Lakewood Programs and Activities

Monthly Calendar

Lakewood Department of Human Services
Division of Aging

November 2017

St. Nicholas Day Celebration

Wednesday, December 6, 2017
10:00 AM to 1:00 PM

Lawther Center 16024 Madison Ave.
Senior Center East 12400 Madison Ave.

Christmas carols, with the kids from Lakewood Community Care Center. Our annual dessert and appetizer potluck. In the afternoon, we're having a fun White Elephant gift exchange.

Just before lunch, v ninate A Memory" commemoration. This is a touching moment where we will pay tribute to friends and loved ones by buying a personalized dove and hanging it on the Tree.

Plan on joining us for this kick-off to the holidays.

Call 216-529-5000 by Wednesday,November 29th to reserve your lunch and a ride.

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We invite you to join us in an exciting project with the Lakewood Foundation. Buy an ornament for $5.00 to be placed on a tree at one of our senior centers. The ornaments represent tributes to family and friends and/or will honor the memory of loved ones. They will be up until January.

Please cut out the form and make Your contribution today. Attach any additional names to the cut out form.

Illuminate a Memory

Your Name_____
Address_____
Telephone Number_____
Name on dove_____
Acknowledge to name_____
Total enclosed ($5.00 per dove)_____

Please place dove on tree at _East _West

If no preference, doves will be placed by last name, with A-M at Lawther and N-Z at East.

Checks payable to The Lakewood Found.

November 2017

Special Activity Calendar (E – East W – West)

Monday	Tuesday	Wednesday	Thursday	Friday
		1 9:00 BP Clinic – W Ideal HC 10:00 Benefits Check Up – W 12:30 "Circles" Bingo-W 1:00 Aldi's Trip – W/E	***2*** 1:00 Movie "Lost City of Z" - W	***3*** 12:30 Diabetes Nutrition Demo - W 12:45 Marc's Trip – E 2:00 Jazzercise - W
6 1:00 LCSC Food Distribution – W 1:00 Special Marc's Trip (Note day change) – W Did you move your clocks back one hour?	***7*** 9:30 OSHIIP Medicare Counseling – W 1:00 Diabetic Foot Care Presentation - W Election Day	***8*** 9:00 BP Clinic St. John Medical – W Hospice West Res – E 9:00 Atty Margaret Karl – W By Appt. 12:30 Brown/orange Bingo - W 1:00 Diabetic Vision Care Presentation - W	***9*** 10:00 NOSCD at Womans Pavilion	***10*** Centers closed in honor of Veteran's Day Holiday. No Transportation No Home Delivered Meals served
13 10:00 Activity Committee – W 1:00 Pat Catan's Shopping trip - W	***14*** 10:30 Make It and Take It Craft – W 3:00 Commission on Aging - W	***15*** 9:00 BP Clinic – E Eliza Jennings 10:00 Benefits Check Up – W 12:30 "Recycle" Bingo - W	***16*** 1:00 Movie: "Deepwater Horizon" - W 7:00 Lakewood Art League - W	***17*** 9:00 Cleveland Orchestra Concert – W 9:00 Happy Walkers Stay at the mall – W 2:00 Jazzercise - W
20 9:45 Nutrition Site Council – W 12:30 AMC Movie trip - W	***21*** 12:30 Senior Chefs - W	***22*** 9:00 BP Clinic – E 10:30 Book Discussion Club - W 12:30 "Thanksgiving" Bingo - W	***23*** Centers closed in honor of the Thanksgiving Holiday No Home Delivered Meals served	***24*** Centers closed in honor of the Thanksgiving Holiday No Home Delivered Meals served
27 11:00 Lunch Bunch Cracker Barrel 5100 Tiedeman	***28*** 10:30 Make It and Take It Craft – W 12:30 Decorate the Center for Christmas Party!! - W 7:00 Lakewood Photo Society - W	***29*** 11:15 Trinity Brownbag Concert trip – W/E 12:30 "Guest Caller" Bingo – W No Blood Pressure Clinic today	***30***	

"Decorate for Christmas Party"

Tuesday, November 28th at 12:30 PM

Help us to get the Lawther Center looking like a winter wonderland!! Music, Cocoa, donuts and fun with friends. Come have fun with us!!

