The Scoop

ORANGE COMMUNITY EDUCATION & RECREATION - ORANGE SENIOR CENTER
32205 Chagrin Blvd. Pepper Pike, OH (216) 831-8600 ext. 5700 www.orangerec.com

ORANGE COMMUNITY EDUCATION & RECREATION
It's for a lifetime.

September & October 2017

September
10 Grandparent's Day
11 Medical Advocacy
11 Podiatry
12 Medicare Options
12 Shopping WRHS
13 Computer Tutorials
22 Health Fair/Flu Shot
25 Podiatry
28 Book Club

October
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9 Podiatry
10 Medicare Options
18 Computer Tutorials
19 Book Club
23 Podiatry
27 Halloween Party

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Community Health & Wellness Fair and Flu Shot Program
September 22 from 9:00am—1:00pm Pepper Pike Learning Center

Adults of all ages can take advantage of free screenings, information, demonstrations and giveaways. There will also be an opportunity to receive flu vaccines at the Health & Wellness Fair. (The cost of the vaccines may be covered by insurance plans. Please bring Insurance card and ID. All recipients of flu shots receive a $5 gift card for Giant Eagle.) *Screenings by University Hospitals Ahuja Medical Center; Flu shots by Giant Eagle*
Friday 9/22 9:00am-1:00pm Pepper Pike Learning Center

Grandparents' Day Celebration: Sunday, September 10

Grandparents' Day is a day for celebrating the connections between the generations. We invite grandparents and their grandchildren (K - 3rd grade) to share a special luncheon with us at the OSC. Games, activities, and a special "make-and-take" art project, and plenty of time to share family stories with your special youngster. If your child is in need of some elder wisdom but does not have family nearby, we'll match you up with an Adopted Grandparent for the day.
Sunday 9/10 (1 session) 1:00-3:00pm Orange Senior Center $15/grandparent & child couple plus $5 each additional family member (limit of 3 children per adult).

The Golden Age of Shopping in Cleveland: September 12

Join us as a representative from the Western Reserve Historical Society reminisces about the shopping memories of downtown Cleveland. Do you remember which was more glamorous – riding the elevator (with an operator!), or your first few tries on the escalator? Dressing up to shop? We'll recall the special memories of Halle Brothers, the May Company, Higbee's, and the Sterling-Linder Christmas Tree. Enjoy a "tea" with hot beverages, luscious desserts and some Cleveland nostalgia.
Tuesday 9/12 1:00-2:30pm OSC $5/resident/OSC Member $7 non-resident

Halloween Party: October 27
12 pm—2 pm

Trick or Treat! Join your old and new friends at the OSC for a special **Treat -** a fall themed fun luncheon just for you.
Sponsored by Family Tree Home Care Services
$10/resident/OSC member $15/non-resident OSC

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

Four ways to register: Call (216) 831-8600 Ext. 5700 to register by phone using your VISA, Discover or MasterCard

Mail a check to the address on the front or **stop by** the OSC during regular hours 9:00am – 4:30pm

To register online go to our web site www.orangerec.com click on the registration link **https://orangerec.com/onlineregistration.aspx**

Enrichment & More

Special Classes!

A Taste of Mindfulness

New! Increasing mindfulness is an effective technique to reduce stress, gain insight, and increase well-being. Join us for a two-hour sample of mindfulness techniques where you'll experience mindful activities that can be integrated into daily living. *Facilitator Jane Eckert, Studio e*
Monday 9/25 1:00-3:00pm OSC $10/resident/OSC members, $15/non-resident

InMotion, A Space for Those with Parkinson's Disease

New! Come learn about InMotion, a non-profit center located in Warrensville Heights, dedicated to helping people with Parkinson's disease feel better every day. Karen Hess, a board director, will discuss the Center's offerings which include a multitude of exercise classes, support groups, educational programs and healing arts, all at no cost to its clients and carepartners.
Monday 10/2 1:30-2:30pm OSC Free/OSC Members $5/resident, non-resident

