

# STOW Senior News

Programs & Services for Active Senior Adults 55+

**January - February**

**Registration Begins:**

Stow Residents: January 7

Open Registration: January 8

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## STOW PARKS & RECREATION DEPARTMENT

Kathy Lewis, Recreation Supervisor

[klewis@stow.oh.us](mailto:klewis@stow.oh.us)

## Stow Community & Senior Center

5344 Fishcreek Rd.

330-686-1325

Open During Programs & Events

## Program Information & In-person Registration:

### Stow City Hall

3760 Darrow Road

330-689-5100

Monday - Friday

8:00AM - 4:30PM

**FunInStow.com**

# IMPORTANT INFORMATION

The time has finally come! Our new home at the Stow Community and Senior Center (CSC for short) will be ready for opening in January. It has been a long time coming and we hope you love the new space as much as we do. You will notice in this newsletter that we will continue all of your favorite programs, with a few new ones mixed in. We will continue to add more programming, fitness classes and presentations as the year goes on. Just a reminder, there will be no bus trips in January or February this year.

There will still be a few ongoing projects in 2025 at the Center. We will do our best to not allow those projects to interfere with programming. Trips will resume in March, and as of now the pick up and drop off location will still be in front of the Safety Building.

As members of the Stow Community and Senior Center, we will ask that during the first few weeks, you stop by the front desk to be assigned and given a new key tag to scan in each time you come into the building, and sign the Code of Conduct. The Code of Conduct will be signed annually and will include rules, policies and procedures. There will be cameras inside and outside the building for your safety.

I hope you and your families have a wonderful holiday season. Rose, Cindy, Valerie and myself are truly looking forward to this new adventure with all of you. Cheers to 2025!

## Late Arrival Policy for Events

We strive to create an enjoyable experience for all attendees. Please note the following policy regarding late arrivals:

**Timeliness:** We encourage all guests to arrive on time to ensure they can fully enjoy the event, including any provided meals or refreshments. Please arrive no earlier than 10 minutes prior to a weekly activity and 30 minutes prior to a special event.

**Food Availability:** Due to the nature of our events, food is served for a limited time. If you arrive after the designated serving period, we cannot guarantee food availability. Daily snacks are not guaranteed. Please plan accordingly.

**No Refunds:** Unfortunately, we are unable to offer refunds for missed meals or portions of the event due to late arrival. We appreciate your understanding.

**Communication:** If you anticipate being late, please notify us in advance when possible. While we cannot guarantee accommodations, we will do our best to assist.

THANK YOU SPONSORS  
STOW CITY CENTER  
PROJECT



# SPECIAL EVENTS

## 4th Friday Parties

Celebrate with us on the 4th Friday of every month!

Stow CSC, 5344 Fishcreek Rd.,  
Stow, OH 44224

### Elvis Party

Friday, January 24th

1:00pm Fee: R: \$10 NR: \$12

Let's celebrate the King of Rock and Roll and have some fun! We'll have live entertainment, fried chicken, peanut butter and banana sandwiches (hold the bacon) and more southern style food for all to enjoy!

### Annual Chili Cookoff

Friday, February 28th

12:00pm Fee: Free

In partnership with the Western Reserve Hospital Senior Coalition, we will be hosting our Annual Chili Cookoff once again. Come hungry and ready to vote for your favorites! Register by calling 330-926-3445 or email [hospitalevents@westernreservehospital.org](mailto:hospitalevents@westernreservehospital.org)



## Healthy Living for Brain and Body

Monday, January 13

1:00 PM

Stow CSC, 5344 Fishcreek Rd.,  
Stow, OH 44224

Program presented by the Alzheimer's Association. For centuries, we've known that the health of the brain and the body are connected. But now, science is able to provide insights into how to make lifestyle choices that may help you keep your brain and body healthy as you age. Join us to learn about research in the areas of diet and nutrition, exercise, cognitive activity and social engagement, and use hands-on tools to help you incorporate these recommendations into a plan for healthy aging. Registration required.



## Legal Talk with Drew

Monday, January 30

1:00 PM

Stow CSC, 5344 Fishcreek Rd.,  
Stow, OH 44224

Join Stow Law Director Drew Reilley to discuss the hot topics of scams that are targeting Stow residents. Registration required.

## Bunco Party

1st Monday each month, beginning  
February 3

1:00 PM

Stow CSC, 5344 Fishcreek Rd.,  
Stow, OH 44224

Fee: R: \$5 NR: \$6

There are no decisions to be made, just pure luck and loads of fun. The object of the game is to accumulate points as you roll the dice in certain combinations. Small prizes will be awarded for most wins, most buncos and more. Refreshments provided. Registration required.