Monday
8:30 Self-serve Breakfast
12:30 Sittersize with Patty– Lawther Center (West)
12:30 Walking at Lakewood Park
1:00 Scrabble Group – Lawther Center

Tuesday
10:00 Sewing Knitting Crocheting Group-Lawther
10:00 Exercise at the YMCA
1:00 Poker – Lawther Center

Wednesday
8:30 Self-serve Breakfast
9 -11 Blood Pressure Screen
– 1st / 2nd Wednesday - Lawther Center
- 2nd / 3rd / 4th Wednesday - Center East
9:30 Craft Group – Lawther Center
12:30 Bingo- Lawther Center
1:00 Poker – Lawther Center

Thursday
10:30 Humanities/Current Events - Lawther Center
1:00 Afternoon Knitters and Crocheters - Lawther

Friday
8:30 Self-serve Breakfast
9:00 Walking Club- Great Northern Mall
12:45 Tai Chi – Lawther Center
1:00 Poker – Lawther Center

Grocery Shopping with Lakewood Division of Aging

The Division of Aging offers bi-weekly shopping trips to Giant Eagle, 14100 Detroit Ave. Tuesday and Thursday afternoons.

Call the Division of Aging at 216-521-1515 for more information or to sign up.

This program is made possible through a generous grant from The Giant Eagle Foundation.

Afternoon at the Movies

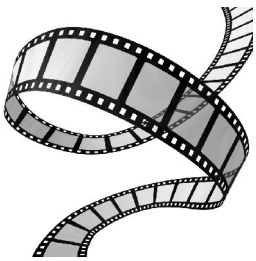
At AMC Westwood Town Center

As we near the end of the year, the studios are bringing out their best movies, planning for the Oscars. Grab some snacks and get comfortable.

Movie showings change regularly, so the movie and show time will be announced later.

Monday, November 20, 2017
Leaving Lawther at 12:30 PM
AMC Westwood Cinema
21653 Center Ridge Rd.

Suggested donation $3.00
You are on your own for tickets and snacks.



MUSIC & ART
TRINITY CATHEDRAL

Brown Bag Concert Series at Trinity Cathedral

Lakewood Division of Aging is offering transport to a series of concerts at Trinity. Enjoy a mix of different music and don't worry about the ride.

Wednesday, November 29th at 12:00 PM
"A Jazzy Christmas"
Jennifer Cochran and the Gateway Band

We leave Lakewood at 11:15 AM.
Suggested donation of $3.00 for the ride.

Reserve a box lunch with LDOA, by Nov. 22nd.
or buy a box lunch at Trinity for $7.00.
Reservation forms are available at Lawther Center.

Call the Activities Office at 216-529-5005 for more information.

Monthly Cleveland Orchestra Matinee Concerts

Fri, Nov 17th – Leaving Lakewood at 9:00 AM

The Division of Aging will provide transportation to Cleveland Orchestra Matinee concerts. Enjoy a concert by America's greatest orchestra without the stress of dealing with traffic and parking.

Bus leaves Lakewood at 9:00 AM Enjoy a continental breakfast at 9:45 AM, followed by a pre-concert talk at 10:00 AM. The performance begins at 11:00 AM and lasts an hour.

$25.00 to be paid by November 3rd , although space is limited, and this trip fills quickly
Please call the Activities Office at 216-529-5005 for more information.

