

STOW Senior News

Programs & Services for Active Senior Adults 55+

September - October

**Registration Begins at 8 AM
at City Hall and Senior Center**

Stow Residents: August 20

Open Registration: August 21

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STOW PARKS & RECREATION DEPARTMENT

Kathy Lewis, Recreation Supervisor
klewis@stow.oh.us

Stow Community & Senior Center

5344 Fishcreek Rd.
330-689-5150

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



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IMPORTANT INFORMATION



SUN & FUN



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.

Call 330-689-5100 M-F, 8:00-4:30 for cancellations or 330-697-4615 for trip cancellations outside of regular business hours.

THANK YOU SPONSORS
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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.

REV. 7/1/2023

SPECIAL EVENTS

Fall Hiking Spree

Tues. at 10am (Rain Dates are Thurs.)

September and October

Bus Fare Fee: R: \$24 NR:\$26

Each hike departs Stow City Hall

We travel by bus to an easy to moderate trailhead with a program assistant who points the way! Please note: This program is designed for active seniors and locations will include trails at local Summit Metroparks and possibly Cuyahoga Valley National Park. We cannot guarantee credit towards to Summit Metroparks Fall Hiking spree. Hikes will include stairs, hills and uneven terrain and up to 2 miles of walking per week. Hiking location flyer will be available closer to the start of the program.

Registration required.

Better Business Bureau Presents: Scam Spotting

Monday, September 15 Stow CSC

10:00 AM Fee: \$2.00

Join Business Engagement Specialist, Rachelle Matz, from the Better Business Bureau to talk about the most prevalent scams and risks while reviewing real world examples. Registration required.

Understanding Alzheimer's and Dementia



Thursday, September 11

10:00 AM Fee: Free Stow CSC

Alzheimer's is not normal aging. It's a disease of the brain that causes problems with memory, thinking and behavior. Join the Alzheimer's Association to learn about the difference between Alzheimer's and dementia, stages and risk factors, current research and treatment, along with resources.

Trips Without the Travel

Big experiences. No bus required.

This winter, we're bringing the destinations to you!

Join us for a special series of programs where popular attractions and experiences come right to the Stow Community & Senior Center. No travel, no weather worries—just great entertainment, education, and connection!

Denali National Park

with Nature Pam Stow CSC



Tuesday, September 23

10:00 AM Fee: R: \$3 NR: \$4

Denali National Park offers a breathtaking untamed wilderness, dominated by North America's highest peak. This pristine habitat is home to many animals including moose, caribou and wolves. Join us as we explore this amazing park, its wildlife, and the K-9 rangers that make it so special. Registration required.

Owls of the World

with Raptor Hallow Sanctuary



Thursday, October 16 Stow CSC

1:00PM Fee: R: \$5 NR: \$7

Learn the natural history, anatomy, and adaptations of various owl species all over the world and how they survive in various ecosystems. We will have two live Owl Ambassadors and their handlers visit with us.

Ghost Stories

Monday, October 27

10:00 AM Fee: \$5.00

Join Bette Lou Higgins and feel chills run up your spine while you learn about different ghost tales out on the Great Lakes, plus other haunting stories just in time for Halloween.

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

Bunco Party

Monday, October 6th

1:00 PM
Stow CSC

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.



Lunch and a Movie Matinee

Monday, September 22

Monday, October 27

11:30 AM
Stow CSC

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.



Volunteers In Action

No monthly meetings in September and October

Upcoming Volunteer Opportunities

Stow Farmer's Market, 1567 Pilgrim Drive, Stow

Children's Craft Area 8:30am- 12:00pm

1st Saturday of the month: September and October

4-5 volunteers per day. Registration required



Morning Movies

Thursday, September 25

Thursday, October 23

10:00AM

Morning movies are FREE and include the same movie from the Lunch and a Movie, no lunch provided. Registration required.

Library Tech Help:

Tech Help Stow CSC, FREE

Tuesday, September 2 1:00pm

Sign up for a 30 minute time slot to get one on one help with your device. Bring your device and talk with library staff about what needs you have and have them help you troubleshoot things like connecting to Wi-Fi outside home, using different apps, getting help using library resources and more. Limited spots available.

Library Databases Stow CSC, FREE

Thursday, October 16 1:00pm

Bring your device for a guided tutorial of some of the library's many databases. We'll look at databases for consumer information, book recommendations, health information, hobbies and crafts, language learning and encyclopedias. Laptops will be available for use during the program from the library as well. Registration required.

Laugh and Learn

2nd Monday of each month

10:30 AM

Stow CSC, 5344 Fishcreek Rd.,

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.

4th Friday Parties

Campfire Cookout

Friday, September 26

4:00-6:00pm

Fee: R: \$10 NR: \$12

Join us for a fun fall night. The event will include a dinner of campfire favorites and entertainment. The campfire will also be going to make s'mores for dessert.