## Volunteers In Action

Monday, February 3rd

10:00am

Stow CSC, 5344 Fishcreek Rd.,  
Stow, OH 44224

Interested in helping set up for special events, decorate the new building for a new season or holiday, or donate your time to help a local non-profit? Then join us for a new group! We will meet the first Monday of each month beginning in February. Volunteers will have input on the schedule for the year. Registration required.

## Laugh and Learn

Monday, February 10

10:30 AM

Stow CSC, 5344 Fishcreek Rd.,  
Stow, OH 44224

Fee: R: \$5 NR: \$6

Try something new and let's get creative with Cindy! Each month, Cindy will lead the group in a project to allow your creativity to flow. Supplies will be provided, unless noted. No experience necessary. Registration required.

# RECREATION PROGRAMS & SERVICES

## LIBRARY BOOKMOBILE

Thursdays beginning Jan. 16

2:30 -3:30 PM

Stow CSC, 5344 Fishcreek Rd.,

Stow, OH 44224

Fee: FREE

The Stow-Munroe Falls Public Library Bookmobile will continue weekly stops at the Stow Senior Center! Join them to borrow from their extensive selection of new fiction and more. No library card? No problem! The Library staff can help with that too! No registration required!



## Movie Matinee

Monday, January 27th

Monday, February 10th

11:30 AM

Stow CSC, 5344 Fishcreek Rd.,

Stow, OH 44224

Fee: R: \$5 NR: \$6

Why sit home watching TV when you can view a recent movie and have lunch in the company of friends?

Call Stow Parks & Recreation for the title of movie.

**Pre-Registration** is required until full. Limited Seating.



## LET'S GET SOCIAL

Presented by Vitalia Senior Living

Monday, February 24th

1:00 PM

Stow CSC, 5344 Fishcreek Rd., Stow, OH 44224

Fee: \$2

Join **Vitalia Senior Living** and enjoy some social time with friends and warm up during the cold weather with a hot chocolate and fresh pastries. Registration is required.



## Coffee and Conversation

### with Mayor Pribonic

Thursday, February 20

1:00 PM

Stow CSC, 5344 Fishcreek Rd.,

Stow, OH 44224

Join Mayor Pribonic at the Senior Center to ask questions, share ideas and connect in a friendly, casual environment. Coffee and refreshments will be provided. Registration required.



**Reminder:** Registrations close one week prior to the event unless noted or the program is full. Please arrive on time for programs and events.

### Activity levels are provided for each trip:



**Mild: Level 1** - May require leisurely walking. There may be minimal steps or uneven surfaces and some standing.



**Moderate: Level 2** - May require moderate walking and extended standing. There may be steps or uneven surfaces.



**Strenuous: Level 3** - May require extended periods of walking and standing. There may be numerous steps or uneven terrain.

\*all activity levels are estimates and we ask that you carefully look over the waiver each time and answer honestly to ensure you are physically capable of participating without assistance or with your own mobility device.

# RECREATION PROGRAMS & SERVICES

**NEW BEGINNINGS:**  
A NEW YEAR CELEBRATION

RING IN THE NEW YEAR & THE NEW  
**STOW COMMUNITY & SENIOR CENTER**

**DRESS IN YOUR NEW YEAR'S BEST AND  
JOIN OLD FRIENDS AND NEW TRADITIONS**

**JANUARY 14, 2025**

11:30 AM - 1:30 PM

STOW COMMUNITY & SENIOR CENTER

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STOW, OH 44224

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# RECREATION PROGRAMS & SERVICES

## *fitness*

### **Chair Yoga**

Mondays and Wednesdays January 15-February 26

9:45-10:30 AM Fee: R: \$30 NR:\$35

Join certified instructor, Connie, for a great workout from the comfort (and support) of your own chair. No equipment needed to start. Beginners are welcome!

### **Tai Chi**

First and Third Thursdays ea. month

10 AM January 16, February 6, 20

Tai chi is an internal Chinese martial art practiced for self-defense and health. Known for its slow, intentional movements, tai chi has practitioners worldwide and is particularly popular as a form of gentle exercise and moving meditation, with benefits to mental and physical health. Learn the basics from Brandy from Serenity Hospice who is a certified instructor.

Unless noted, programs will be offered for drop in play. Please arrive no earlier than 10 minutes before a weekly program start time.

## *Tuesday*

### **Puzzle Palooza**

Tuesdays @10-11:30 AM

No Fee. No registration.

300 piece puzzles will be provided to groups to assemble and socialize.

### **Mah-Johngg**

Tuesdays @ 12 - 2 PM

No Fee. No registration.

For players familiar with the game.

### **Dominos Mexican Train**

Tuesdays @ 12 - 2 PM

No Fee. No registration.

