer. Smooth out the top.



Make Cherry jello. Let it cool in fridge for 20 minutes. You don't want the jello to solidify at all. You just need it to cool down so you can pour it on top of your whipped cream without melting it. Refrigerate to allow the cups of jello to start to set.

After a few minutes, add the cherry allowing the stem to stick out like a firecracker. Return to the fridge for another 30 minutes to allow the jello to set until firm. That is it! Don't these look so fun and festive!

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



Groovy Movies 9:45 AM



July Movie - 2nd Floor

Friday, July 22nd - Independence Day

7.0/10 (1996)

The aliens are coming and their goal is to invade and destroy Earth. Fighting superior technology, mankind's best weapon is the will to survive.



Christmas in July—White Elephant Gift Exchange

Join us for a fun Christmas in July day on Monday, July 25th starting at 10:00 AM. Bring in your nostalgic Ceramic Christmas trees to display on the tables. We will play the white elephant gift exchange dice game, where all players will have a turn and get chances to win gifts that will be piled up in the middle of the table. Once everyone has gifts they can then be stolen from someone else in the next round. This is a popular game that is enjoyed during the Christmas Holiday. Plus the guessing games will be on the table for you to possibly win and take home.



Incontinent Supplies

The Maple Heights Senior Center currently has an abundance of incontinent supplies. We have all sizes and brands. If you are in need of incontinent supplies, please consider giving us a call at 216.587.5481 to arrange for pick up. Thank you.

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

On Thursday, July 14th 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 going forward. Please stop by and introduce yourself.

