

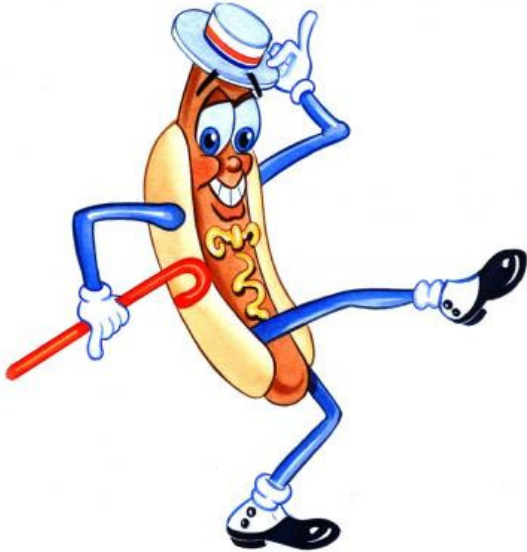


# Lakewood Programs and Activities

Monthly Calendar

Lakewood Department of Human Services  
Division of Aging

## August 2019



Summer is winding down. Let's enjoy the rest of it while it lasts at the.....

### Hotdog Cookout

Thursday, August 15, 2019  
10:00 AM to 1:00 PM

Womans Club Pavilion  
Lakewood Park

Forget what the thermometer might be telling you, summer really is winding down. Before long, the summer breezes and taste of grilled hotdogs will be a distant memory. So let's get out and enjoy a grilled hotdog while we can.

In the morning, we will enjoy a fascinating presentation by a Cleveland Metroparks naturalist. We will be learning about "The Wildlife of Ohio". With luck, we will be meeting some of the furry and feathered friends being cared for by the Cleveland Metroparks.

In the afternoon, we will play card bingo.

Suggested donation: \$4.00

Please sign up by Wednesday, August 7, 2019 by 12:00 PM

PLEASE NOTE: There will be no meals or activities at Lawther Center  
For more info, please call the Activities Office at 216-529-5005.



# August 2019

## Special Activity Calendar (E – East W – West)



<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
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<p><b>Attention All Center Participants!</b></p> <p><b>Beginning in August 2019, Lakewood Division of Aging will be instituting a new policy. Forms for all future trips and activities will be available at Lawther Center and Center East on the 15<sup>th</sup> of each month. If the 15<sup>th</sup> falls on a weekend, forms will be available on the first business day following. This will be for all LDOA trips and events.</b></p>			<p><b>1</b></p>	<p><b>2</b></p> <p>12:45 Marc's trip – E</p> <p>2:00 Jazzercise – Womans Pav.</p>
<p><b>5</b></p> <p>10:00 Activities Committee – W</p> <p>1:00 LCSC Food Distribution – W</p>	<p><b>6</b></p> <p>10:30 Lawther Center Singers – W</p> <p>12:30 Baking Group - W</p>	<p><b>7</b></p> <p>9:00 BP Clinic – O'Neill's HC – W</p> <p>11:00 Food Safety Presentation – W</p> <p>12:30 Clown Bingo – W</p> <p>1:00 Aldi's Trip – W/E</p>	<p><b>8</b></p> <p>10:30 Cowan Pottery Museum – W</p> <p>1:00 Movie: "The Mask of Zorro" - W</p>	<p><b>9</b></p> <p>9:00 NOSCD Group – W</p> <p>11:30 Cuyahoga County Fair trip - W</p>
<p><b>12</b></p> <p>9:45 Nutrition Site Council – W</p> <p>12:30 Webers Ice Cream Trip – W</p>	<p><b>13</b></p> <p>9:00 Computer Tech Assist – W</p> <p>3:00 Commission on Aging - W</p>	<p><b>14</b></p> <p>9:00 BP Clinic – St. John Medical – W Hospice of WR – E</p> <p>11:00 Hospice Presentation – W</p> <p>12:30 Joke Bingo – W</p>	<p><b>15</b></p> <p>10:00 August Hotdog Cookout – Womans Pavilion</p> <p><b>(NOTE: No meals served at Lawther Center)</b></p>	<p><b>16</b></p> <p>11:15 Cleveland Food Bank Food Distribution - W</p> <p>12:45 Marc's trip – E</p> <p>2:00 Jazzercise – Womans Pav</p>
<p><b>19</b></p> <p>10:30 Make It and Take It – W</p> <p>1:00 Walmart trip- W</p>	<p><b>20</b></p> <p>10:30 Lawther Center Singers – W</p> <p>12:30 Baking Group - W</p>	<p><b>21</b></p> <p>9:00 BP Clinic – Eliza Jennings – W</p> <p>12:30 Angel Bingo – W</p>	<p><b>22</b></p> <p>10:30 Code of Kindness conversation – W</p>	<p><b>23</b></p> <p>9:00 NOSCD Group - W</p> <p>9:00 Happy Walkers stay at the mall</p> <p>2:00 Jazzercise – Rocky River</p>
<p><b>26</b></p> <p>11:00 Lunch Bunch - W/E Fuji Grill 1930 Snow Rd.</p>	<p><b>27</b></p> <p>12:30 Senior Chefs - W</p>	<p><b>28</b></p> <p>9:00 BP Clinic – UH Parma - W</p> <p>11:00 Aide and Attendance Presentation – W</p> <p>12:30 Mouse Bingo - W</p>	<p><b>29</b></p> <p>1:00 Movie – "Birdbox" - W</p>	<p><b>30</b></p> <p>No Low Vision Group meeting today</p>