Come learn to play this fun and easy game. Enjoy good company!

## *wednesday*

### **Trivia Time**

Wednesday @ 10

No Fee. No registration.

Trivia challenges and games will vary from week to week.

This is just for fun so come and enjoy and maybe learn something too!

### **Game Day!**

Wednesday @ 12 - 3 PM

No Fee. No registration.

Decks of cards and a variety of board games and bunco supplies will be on hand to play.

### **Canasta**

Wednesday @ 12 - 3 PM

No Fee. No registration. For players familiar with the game. New players are able to learn if interested.

## *Thursday*

### **Brain Games**

1st Thursday of the month @ 1 - 2 PM

No Fee. No registration.

Join our senior center staff for a fun hour of brain games including logic puzzles, word riddles and out of the box thinking. All materials will be provided.

### **Bingo**

2nd and 4th Thursday of each month. Games begin at 1:00 PM

\$3 (3 card) packet for all 10 games. Correct Change please. All money taken in is paid out as prizes!

Digital board displays past numbers. Window slide Bingo cards provided.

# RECREATION PROGRAMS & SERVICES

## Lunch Buddies



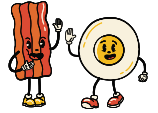
Drive yourself to local restaurants to enjoy with friends. Meet the group leader at the restaurant. Order & pay off menu.

**Friday, February 14**

Mandarin House  
3201 State Rd. Cuyahoga Falls 44223

**12:30pm\*\***

## Breakfast Buddies



Visit a local restaurant to enjoy good conversation and a tasty breakfast! Meet the group leader at the restaurant. Order & pay off menu.

**Monday, February 24th**

Tip Top  
3428 Darrow Rd. Stow 44224

**9:00am**

Call 330-689-5100 to register for Lunch Buddies & Breakfast Buddies.  
Registration is required by the Monday prior, unless filled. All restaurants are moderately priced.  
Transportation and lunch are not included. Wait times may vary by restaurant.

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# JANUARY

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1 	2	3	4
5	6	7	8	9	10	11
12 <b>1-4 PM Grand Opening</b>	13 1: Healthy Living	14 New Beginnings Party	15 9:45 Chair Yoga 10: Trivia Time 12-3: Cards & Games	16 10: Tai Chi 2:30 Library Bookmobile	17	18
19	20 Closed 	21 10-11:30 Puzzles 12-2: Dominoes 12-3: Mah-Jongg	22 9:45 Chair Yoga 10: Trivia Time 12-3: Cards & Games	23 1: BINGO 2:30 Library Bookmobile	24 1: Elvis Party	25
26	27 9:45 Chair Yoga 11:30 Movie Matinee	28 10-11:30 Puzzles 12-2: Dominoes 12-3: Mah-Jongg	29 9:45 Chair Yoga 10: Trivia Time 12-3: Cards & Games 12:30 - 2:30: Blanketeers	30 1: Legal Talk with Drew 2:30 Library Bookmobile	31	

# FEBRUARY

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1
2	3 9:45 Chair Yoga 10: Volunteers in Action 1: Bunco Party	4 10-11:30 Puzzles 12-2: Dominoes 12-3: Mah-Jongg	5 9:45 Chair Yoga 10: Trivia Time 12-3: Cards & Games	6 10: Tai Chi 1: Brain Games 2:30 Library Bookmobile	7	8
9	10 9:45 Chair Yoga 10: Laugh and Learn 11:30: Movie Matinee 1-2:30 Manicures @ Eden Vista	11 10-11:30 Puzzles 12-2: Dominoes 12-3: Mah-Jongg	12 9:45 Chair Yoga 10: Trivia Time 12-3: Cards & Games  12:30 - 2:30: Blanketeers	13 1: BINGO 2:30 Library Bookmobile	14 11:30: Lunch Buddies  	15
16	17 Closed 	18 10-11:30 Puzzles 12-2: Dominoes 12-3: Mah-Jongg	19 9:45 Chair Yoga 10: Trivia Time 12-3: Cards & Games	20 10: Tai Chi 1:00 Coffee & Conversation 2:30 Library Bookmobile	21	22
23	24 9: Breakfast Buddies 9:45 Chair Yoga 1: Let's Get Social	25 10-11:30 Puzzles 12-2: Dominoes 12-3: Mah-Jongg	26 9:45 Chair Yoga 10: Trivia Time 12-3: Cards & Games 12:30 - 2:30: Blanketeers	27 1: BINGO 2:30 Library Bookmobile	28	

# COMMUNITY EVENTS

## Manicures by Eden Vista Senior

### Living

Monday, February 10

1:00 - 2:30 PM

**Location Change:** Eden Vista Senior Living

5511 Fishcreek Rd. Stow

**Eden Vista Stow's** activity director Susan will be on hand to file, shape and paint ladies finger nails.

Please register a time slot when you register.