Medicare Options for You: One-on-one counseling sessions

Meet with a representative from the Ohio Senior Health Insurance Information Program (OSHIIP) to discuss your Medicare benefits and options and get the answers you need. OSHIIP is the lead Medicare educational office in our state providing unbiased information. Particularly helpful to those just getting ready to retire, or who want to change their Medicare coverage. Free service but you MUST pre-register. Representatives will be on hand for forty-five minute individual counseling sessions on 9/12, 10/10, 11/17, 12/12 from 9:30 am – 12:30 pm.

Create a Fall Wreath

New! Celebrate the changing of the season by creating a beautiful fall wreath. We'll use natural materials and our imagination to design a wreath that adds to your fall décor. No experience necessary. *Facilitator Julie Rohrich*
Monday 10/16 (1 session) 1:30-3:00pm OSC $10/OSC members, $15/resident, non-resident

Guided Meditation

New! Join Shalom Plotkin from Right at Home as he leads us into a state of relaxation and inner stillness. Guided meditation can help eliminate stress and provide a heightened appreciation of your life.
Thursday 10/26 (1 session) 1:00-2:00p OSC Free/OSC Members, $5/resident, non-resident

Paint a Silk Scarf

New! Enjoy a morning 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.
Tuesday 10/31 (1 session) 9:30am-1:00pm OSC $45 resident/OSC member $50/non-resident

Senior Transportation Connection

New riders call 216-831-8600 ext. 5700 to apply. Those registered, call 216-265-1489 for a ride. Priority given to medical appointments. Service runs Monday to Friday 8:00am - 4:30pm. Orange School District residents - over 60 or disabled. Suggested donation: $3 one way or $6 round trip.
The Orange Senior Center, a program of Orange Community Education & Recreation, along with the municipalities of Hunting Valley, Moreland Hills, Orange Village, Pepper Pike and Woodmere, and a grant from the Ohio Dept. of Aging through WRAAA support the community van transportation service.

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 **S**enior **C**enter **A**ctivity **R**esource **F**und (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 and the Wallace Family.

Enrichment & More (continued)

Being Mortal:
Book study and discussion

New! Join us as we discuss the book *Being Mortal* (by Atul Gawande, MD), which addresses the issues we so often face as we age. We'll consider how we can remain "authors of our own life," and the paradoxes we face as a result of the amazing advances in modern medicine. *Facilitator Mary Senechal, RN*
Fridays 9/29-10/20 (4 sessions) 10:30am-12noon $30/resident/OSC member, $35 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, and more. *Instructor Sue Pisanelli*

Thursdays 9/7-10/19 (except 9/21) (6 sessions) 10:00am-12:00noon OSC $69/resident/OSC member $74/non-resident

Novice Bridge I: For New Players

A perfect class for new players and those who haven't played in years and need a refresher course. All classes will provide hands on experience with Bidding boxes and Boards with prepared hands to play to complement the class lesson. *Instructor Sue Pisanelli*
Thursdays 9/7-10/19 (except 9/21) (6 sessions) 1:00-3:00pm OSC $69/resident/OSC member $74/non-resident

Drop-In Bridge

Practice your bridge skills in a non-competitive setting. No reservations required. $1 donation.
Mondays 9/11-10/30 9:30am-12:30pm
Fridays 9/1-10/20 (except 9/22, 10/27) 12:30pm-3:30pm

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* **Tuesdays** 9/19-10/24 (6 sessions) 9:00-11:30am OSC $51/resident/OSC member $56/non-resident

One Stroke Painting: Fall Florals

New! Using the One Stroke method of painting we will be painting fall floral scenes on four different surfaces. No experience necessary! *Instructor Jaci Davis*
Tuesdays 9/26-10/17 (4 sessions) 6:00-7:30pm OSC $38/resident/OSC member $43/non-resident. Plus a $7 supply fee paid to the instructor.
Thursdays 9/28-10/19 (4 sessions) 3:00-4:30 pm OSC $38/resident/OSC Member $43/non-resident