Monday

- 8:30 Mid morning snack – Lawther
- 10:00 FFabric Craft - Lawther
- 12:30 Sittersize with Patty– Lawther Center (West)

Tuesday

- 10:00 Sewing Knitting Crocheting Group-Lawther
- 10:00 Exercise at the YMCA
- 10:30 Lawther Center Singers - Lawther
- 12:30 Radio Shows of Yesteryear – Lawther
- 12:30 Walking at Lakewood Park
- 1:00 Poker – Lawther Center

Wednesday

- 8:30 Mid morning snack - Lawther
- 9 -11 Blood Pressure Screen
  - 1<sup>st</sup> / 2<sup>nd</sup> / 3<sup>rd</sup> / 4<sup>th</sup> Wednesday - Lawther Center
  - 2<sup>nd</sup> Wednesday - Center East
- 9:30 Craft Group – Lawther Center
- 10:30 WOW (Watch Our Weight) – Lawther Center
- 12:30 Bingo- Lawther Center
- 1:00 Poker – Lawther Center

Thursday

- 10:00 Fabric Craft - Lawther
- 10:30 Humanities/Current Events - Lawther Center
- 12:30 Scrabble Group – Lawther Center
- 12:45 Tai Chi – Lawther Center

Friday

- 9:00 Walking Club- Great Northern Mall
- 10:30 Scrapbooking Group – Lawther Center
- 12:30 Chair Yoga – Lawther Center
- 1:00 Poker – Lawther Center
- 1:00 Art Group – Lawther Center
- 2:00 Jazzercise at Lakewood Park – 1<sup>st</sup> / 3<sup>rd</sup> Fridays

**Grocery Shopping with the 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.

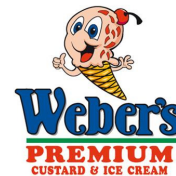
This program is made possible through a generous grant from The Giant Eagle Foundation.

**After Lunch, Let’s Get Some Ice Cream!**

This month, we visit....

**Weber’s Premium Custard And Ice Cream Shop**

20230 Lorain Rd. Fairview Park



A true one-of-a-kind Cleveland experience. Home of the famous Higbee’s Frosted Malt and many other great flavors

Monday, August 12, 2019

12:30 PM – 2:00 PM

Leaving Lawther and Center East

Suggested donation of \$3.00 for transportation

You are on your own for your treat.

Next month, we will be heading to .....

**Sweet Moses Soda Fountain**

6800 Detroit Rd.

Monday, September 16<sup>th</sup> after lunch.

**Encore 55+ Learning**



Let us hear from you. Based on interest, the Division of Aging could provide transportation to Tri C Westshore.

The Encore program is an educational opportunity for older adults. The program session is from September 20<sup>th</sup> through November 1<sup>st</sup>. Select up to six classes out of an assortment of interesting courses.

**Cost: \$99.00 for the seven-week session. donation of \$3.00 per week for transportation.** Depending on the level of interest, the Division of Aging will provide transportation, once in the morning at 9:00 AM and in the afternoon at 3:00 PM.

**Help us gauge the interest level. Please call the Activities Office at 216-529-5005 if you would like more info on Encore 55+ Learning program.**

**Upcoming Presentations at Lawther Center**

**Summer Food Safety**

Learn the simple commonsense steps we can all take to keep our food safe in the summertime heat.

