

The Scoop

ORANGE COMMUNITY EDUCATION & RECREATION - ORANGE SENIOR CENTER
32000 Chagrin Blvd. Pepper Pike, OH (216) 831-8600 ext. 5700 www.orangerec.com



November
December
2016



November

- 4 Paint a Scarf
- 15 Make a Wreath
- 11 Lunch Bunch
- 15 Make a Wreath
- 18 Medicare

December

- 2 Holiday Party
- 5 Philanthropia



Medicare Options for You: Friday, November 18

Questions about your Medicare options? You're not alone! Listen to a representative from OSHIIP discuss your Medicare benefits and options and get the answers you need. OSHIIP is the Ohio Senior Health Insurance Information Program, the lead Medicare educational office

in our state providing only unbiased information. *(They do not sell insurance.)*
9:30am-10:00am short presentation; 10:00 am-2:30 pm Individual counseling OSC
Free program, MUST pre-register for individual counseling.

Holiday Party Friday, December 2 12:00-2:00pm

Come and celebrate the holidays with old and new friends at the Senior Center with a lovely luncheon. Invite a friend or two.

Registration requested by 11/22.
\$15 resident/member, \$20 non-resident

Sponsored by Hamlet Hills Retirement Village and Home Instead



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Philanthropia Fundraiser at Landerhaven: Monday, December 5

The Orange Senior Center is once again participating in the Annual Philanthropia Luncheon at Landerhaven on Monday, December 5 from 11:30am-2:00pm. This elegant and fun luncheon features the Singing Angels, and 100% of the ticket sales are returned to the Orange Senior Center.

*** For information and details on how you can attend, see insert. ***

Enrichment & More

Learning L.I.T.E.

Live. Imagine. Transform. Experience.

Pre-registration with payment is required for all programs and activities listed.

Four ways to register:

1.) Call (216)

831-8600

Ext. 5700

to register by phone using your VISA, Discover or MasterCard

2.) Mail a check to the address on page 1

3.) Stop by the OSC during regular hours 9:00am – 4:30pm

4.) Register online

Go to our web site www.orangerec.com

Click on the registration link

<https://orangerec.com/Onlineregistration.aspx>

Make Your Own Holiday Wreath

New! There is no better way to get in the holiday spirit than to create a wreath that will either greet your holiday guests or be a wonderful hostess gift for this special season. Join Julie Rohrich and Janet Nitzsche as they take you step by step through a lesson on the art of wreath making.

Tuesday 11/15 (1 session) 1:30-3:00pm OSC \$10 supply fee/OSC members, \$15 supply fee/resident, non-resident

Paint a Silk Scarf

New! Enjoy an afternoon of silk painting, an art form similar to watercolor but different. Each participant completes a silk scarf either 11"x 60" or a 26" square. Create a beautiful floral scarf or any design you desire. Bring your own ideas and images or browse through the instructor's extensive portfolio of possibilities. Wear old clothes.

Friday 11/4 (1 session) 1:00-4:30pm OSC \$45 resident/OSC member \$50/non-resident



Novice Bridge

A great class for those who need a review course and desire to take their skills to the next level. Classes are geared to student levels and will cover the bidding, contracts, no-trump, transfers, scoring, strategies and more.

(Students should have a general knowledge of the game or have taken Bridge I.) *Instructor Sue Pisanelli*

Thursdays 11/10-12/22 (except 11/24) (6 sessions) 1:00-3:00pm OSC \$69/resident/OSC member \$74/non-resident

Bridge Improvement

Who doesn't need a little improvement in their bridge game! The class will be customized to the participants and will include play techniques, defensive techniques, special bids, slam bidding, conventions, competition and more.