Make your Own Greeting Cards

You'll learn many techniques such as rubber stamping, types of embossing, basic die cutting, and paper folding, to create unique greeting cards. No experience needed. *Instructor Kathleen Barr*
Tuesdays 9/12-10/3 (4 sessions) 1:30-3:00pm OSC $19/resident/OSC member $24/non-resident $10 material fee due to instructor
Tuesdays 10/17-11/14 (except 10/31) (4 sessions) 1:30-3:00pm OSC $19/resident/OSC member $24/non-resident $10 material fee due to instructor

Memoir Writing

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*
Tuesdays 9/19-10/10 (4 sessions) 1:00-2:30pm OSC $58/resident/OSC member, $63/non-resident

Drop-in Knitting

Join a lively group of knitters as you work on projects of your choice. Our expert knitters will be there to provide guidance if needed.

Tuesdays 9/5-10/31 10:30-12Noon

Drop-In Mahjong

Join us for Monday Mahjong! Beginners welcome but you'll need to have a basic knowledge of the game. Bring your tiles if you have them for maximum play. $1 donation per player.
Mondays 9/11-10/30, 12noon-3:00pm, OSC

Technology

Computer Basics 101

New to computers? This is the class for you! Learn how to use the keyboard, mouse and monitor. We will review the mysterious terminology, talk about different operating systems, browsers, and search engines. Bring your own laptop if you have one. *Instructor Peg Zitzner*
Thursdays 9/7-9/14 (2 sessions) 1:00-2:30pm OSC $29/resident/OSC member $34/non-resident

Microsoft Word

Discover the fundamentals for creating letters and documents as well as editing your work. Learn to move and copy text, undo, format, and save a document. *Instructor Peg Zitzner*
Thursdays 10/5-10/12 (2 sessions) 1:00-2:30pm OSC $29/resident/OSC Member $34/non-resident

(Technology continued, page 7)

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
32205 Chagrin Blvd.
Pepper Pike, OH 44124

This newsletter is published six times a year.

Orange Senior Center

September 2017

M	T	W	T	F
				1 12:30 Drop-In Bridge
4 **CLOSED** Labor Day	**5** **MAKE UP WEEK** 10:30 Knitting 2:30 Pickleball (PPLC)	**6** 9:00 Pickleball (PPLC) 10:00 Handwork 1:30 Tai Chi	**7** 9:30 BP 10:00 Bridge Imp. 1:00 Novice Bridge 1 1:00 Computer Basics	**8** 12:30 Drop-In Bridge
11 9:00 Pickleball (PPLC) 9:00 Podiatry 9:30 Drop-in Bridge 12:00 Drop In MahJong 12:30 Advocacy Clinic 1:00 Hungarians	**12** 9:30 Medicare Options 10:30 Knitting 1:00 **Golden Age of Shopping** 1:30 Card Making 2:30 Pickleball (PPLC)	**13** 9:00 Pickleball (PPLC) 9:15 Cardio 10:00 Handwork 1:30 Tai Chi 2:00 Computer Tutorials 3:00 Yoga	**14** 9:30 BP 10:00 Bridge Imp 10:15 Strength & Str 1:00 Novice Bridge 1 1:00 Computer Basics	**15** 9:15 Cardio 12:30 Drop-In Bridge
18 9:00 Pickleball (PPLC) 9:15 Cardio 9:30 Drop-in Bridge 10:15 Strength & Str 12:00 Drop In MahJong	**19** 9:00 Painting 10:30 Knitting 1:00 Memoir Writing 1:30 Card Making 2:30 Pickleball (PPLC) 3:00 Caregivers	**20** 9:00 Pickleball (PPLC) 9:15 Cardio 10:00 Hillcrest Dolls 12:00 Handwork 1:30 Tai Chi 3:00 Yoga	**21** **CLOSED** **ROSH HASHANAH**	**22** **9-12 HEALTH FAIR** **PPLC** No Cardio No Drop-In Bridge
25 9:00 Pickleball (PPLC) 9:00 Podiatry 9:15 Cardio 9:30 Drop-in Bridge 10:15 Strength & Str 12:00 Drop In MahJong- 1:00 Taste of Mindfulness	**26** 9:00 Painting 10:30 Knitting 1:00 Memoir Writing 1:30 Card-Making 2:30 Pickleball (PPLC) 6:00 One-Stroke	**27** 9:00 Pickleball (PPLC) 9:15 Cardio 10:00 Handwork 10:30 OSACA Mtg 1:30 Tai Chi 3:00 Yoga	**28** 9:30 BP 10:00 Bridge Imp. 10:15 Strength & Str 1:00 Novice Bridge I 2:30 Book Club 3:00 One-Stroke	**29** 9:15 Cardio 10:30 Being Mortal 12:30 Drop-In Bridge