Mozart's Linz Symphony

Rameau: Suite from Dardanus
Gluck: Suite from Don Juan
Mozart: Symphony No. 36 ("Linz")

Kathleen and Robert Lawther Center - West, 16024 Madison Ave – 216-521-1515

Senior Center East Nutrition Site, 12400 Madison Ave – 216-521-1515

Transportation to luncheon sites, special events **216-521-1288**
for medical appointments, **call Senior Transportation Connection 216-265-1489**

Nutrition Information on Congregate Meals & Home Delivered Meals, call **216-529-5000**

Volunteer Services, Programs and Activities: Call **216-529-5005.**

Social Work / Outreach: Call **216-521-1515**

Visit the City of Lakewood website at **www.onelakewood.com.**

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A Gentle Reminder to all Participants of Lakewood Division of Aging

We would appreciate it if you would consider the following suggested donations:

- A ride on the Division of Aging bus to the senior center and/or Giant Eagle $3.00 Round trip**.**
- Lunch: $1.00 per day. **Thank you for your support**

Have You filled out your PIF yet?

All Division of Aging participants must complete a Participant Intake Form annually. Services and activities include Congregate / Home-Delivered-Meals, Transportation, Activities, Programs, Volunteers and Supportive Services. This information is required by our funders. Please make sure forms are fully complete. Contact the Social Work Office at 216-521-1515 with questions or concerns.

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The Lakewood Division of Aging's services are funded in part by a Title III grant under the Older Americans Act, administered by the Ohio Department of Aging through the Western Reserve Area Agency on Aging; Cuyahoga County through the Health and Human Services levy; Program Donations

It is the policy of the City of Lakewood that there shall be no discrimination on the basis of race, religion, color, age, sex, national origin, sexual orientation or disability.

Kathleen and Robert Lawther Center (West)
16024 Madison Ave
Lakewood, Ohio 44107

LAKEWOOD CITY SCHOOLS

HOLIDAY BREAKFAST

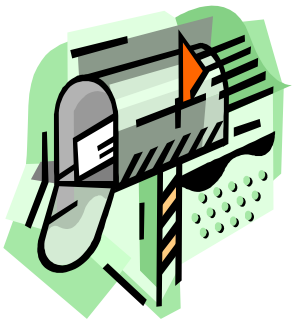
For Lakewood Seniors

Friday, December 8th at 8:45 AM.
Lakewood High School Cafeteria

Reservations required:
Call the Division of Aging Activities Office at 216-529-5005 by November 29th.

Come and see the new High School wing and hear student ensembles and the Superintendent's District update.

It's Time to Resubscribe!



Have your activity calendar sent directly to your home.

Lakewood Division of Aging
Monthly Calendar Subscription
$6.00 Annually

Name_____

Address_____

City_____ State_____ Zip_____

Phone_____

Make your check for $6.00 payable to
The Lakewood Foundation

Send to:
Lakewood Division of Aging
16024 Madison Ave.
Lakewood, OH 44107

You will receive the calendar at your home through December 2018

Or if you prefer……

Receive your monthly activity calendar electronically, for free!! Your email will arrive one week prior to the start of the month.

Write out your email address

_____

Come Learn With Us!

Diabetes Awareness Month

The Come Learn With us! Diabetes Awareness Month Series will teach you the basics of diabetes management and will show healthier meal choices. Knowing the facts and understanding good nutrition promotes healthier eating habitsthat lead to better outcomes in all chronic conditions, including diabetes.

Join us for these fun and interactive sessions! All participants will receive recipe cards and a FREE gift to take home.

This event is FREE, however pre-registration is required. Seating will be limited – RSVP early by calling 216-529-5005.

Cleveland Clinic
LET'S MOVE IT!®

LAKEWOOD OHIO

AERO wellness

All programs take place at the Lawther Center (Senior Center West) 16024 Madison Ave., Lakewood, Ohio 44107

Friday, Nov. 3, 2017 12:30 PM – 1:30 PM
Diabetes Friendly Holiday Cooking
Roz Witkowski, NP, CDE, Amanda Roberts, Aerowellness

Tuesday, Nov. 7th, 2017 1:00 PM – 2:00 PM
Diabetes Foot Care
Brian Meyers, MD

Wednesday, Nov. 8, 2017 1:00 PM – 2:00 PM
Diabetes Eye Care
Austin Tutt, DO

For more information, plese contact Rosemary Miles, RN, at 440-331-0618 or romile@ccf.org .Or visit us online at www.clevelandclinic.org/comelearnwithus .