Instructor Sue Pisanelli

Thursdays 11/10-12/22 (except 11/24) (6 sessions) 10:00am-12:00 noon OSC \$69/resident/OSC member \$74/non-resident

Drawing & Painting Studio

Instructor helps students explore the fundamentals and techniques of both creative expressions. Students select their own projects and receive hands-on assistance and instruction. All skill levels welcome. *Instructor Barbara Brastoff is a graduate of Cooper School of Art and has taught artists of all ages.*

Tuesdays 11/15-12/27 (7 sessions) 9:00-11:30am OSC \$60/resident/OSC member \$65/non-resident

One Stroke Painting: Gift Giving

This easy to learn painting technique is the push, wiggle and lift method that incorporates blending, shading and highlighting with just one stroke of the brush. In this class we will use the One Stroke technique to learn 12 designs and create a calendar for 2017 that would be a great holiday gift for yourself or another. No experience necessary! A \$10 supply fee is paid to the instructor at the first class. *Instructor, Jaci Davis*

Tuesdays 11/8-11/22 (3 sessions) 6:00-7:30pm OSC \$29/resident/OSC member \$34/non-resident Plus \$10 supply fee paid to the instructor.

Enrichment

Memoir Writing

This class will help you find the meaningful stories of your life as you write about personal experiences and family history. You'll receive feedback from your peers and learn how to build on your strengths as you begin to shape raw material into memoir.

Appropriate for all levels of writers. *Instructor Darlene Montonaro, awarded a 2016 Creative Workforce Fellowship from the Community Partnership for Arts and Culture/Cuyahoga Arts & Culture*

Tuesdays 11/1-11/22 (4 sessions) 1:00-2:30pm OSC \$58/resident/OSC member, \$63/non-resident



Technology

Microsoft Excel

Learn basic Excel skills including entering data, inserting and deleting rows and columns, and creating formulas. This is a versatile program which is useful for much more than accounting. Bring your own laptop if you have one. *Instructor Jennifer Pesto*

Tuesday 12/6, 12/13 (2 sessions) 1:00-2:30pm OSC \$29/resident/OSC member \$34/non-resident

Intro to Pinterest

Come and learn about this fun (and addicting) virtual bulletin board. Find a place to save and organize all the ideas and recipes you come across while surfing the internet. Bring your own laptop if you have one. *Instructor Jennifer Pesto*

Tuesday 11/29 (1 session) 1:30-3:30pm OSC \$19/resident/OSC member \$24/non-resident

Exercise, Fitness & More

Pickleball

Pickleball was created with one thing in mind: fun. It was designed to be easy to learn and play whether you're five, ninety-five or somewhere in between. Join us to try out this increasingly popular game, described as a combination of elements of tennis, badminton and ping-pong. *Facilitator Peg Zitzner*

Mondays & Wednesdays 11/14-12/21 (except 11/23) (11 sessions) 9:00-10:00am PPLC \$45/resident/OSC member \$50/non-resident

Fridays 11/18-12/16 (except 11/25) (4 sessions) 2:30-4:00pm PPLC \$23/resident/OSC member \$28/non-resident

'Danse' Fitness

A rhythmic sensation & exploration of world-dance for fun and fitness. Move your body to the beats of the Samba, Salsa, Cha Cha, Jazz, Reggae and more. Gain confidence, coordination and free the spirit! Enjoyed by all ages and great for balance! *Instructor*

Marian Jacobs, 20+ years Professional Dancer, B.S. Sports Science & Wellness

Wednesdays 11/16-12/14 (except 11/23) (4 sessions) 10:30-11:30am OSC \$32/resident/OSC member \$37/non-resident

Yoga

Take advantage of our Yoga class to increase flexibility, reduce stress, develop core strength and increased body awareness. Your benefit is a sense of ease and fluidity throughout your body and you will leave the class feeling refreshed and empowered. Please wear comfortable clothes and bring a Yoga mat. *Instructor, Marcia Hudgel, CYT, RYT*

Wednesdays 11/16-12/21 (except 11/23) (5 sessions) 3:00-4:00pm OSC \$42/resident/OSC member \$47/non-resident



Program Refund Policy:

If an activity you register for is filled or cancelled due to low enrollment, you will be notified promptly and given the opportunity to switch to another activity, obtain a letter of credit, or obtain a full refund. If you have an unforeseen circumstance and cannot attend your activity, we will refund your fee less a \$5 processing fee provided you notify us at least **3 days prior** to the start of the activity. A letter of credit only will be issued for refunds of \$10 or less.



Orange Community Education & Recreation's Orange Senior Center Orange School District 32000 Chagrin Blvd. Pepper Pike, OH 44124

This newsletter is published six times a year.