Wheel of Fortune

Friday, October 24

11:30-1:30pm

Fee: R: \$10 NR: \$12

We're bringing an old favorite back! First we will have a delicious lunch and then play Wheel of Fortune. Contestants will be chosen randomly from audience members.

RECREATION PROGRAMS & SERVICES

Probate Seminar

Thurs., September 18 at 1:30 PM
Stow CSC

Most have heard that it is wise to avoid probate, but don't really know why. Chief Magistrate Steve Elliott's Probate 101 talk advises you on the best way to protect your family, and heirs, and discusses the different advanced directives needed in order to live your life the way you choose. Registration required.

Ohio Owls

Thurs., October 9 at 10 AM
Stow CSC

Continuing with our Owl theme for the month of October, join our resident owl expert, Denise, to learn all about the owls you can find in Ohio. It's going to be a hoot!

Reminder: Registrations close one week prior to the event unless noted or the program is full. Please arrive on time for programs and events. Unless noted, all paid programs require registration and payment prior to the day of the program.



Judi Lint, CRS, CSP, RRS, GSA
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RECREATION PROGRAMS & SERVICES @ STOW CSC

Chair Yoga

**Mondays and Wednesdays September & October
9:30-10:15 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! Registration required. No class 10/20 -22

Chair Volleyball

2nd & 4th Wednesdays at 1 PM

Free

Chair volleyball is a fun, low-impact version of traditional volleyball played while seated. It's perfect for all ability levels and encourages movement, laughter, and teamwork! No registration needed.

SAIL Fitness - New Class!

2nd and 4th Tuesdays in September & October

10:00-11:00am

Fee: \$10 per session (4 classes)

A new partnership with University Hospital, Stay Active and Independent for Life (SAIL) is an evidence-based strength, balance and fitness program for adults 65 and older. Performing exercises that improve strength, balance and fitness are the single most important activity that adults can do to stay active and reduce their chances of falling. Registration required. Limited to 20 participants.

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

Mah- Jongg

Tuesdays @ 12 - 3 PM

No Fee. No registration.
For players familiar with the game of American Mah Jongg.

Dominos Mexican Train

Tuesdays @ 12 - 3 PM

No Fee. No registration.
Come learn to play this fun and easy game. Enjoy good company!

Trivia Time

**3rd Wednesday of the month
@ 10:00**

No Fee. No registration.
Trivia questions and games will vary from week to week. This is just for fun so come and enjoy!

Game Day!

Wednesdays @ 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. Euchre players welcome, too! Canasta for players familiar with the game. New players are always welcome to learn.

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 No registration.
\$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. Prizes provided by Danbury Senior Living.

RECREATION PROGRAMS & SERVICES

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.

Lunch Buddies

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

Friday, September 12 at 11:30 AM

Wing Warehouse
4050 Fishcreek Rd., Stow



Friday, October 10 at 11:30 AM

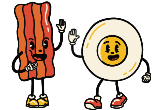
Tomato Grill
106 1st St. Hudson, OH 44236

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, September 29 at 9:00 AM

Stow Cafe
4591 Darrow Rd., Stow



Monday, October 20 at 9:00 AM

Ryes & Shine
2704 Front Street, Cuyahoga Falls, OH 44221

11

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14-1497

SEPTEMBER

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 9:30 Chair Yoga	2 10: Hiking Spree 12-3: Dominoes 12-3: Mah-Jongg 1:00: Library Tech Help 2:00 Library Bookmobile	3 9:30 Chair Yoga 12-3: Game Day	4 1: Brain Games Trip	5	6 8:30: VIA: Stow Community Farmers Market
7	8 9:30 Chair Yoga 10:30: Laugh and Learn	9 10: SAIL Fitness 10: Hiking Spree 10: SAIL 12-3: Dominoes 12-3: Mah-Jongg 2:00 Library Bookmobile	10 9:30 Chair Yoga 12-3: Game Day 1: Chair Volleyball	11 10: Understanding Alz & Dementia 1: BINGO	12 Lunch Buddies	13
14	15 9:30 Chair Yoga 10: Scam Spotting	16 10: Hiking Spree 12-3: Dominoes 12-3: Mah-Jongg 2:00 Library Bookmobile	17 9:30 Chair Yoga 12-3: Game Day 10:00: Trivia Time	18 1:30: Probate Program Trip	19	20
21	22 9:30 Chair Yoga 11:30: Lunch & a Movie Matinee	23 10: SAIL Fitness 10: Hiking Spree 12-3: Dominoes 12-3: Mah-Jongg 10: Nature Pam 2:00 Library Bookmobile	24 9:30 Chair Yoga 12-3: Game Day 1: Chair Volleyball	25 10: Morning Movie 1: BINGO	26 12: Book Club 1: 4th Friday Party	27
28	29 Breakfast Buddies 9:30 Chair Yoga	30 10: Hiking Spree 12-3: Dominoes 12-3: Mah-Jongg 2:00 Library Bookmobile				