Availability is limited to 8 for this program.

Pre-Registration is required. Please call Susan at 330 342-0934



## Blanketeers

2nd & 4th Wednesdays

12:30 - 2:30 PM

Community Church of Stow, 1567 Pilgrim Dr.,

You do not need to know how to knit or crochet to join. Just go with a willingness to learn and they will teach you the craft to make hats, mittens and blankets. Since 2005, this group has donated over 4000 blankets to various causes. **Donations of yarn are appreciated** and can be dropped off at the Community & Senior Center. Contact Bobbi at 330-688-7390.

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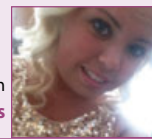
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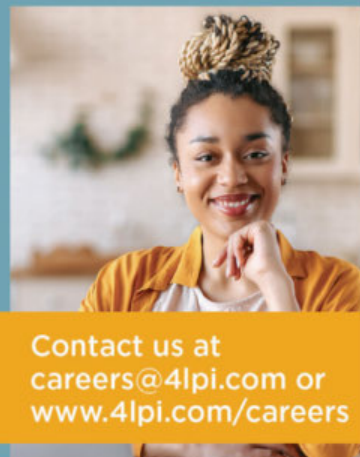
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# PROGRAM SIGN UP

Please use this registration form if you are signing up for multiple activities at once. You must sign up for each month. If you cannot attend, please call 330-689-5100, so we can add a registration from the waitlist.

Name: \_\_\_\_\_

Circle one:

Resident\*

Non-Resident

\*Stow mailing address and 44224 zip code\*

\_\_\_\_\_ 2025 Community & Senior Center Membership & Newsletter (Cost: \$5.00)

## SPECIAL EVENTS:

_____ Healthy Living for Brain and Body	<b>FREE</b>	
_____ Elvis Party	<b>R: \$10</b>	<b>NR:\$12</b>
_____ Legal Talk with Drew	<b>FREE</b>	
_____ Bunco Party	<b>R: \$5</b>	<b>NR: \$6</b>
_____ Volunteers in Action	<b>FREE</b>	
_____ Laugh and Learn	<b>R: \$5</b>	<b>NR: \$6</b>
_____ Coffee and Conversation	<b>FREE</b>	
_____ Let's Get Social	<b>\$2</b>	
_____ Chair Yoga	<b>R: \$30</b>	<b>NR: \$35</b>

## LET'S EAT:

**Lunch Buddies** Fri., February 14 \_\_\_\_\_

**Breakfast Buddies** Mon., February 24 \_\_\_\_\_

## Movie Matinee

Monday, January 27 \_\_\_\_\_

Mon., February 10 \_\_\_\_\_

Manicures are now being provided at Eden Vista, more information on page 10

Chili Cookoff registration is being done through Western Reserve Senior Coalition, more information on page 3

# POLICIES & PROCEDURES

## BUS TRIP POLICIES

Children under 18 must be accompanied by an adult. Pre-registration is required & full payment is due upon registration. No Holds. Trips include transportation and admissions. Meals are not included unless noted. Return times are approximate so please allow for additional time.

Our staff is happy to assist you with basics whenever possible if you are travelling alone such as, if you need assistance retrieving your mobility device, or accessing the lift. (You must have a mobility device if you intend to use the lift.) If you require special assistance boarding, de-boarding, climbing stairs, or walking any distance, or of a personal nature, you must travel with a personal care attendant, as our staff is not able to provide that level of assistance. A personal care attendant **MUST** also be registered for the trip. Please inform us of your intentions regarding these needs when you register, and the City is happy to work with you to accommodate these needs.

## CANCELLATION POLICY

Don't delay in registering for a program or trip. Some programs fill quickly or minimum numbers must be met in order to hold an activity. If the Stow Parks & Recreation Department must cancel a program due to low numbers you will receive a full refund of program fees. If you must cancel your registration due to any reason, including illness, appointments or change of personal plans, you must submit a refund request at least seven days prior to a trip or program. Refunds are given only if no expenses/ticket purchases have occurred. Approved refunds by check incur a \$5 processing fee. Approved refunds applied as program credit will be for the full amount. Any cancellations within 7 days of the activity **do not** receive credit or refund. You may always allow someone to take your place in the program with the exception of programs that have a current wait list.

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**JANUARY & FEBRUARY 2025**  
**STOW PARKS & RECREATION DEPARTMENT**  
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# STOW Senior News

Programs & Services for Active Senior Adults 55+

January - February

## Registration Begins:

Stow Residents: January 7

Open Registration: January 8