Orange Senior Center

Anna Maria Adult Day Program • Monday to Friday • 9:00am-5:00pm

November 2016

M	T	W	T	F
	1 9:00 Painting 10:30 Knitting 1:00 Memoir 6:30 Legacy Writing	2 9:00 Pickleball (PPLC) 9:15 Cardio 10:00 Handwork 10:30 Danse Fitness 1:30 Tai Chi/Qigong 3:00 Yoga	3 9:30 BP 10:15 Strength & Str	4 9:15 Cardio 12:30 Drop-In Bridge 1:00 Paint a Silk Scarf
7 9:30 Drop-in Bridge 12:00 Drop In MahJong	8 9 <div style="border: 1px solid black; padding: 5px; display: inline-block;"> Make-Up Week </div>		10 9:30 BP 10:00 Bridge Imp. 1:00 Novice Bridge	11 9:15 Cardio 12:30 Drop-In Bridge 1:00 Lunch Bunch
14 9:00 Pickleball (PPLC) 9:00 Podiatry 9:15 Cardio 9:30 Drop-in Bridge 10:15 Strength & Str 12:00 Drop In MahJong	15 1:00 Memoir 1:30 Make a Wreath 3:00 Caregivers 6:00 One Stroke NO Painting	16 9:00 Pickleball (PPLC) 9:15 Cardio 10:00 Hillcrest Dolls 10:30 OSACA 12:00 Handwork 10:30 Danse Fitness 1:30 Tai Chi/Qigong 3:00 Yoga	17 9:30 BP 10:00 Bridge Imp. 10:15 Strength & Str 1:00 Novice Bridge 2:30 Book Club	18 9:00 OSHIP Medicare Forum No Cardio No Drop-In Bridge 2:30 Pickleball(PPLC)
21 9:00 Pickleball (PPLC) 9:15 Cardio 9:30 Drop-in Bridge 10:15 Strength & Str 12:00 Drop In MahJong	22 9:00 Painting 1:00 Memoir 6:00 One Stroke	23 24 25 <div style="border: 1px solid black; padding: 10px; display: inline-block;"> CLOSED Thanksgiving Break </div>		
28 9:00 Pickleball (PPLC) 9:00 Podiatry 9:15 Cardio 9:30 Drop-in Bridge 10:15 Strength & Str 12:00 Drop In MahJong	29 9:00 Painting 1:30 Intro to Pinterest	30 9:00 Pickleball (PPLC) 9:15 Cardio 10:00 Handwork 10:30 Danse Fitness 1:30 Tai Chi/Qigong 3:00 Yoga	New classes & sessions begin Nov. 14 - 18 Sign Up for a Class TODAY Join us for our Holiday Party!	

216-831-8600 x5700

Anna Maria Adult Day Program • Monday to Friday • 9:00am-5:00pm

December 2016

M	T	W	T	F
			1 9:30 BP 10:00 Bridge Imp. 10:15 Strength & Str 1:00 Novice Bridge	2 9:15 Cardio 12:00 HOLIDAY PARTY <u>No Drop-In Bridge</u> 2:30 Pickleball(PPLC)
5 9:00 Pickleball (PPLC) 9:15 Cardio 9:30 Drop-in Bridge 10:15 Strength & Str 11:30 Philanthropia 12:00 Hungarians 12:00 Drop -n Mahjong	6 9:00 Painting 1:00 Microsoft Excel	7 9:00 Pickleball (PPLC) 9:15 Cardio 10:00 Handwork 10:30 Danse Fitness 1:30 Tai Chi/Qigong 3:00 Yoga	8 9:30 BP 10:00 Bridge Imp. 10:15 Strength & Str 1:00 Novice Bridge	9 9:15 Cardio 12:30 Drop-In Bridge 2:30 Pickleball(PPLC)
12 9:00 Pickleball (PPLC) 9:00 Podiatry 9:15 Cardio 9:30 Drop-in Bridge 10:15 Strength & Str 12:00 Drop-in Mahjong	13 9:00 Painting 1:00 Microsoft Excel	14 9:00 Pickleball (PPLC) 9:15 Cardio 10:00 Handwork 10:30 Danse Fitness 1:30 Tai Chi/Qigong 3:00 Yoga	15 9:30 BP 10:00 Bridge Imp. 10:15 Strength & Str 1:00 Novice Bridge 2:30 Book Club	16 9:15 Cardio 12:30 Drop-In Bridge 1:00 Lunch Bunch 2:30 Pickleball(PPLC)
19 9:00 Pickleball (PPLC) 9:00 Podiatry 9:15 Cardio 9:30 Drop-in Bridge 10:15 Strength & Str 12:00 Drop-in Mahjong	20 9:00 Painting 3:00 Caregivers	21 9:00 Pickleball (PPLC) 9:15 Cardio 10:00 Hillcrest Dolls 12:00 Handwork 3:00 Yoga	22 9:30 BP 10:00 Bridge Imp. 10:15 Strength & Str 1:00 Novice Bridge	23 CLOSED
26 CLOSED	27 9:00 Painting	28 9:00 Pickleball (PPLC) 9:15 Cardio 10:00 Handwork	29 9:30 BP 10:15 Strength & Str	30 CLOSED
Make Up Week (Jan 3-6)				