216-831-8600 x5700

October 2017

M	T	W	T	F
2 9:00 Pickleball (PPLC) 9:15 Cardio 9:30 Drop-in Bridge 10:15 Strength & Str 12:00 Drop-in MahJong 12:30 Advocacy Clinic 1:30 InMotion	**3** 9:00 Painting 10:30 Knitting 1:00 Memoir Writing 1:30 Card-Making 2:30 Pickleball (PPLC) 6:00 One Stroke	**4** 9:00 Pickleball (PPLC) 9:15 Cardio 10:00 Handwork 1:30 Tai Chi 3:00 Yoga	**5** 9:30 BP 10:00 Bridge Imp. 10:15 Strength & Str 1:00 Novice Bridge I 1:00 Microsoft Word 3:00 One Stroke	**6** 9:15 Cardio 10:30 Being Mortal 12:30 Drop-In Bridge
9 9:00 Pickleball (PPLC) 9:00 Podiatry 9:15 Cardio 9:30 Drop-in Bridge 10:15 Strength & Str 12:00 Drop In MahJong 3:00 Acupressure	**10** 9:00 Painting 9:30 Medicare Options 10:30 Knitting 1:00 Memoir Writing 2:30 Pickleball (PPLC) 6:00 One Stroke	**11** 9:00 Pickleball (PPLC) 9:15 Cardio 10:00 Handwork 1:30 Tai Chi 3:00 Yoga	**12** 9:30 BP 10:00 Bridge Imp. 10:15 Strength & Str 1:00 Novice Bridge I 1:00 Microsoft Word 3:00 One-Stroke	**13** 9:15 Cardio 10:30 Being Mortal 12:30 Drop-In Bridge
16 9:00 Pickleball (PPLC) 9:15 Cardio 9:30 Drop-in Bridge 10:15 Strength & Str 12:00 Drop In MahJong 1:00 Hungarians 1:30 Fall Wreath 3:00 Acupressure	**17** 9:00 Painting 10:30 Knitting 1:00 Word: Images 1:30 Card-Making 2:30 Pickleball (PPLC) 3:00 Caregivers 6:00 One Stroke	**18** 9:00 Pickleball (PPLC) 9:15 Cardio 10:00 Hillcrest Dolls 12:00 Handwork 1:30 Tai Chi 2:00 Computer Tutorials 3:00 Yoga	**19** 9:30 BP 10:00 Bridge Imp. 10:15 Strength & Str 1:00 Novice Bridge I 2:30 Book Club 3:00 One-Stroke	**20** 9:15 Cardio 10:30 Being Mortal 12:30 Drop-In Bridge
23 9:00 Pickleball (PPLC) 9:00 Podiatry 9:15 Cardio 9:30 Drop-in Bridge 10:15 Strength & Str 12:00 Drop In MahJong 3:00 Acupressure	**24** 9:00 Painting 10:30 Knitting 1:00 Word: Tables 1:30 Card-Making 2:30 Pickleball (PPLC)	**25** 9:00 Pickleball (PPLC) 9:15 Cardio 10:00 Handwork 1:30 Tai Chi 3:00 Yoga	**26** 9:30 BP 10:15 Strength & Str 1:00 Guided Meditation	**27** 9:15 Cardio **12:00 HALLOWEEN PARTY** <u>No</u> Drop-In Bridge
30 9:30 Drop-in Bridge 12:00 Drop In MahJong	**31** 9:30 Paint a Silk Scarf 10:30 Knitting			