**Wed. August 7<sup>th</sup> at 11:00 AM.** Lawther Center, 16024 Madison

**What is Hospice?**

Staff from VNA Hospice will be with us to explain how Hospice can help in time of need. It can do more than you might think.

**Wed. August 14<sup>th</sup> at 11:00 AM.** Lawther Center, 16024 Madison

**Discussing Kindness and Courtesy**

Sometimes we could all do with a friendly reminder to treat others the way we would like to be treated.

**1<sup>st</sup> session–Thurs. 8/22 10:30 AM.** Lawther Center, 16024 Madison

**Aide and Attendance Benefit**

Are you an honorably discharged veteran who served during wartime? You may be eligible for benefits.

**Wed. August 28<sup>th</sup> at 11:00 AM.** Lawther Center, 18024 Madison

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

**Senior Center East Nutrition Site, 12400 Madison Ave – 216-529-6109**

**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](http://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



## Cowan Pottery Museum Trip, with a Stop at the Rustic Restaurant

If you are a life-long northeast Ohio resident, you may have some Cowan pottery at home. Cowan Pottery produced art ceramics right here in Lakewood at the turn of the 20<sup>th</sup> Century.

The Rocky River Public Library houses the Cowan Pottery museum. On this guided tour, we will learn more about this piece of Lakewood history. We will then go for lunch at the Rustic Restaurant  
Thurs, August 8<sup>th</sup>, leaving Lakewood at 10:30 AM.  
\$3.00 suggested donation for transportation.

## 2019 Walking Challenge

Join us for the St. John Medical Walking Challenge. **On Thursday, September 5<sup>th</sup>, we will leave Lakewood at 10:30 AM**, for a screening session at St. John Medical. Get a pep talk, and a goodie bag, which will include pedometer.

Over the course of six weeks, we'll have lots of opportunities to walk and get other exercise: Sittercise Walking at Lakewood Park, Walking at Great Northern Mall, as well as Tai Chi and Jazzercise on. All this along with our WOW Group on Wednesday morning providing useful tips and help.

**We will wrap up on Thursday, October 17<sup>th</sup>** with a reassessment back out at St. John's.

Plan on taking part in this fun activity. Register no later than Wednesday, August 28<sup>th</sup>.



## Cleveland Museum of Art trip

By request, we will visit one of our most loved treasures. We will see some long-term favorites from the permanent collection: Art works you first saw when you were kids in school. There are also several special exhibits, including "Medieval Monsters: Terrors, Aliens, Wonders".

The museum is still free of charge, but we will ask \$3.00 suggested donation for transportation.

Wed. September 11<sup>th</sup>

Leaving Lakewood at 12:00 PM, after an early lunch

Sign up at Lawther Center or Senior Center East by Weds. Sept. 4<sup>th</sup>



## Some New Senior Center Programming

Come and check out some of our great new programming:

The **Lawther Center Singers** meet on Tuesday mornings in the Craft Room to sing some of the old favorites together along with the Karaoke machine. 10:30 AM in the basement.

The **Baking Group** meets on the 1<sup>st</sup> and 3<sup>rd</sup> Tuesdays, at 12:30 PM in the Lawther Center Kitchen. Join us as we bake delicious baked goods to be served mornings at Lawther.

## Ride Lolly the Trolley and Visit The Harp Irish Pub

Two Cleveland favorites. First, we will take a tour of some of Cleveland's trendiest, up-and-coming neighborhoods. We will see the Flats, Tremont, Ohio City, the Warehouse District and more.



After the tour, we will stop for some delicious traditional Irish fare at an authentic Irish Pub, The Harp

Monday, September 23<sup>rd</sup>, leaving Lakewood at 11:30 AM.

Lolly The Trolley is \$13.00, with a suggested donation of \$3.00 for transportation. You are on your own for lunch at the Harp.



## Trip to the Cuyahoga County Fair

Friday, August 9, 2018 12:00 PM – 3:00 PM  
(Leaving Lakewood at 11:30 AM)

Friday is Senior Day. \$2.00 for people age 60+  
Pay at the gate

Suggested donation of \$3.00 for transportation

We will be leaving before lunch.

Plan on enjoying some of that delicious fair food. Funnel cones, elephant ears, cotton candy, fresh-squeezed lemonade and more. Check out the animals, as well as the other exhibits. Feeling brave? You might want to ride some of the rides.

Plan on having some fun!!!