Exercise, Fitness (cont)

How to Contact The Orange Senior Center:

(216) 831-8600
Reception Desk
Registration
ext. 5700

Darlene Montonaro
Coordinator
ext. 5701
dmontonaro
@orangecsd.org

Jennifer Pesto
Sr. Adult Associate
ext. 5702
jpesto@orangecsd.com

Julie Rohrich,
Sr. Adult Associate
Ext. 5703
jrohrich@orangecsd.com

Erin Fach, Director
Orange Community
Education &
Recreation
ext. 5403

*Join the
Senior Center
today.*

Residents:
\$15 single
\$22 couple

Non-residents:
\$19 single
\$28 couple

Tai Chi ~ Qigong

Tai Chi is an ancient Chinese mind-body practice of flowing, circular movements often called, "Moving Meditation." It provides the basic structure of balance, strength and flexibility through focused deep breathing with attention to exact repetition of movement patterns. Many movements can be done either seated or standing. *Instructor Sandy Wiebusch has practiced and taught Tai Chi and Qigong for over 18 years.*

Wednesdays 11/2-12/14 (except 11/23) (6 sessions) 1:30-2:30pm OSC \$66/resident/OSC member \$71/non-resident

Strength & Stretch

Sitting and standing exercises are performed to increase strength, flexibility and relaxation using 1 to 4 pound hand-held weights, balls and tubing. All exercises can be modified to each individual's needs. Weights optional, balls/tubing provided. *Cheryl Moone has a BA in Health and Physical Education and is an ACE Personal Fitness Trainer.*

Mondays 11/14-12/19 (6 sessions) 10:15-11:15am OSC \$48/resident/OSC member \$53/non-resident

Thursdays 11/17-12/29 (except 11/24) (6 sessions) 10:15-11:15am OSC \$48/resident/OSC member \$53/non-resident

Cardio & Core

Intermediate level class emphasizes cardio conditioning using low impact, controlled moves. Instructor leads floor exercises to strengthen abdominal core and increase flexibility. *Cheryl Moone has a BA in Health and Physical Education and is an ACE Personal Fitness Trainer.*

Mondays 11/14-12/19 (6 sessions) 9:15-10:00am OSC \$57/resident/OSC member \$62/non-resident

Wednesdays 11/16-12/28 (except 11/23) (6 sessions) 9:15-10:00am OSC \$57/resident/OSC member \$62/non-resident

Cardio & Core Circuit

A new twist to Cardio & Core, this intermediate to advanced level class is for those who are looking for a more intense workout.

This class is done in circuit training style rotating cardio conditioning and strength training for a maximum work out. Instructor Cheryl Moone

Fridays 11/11-12/16 (except 11/18, 11/25) (4 sessions) 9:15-10:00am OSC \$38/resident/OSC member \$43/non-resident



Anna Maria Adult Day Program at the Orange Senior Center

The Orange Senior Center has partnered with Anna Maria of Aurora to operate the Adult Day Program.

The Adult Day program offers participants a fun and enriching outing while in a safe supervised environment. Family members are afforded a break from caregiving responsibilities knowing their loved ones are enjoying themselves and are being well cared for.