Fun, Food & Friends

How to Contact The Orange Senior Center:

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

Darlene Montonaro
Coordinator
ext. 5701
dmontonaro @orangecsd.org

Julie Rohrich
Sr. Adult Associate
Ext 5703
jrohrich@orangecsd.org

Jaci Davis
Sr. Adult Associate
Ext 5702
jdavis@orangecsd.org

Erin Fach
Director,
Orange Community Education & Recreation
ext. 5403
efach@orangecsd.org

Join the Senior Center today.

Residents:
$15 single
$22 couple

Non-residents:
$19 single
$28 couple

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
9/20, 10/19 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. **Mondays** 9/11, 10/16 1:00-3:00pm
Mary Ann Wilson 216-932-0519

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 2:45-3:45pm

September 9/28* (No 9/21): *The Handmaid's Tale* by Margaret Atwood

October 19: *No One is Coming to Save Us* by Stephanie Powell Watts

Services & Support

Free Blood Pressure Checks

Thursdays 9:30-11:30am
Free - Just Drop-in!
Sponsored by Family Tree Home Care Services, Hamlet Village, Montefiore at Home, and The Campus of Anna Maria.

Podiatry

Dr. Kelly Whaley
Mondays 9/11, 9/25, 10/9, 10/23
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
Mondays 9/19, 10/17 3:00-4:00pm

Medical Advocacy Coaching Clinic

New! This 30-minute coaching session with Sylvia Mustonen, a family physician, will provide resources that will help you organize the information you need for a productive medical office visit, and leave with clear goals for your future care. (*Not a diagnostic session; This is an educational and informative interaction designed to prepare a person (and their caregiver) to become successful advocates for their health care.) Please schedule appointment by calling 216-831-8300 x 5700.*
Mondays 9/11, 10/2 OSC 12:30-3:30pm 30-minute individual session, $25/resident/OSC Member $30/non-resident

Need Help?

Do you have questions about senior-based programs for yourself, a loved one, a friend or family member and don't know where to turn? The Orange Senior Center provides resources needed to make decisions on your care or that of a loved one. Contact the Senior Center at (216) 831-8600 ext. 5700.

Exercise, Fitness & More

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. Many movements can be done either seated or standing. *Instructor Sandy Wiebusch*
Wednesdays 9/6-10/25 (8 sessions) 1:30-2:30pm OSC $88/resident/OSC member $93/non-resident

Pickleball

Pickleball was designed to be easy to learn and play whether you're five, ninety-five or somewhere in between. Try this increasingly popular game, described as a combination of elements of tennis, badminton, and ping-pong. *Instructor Peg Zitzner*

Mondays 9/11-10/23 (7 weeks) 9:00-10:00am, PPLC, $26/resident/OSC member, $31/non-resident
Tuesdays 9/5-10/24 (8 weeks) 2:30-4:00pm, PPLC, $45/resident/OSC member, $50/non-resident
Wednesdays 9/6-10/25 (8 weeks) 9:00-10:00am PPLC, $30/resident/OSC member, $35/non-resident

Drop-in Pickleball

Purchase a drop-in card which can be used for any Pickleball session. Cards do not have an expiration date.
$25 for five drop-in plays

Yoga: Customized for You!

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. Please wear comfortable clothes and bring a Yoga mat. *Instructor TBA*

Wednesdays 9/13-10/25 (7 sessions) 3:00-4:00pm OSC $59/resident/OSC member $64/non-resident

Strength & Stretch

Sitting and standing exercises are performed to increase strength, flexibility and relaxation. All exercises can be modified to each individual's needs. *Instructor Cheryl Moone*
Mondays 9/18-10/23 (6 sessions) 10:15-11:15am OSC $48/resident/OSC member $53/non-resident
Thursdays 9/14-10/26 (except 9/21) (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. *Instructor Cheryl Moone*
Mondays 9/18-10/23 (6 sessions) 9:15-10:00am OSC $57/resident/OSC member $62/non-resident
Wednesdays 9/13-10/25 (7 sessions) 9:15-10:00am OSC $67/resident/OSC member $72/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 9/15-10/27 (except 9/22) (6 sessions) 9:15-10:00am OSC $57/resident/OSC member $62/non-resident

Acupressure: Japanese Style ~ A Self Help Class

This class will introduce you to the beautiful art of Jin Shin Jyutsu,® an ancient Japanese form of gentle touch therapy applied with the hands and fingertips on the clothed body. Learn self-help techniques to calm your nervous system and enhance your natural energy. *Instructor Sandy Wiebusch*

Mondays 10/9-10/23 (3 sessions) 3:00-4:30pm OSC $30/resident/OSC member $35/non-resident
Plus $5 supply fee paid to the instructor.

Technology

(cont. from page 3)

Working with Images in Word

New! We'll learn how to place a picture in your documents, how to find images on the internet, and get familiar with the picture dialog box. *Instructor Peg Zitzner*
Tuesday 10/17 (1 session) 1:00-2:00pm OSC $19/resident/OSC member $24/non-resident

Working with Tables in Word

New! Tables can be used in word to present text and numerical data in an easy to read way. We'll learn how to convert a text to a table, apply table styles, format tables, and create blank tables. *Instructor Peg Zitzner*
Tuesday 10/24 (1 session) 1:00-2:00pm OSC $19/resident/OSC member $24/non-resident

Computer Tutorials

New! Do you need one-on-one help with your computer? Bring your laptop and/or your questions and spend quality time with our Technology consultant. 30-minute individual sessions scheduled between the hours of 2:00pm and 3:30pm. Call the OSC to set up an appointment! *Instructor Peg Zitzner*
Wednesdays 9/13, 10/18 (30-minute scheduled session between 2:00-3:30pm) $25/resident/OSC member $30/non-resident

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Time Dated Material

September / October 2017

Mark your Calendar now for

Legal Issues for Boomers by Kabb Law
Thursday, November 2

Baby boomers hate to age. There is no way they are "elders" in the traditional sense of the word. But planning for successful aging is critical for baby boomers. How do you stay independent? What documents do you need? How do your documents need to change to anticipate long term care? Should you buy Long Term care insurance? Rachel Kabb-Effron, a certified expert in elder law will present her 5 tips for successful aging and then open the presentation up for your questions. Anything is fair game… Medicare, Medicaid, finding the right care, estate planning. Don't miss this informative evening!
Thursday 11/2 (1 session) 6:30-8:30pm OSC $5 resident/OSC member, $7 non-resident

Travel Opportunities—For details, please call 216-831-8600 x 5408

Hartville Kitchen Lunch & Market Place Tour
Thursday, 10/12 10:30-4 pm $59 per person

Adventures in Astronomy: The Cassini Space Probe
Enjoy the Geauga Metroparks Observatory Park in Montville Township. View the stars and planets from park's observatory.
Friday, 9/22 5:30-10:00pm
$25/resident parent & child plus $9 per person for each add'l family member, $15/per person non-resident

Irish Splendor Information Night
Learn more about our exciting tour of Ireland!
Wednesday, 9/6 6-7:00 pm, PPLC No fee but please register!