The program may particularly benefit persons with early memory impairment, Alzheimer's, Parkinson's or other physical or mental limitations. It is also perfect for those needing supervised socialization opportunities.

Monday to Friday from 9:00am - 5:00pm

For further details, please contact Meredith Vachon at 440-591-3887 or the Senior Center at 216-831-8600 ext. 5700.



Fun, Food & Friends

Drop-In Bridge

Play bridge in a non-competitive setting & make some new friends! \$1 donation

Mondays 11/7-12/19 9:30-12:30pm OSC

Fridays 11/11-12/16 (no bridge 11/18, 11/25, 12/2)
12:30-3:30pm OSC

Drop-In Mahjong

Join us for Monday Mahjong! Beginners welcome but need to have a basic knowledge of the game. Bring your tiles if you have them for maximum play. \$1 donation per player

Mondays 11/7-12/19 12:00noon-3:00pm OSC



The **Handwork Group** makes items for sale in the Loving Hands Gift Shop every Wednesday from 10:00am-3:00pm

Phillis Cunningham 440-248-5983

Doll Making for Hillcrest Hospital

3rd Wednesday of the month
11/16, 12/21 10:00am-12:00pm

Lee Atkinson 440-247-7463

Men's Club

Enjoy the company of other local men at monthly luncheons and socials.

Bob Seaton 216-464-1643

Garden Volunteers

Lend a hand in our beautiful garden or join our Garden Committee.

Bob Little 216-831-3978

Hungarian Friends

Meets most months for program & desserts. Annual Fee \$8. No November Meeting Holiday Party, December 5 Noon-2:00pm

Mary Ann Wilson 216-932-0519

Lunch Bunch ~ Join Us!

One Friday a Month at 1:00 pm. Enjoy a lunch with old and new friends. Self-drive or carpool.



Call the OSC for details

Friday, November 11
(no meeting in December)

Services & Support

Free Blood Pressure Checks

Thursdays 9:30-11:30am

Free - Just Drop-in!

Sponsored by: Anna Maria of Aurora, Family Tree Home Care Services, Hamlet Village

Podiatry

Dr. Kelly Whaley

Mondays November 14, 28, December 12, 19

By appointment only

9:00am-12:00noon OSC Clinic

\$25 resident/member, \$30 non-resident

Caregiver Support Group

All caregivers are welcome to attend a professionally facilitated support group to discuss resources, tools and techniques. Please join us! \$2 donation

Marilyn Brennan, LISW-S

Tuesdays 11/15, 12/20 3:00-4:00pm

Book Club

Guided by an Orange Library staff member, we meet monthly to explore new authors and books. Invite a friend or come and make some new friends.



Free and open to all. Third Thursdays, 2:30—3:30 pm

November 17:

Boys in the Boat by Daniel James Brown

December 15:

Commonwealth by Jane Pachtett

Class Scholarships Are Available

Would you like to be a more active participant at the Orange Senior Center, but your current financial situation makes that difficult? If you are a resident of the Orange School District, the Senior Center Activity Resource Fund (S.C.A.R.F.) is here to help! **Confidential** inquiries may be made to Darlene Montonaro.

This fund was established through the generosity of the Parker Family.

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Time Dated Material

November / December 2016

Join or Renew Your Membership



It's that time of year, when we are asking you to join or renew your membership in the Orange Senior Center! We have a fun and interesting year ahead, with many new classes, activities and special events planned. We'll also be opening our new Community Room for classes and social gatherings.

Membership for the year is \$15 single and \$22 per couple for Orange School District residents, and \$19 single and \$28 couple for non residents. The membership year begins January 1.

Watch for your membership form in early 2017.

Darlene, Jennifer & Julie
216-831-8600 ext 5700

Great Holiday Escape!

IKEA shopping and Rivers Casino Friday, November 11

Join us as we head to Pittsburgh for a shopping excursion to the famous IKEA store before trying our luck at Rivers Casino. You'll love the selection at IKEA—everything from kitchen gadgets to complete kitchens, plus plants, holiday decorations, furniture and more. Then we're off to Rivers Casino for slots and gaming. Board deluxe motor coach at 8:30 am at the Pepper Pike Learning Center. Includes transportation and \$15 for slots and \$5 for food at the casino. Must be 21 years or older. \$49 per person.