OCTOBER

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

			1 9:30 Chair Yoga 12-3: Game Day	2 Trip 1: Brain Games	3	4 8:30: VIA Stow Community Farmers Market
5	6 9:30 Chair Yoga 1: Bunco Party	7 10: Hiking Spree 12-3: Dominoes 12-3: Mah-Jongg 2:00 Library Bookmobile	8 9:30 Chair Yoga 12-3: Game Day 1: Chair Volleyball	9	10 Lunch Buddies	11
12	13 9:30 Chair Yoga 10:30: Laugh and Learn	14 10: Hiking Spree 10: SAIL 12-3: Dominoes 12-3: Mah-Jongg 2:00 Library Bookmobile	15 9:30 Chair Yoga 10:00 Trivia Time 12-3: Game Day	16 10: Library Databases 1:Owls Around the World	17	18
19	20 9: Breakfast Buddies 12: Summa Care	21 10: Hiking Spree 12-3: Dominoes 12-3: Mah-Jongg 2:00 Library Bookmobile	22 12-3: Game Day 1: Chair Volleyball	23 10: Morning Movie	24 12: Book Club 1: 4th Friday Party	25
26	27 9:30 Chair Yoga 11:30: Lunch & a Movie Matinee	27 10-11:30 Social Hour 10: SAIL 12-3: Dominoes 12-3: Mah-Jongg 2:00 Library Bookmobile	28 9:30 Chair Yoga 12-3: Game Day	29 1: BINGO	30	31

COMMUNITY PARTNERSHIPS

Library Bookmobile

Tuesdays, 2:00-3:00 PM

Fee: FREE

Stow CSC

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!



Library Book Club

4th Friday of each month from 12:00-1:00pm

Stow CSC Fee: FREE

Explore a different genre each month, mysteries, historical fiction, science fiction, and more. Dive into diverse stories, share your thoughts, and connect with fellow book lovers. Rediscover the joy of reading with us! Books available at the CSC and SMF Library. Registration required.

Right Fit

A down to earth wellness program offered through Cleveland Clinic for seniors over 65 free of charge. Includes low- intensity fitness classes with a focus on cardio, strength and flexibility. Call 330-945-3106 for more information. This class is offered off site at 4300 Allen Rd., Stow.

Manicures by Eden Vista Senior Living

Monday, September 15th at 12:30-1:30pm

Location: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 for this program. Pre-Registration is required. Please call Susan at 330 342-0934

Brunch Bingo at Eden Vista Senior Living

Tuesday, October 14th 10:00- 11:30AM

Location Eden Vista Senior Living

5511 Fishcreek Rd. Stow

Eden Vista invites you to join them for Brunch and Bingo! Theme is TBD. Pre-Registration is required. Please call Susan at 330 342-0934.



Volunteers in Action



We want to extend a HUGE thank you to all of our volunteers at the CSC! From planting flowers, to cleaning up parks to volunteering their time at the Farmer's Market- we see you and we appreciate you!!

Coffee Talk with Summa Health

Monday, October 20 Time: 12pm

Stow CSC Fee: FREE

The topic for this program will be Urology.

Women's Bowling Group

Do you like to bowl? Looking for a fun, friendly league? The Tuesday afternoon ladies league is looking to add new teams and/or fill vacant slots on existing teams. New season begins Tuesday, September 2, 2025 for 30 weeks at Clutch Lanes, 4190 State Rd., Cuyahoga Falls, OH 44223. Games begin at 12:30. Three games played per day. Please contact Barb at stowcat@neo.rr.com or Carol at petecott@frontier.com or 330-907-3857.

Blanketeers

2nd & 4th Wednesdays 12:30 - 2:30 PM

Location: 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. **Donations of yarn are appreciated** and can be dropped off at the Community & Senior Center. Contact Bobbi at 330-688-7390.

COMMUNITY PARTNERSHIPS



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Programming for Adults September - October 2025

For more information for these free programs, call (330) 688-3295 ext. 4 or visit events.smfpl.org.

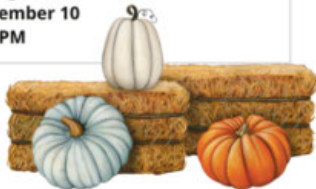
Wednesday Movie Club
Every Wednesday of the Month
2:00 PM

Knit, Stay, Crochet
Second Monday of the Month
6:30 - 8:30 PM

Genealogy Interest Group
Second Tuesday of the Month
7 - 8 PM

Chess for All Ages
Third Monday of the Month
6:30 - 8:30 PM

Acoustic Night
Tues, September 10
6:30 - 8:30 PM



Summit County Job and Family Services
Thurs., Sept. 11, Thurs. Sept. 25,
Thurs., Oct., 9 Thurs., Oct, 23
1:00 - 5:00 PM

Computer Class for Older Adults: 7 Basic Skills to Explore
Thurs., September 4,
6:30 - 7:30 PM

Dungeons & Dragon Club for Adults
Weds., September 3
Weds., October 1
6:00 - 8:00 PM

Beeswax Candle Making
Wednesday, September 17
7:00 PM - 8:00 PM

The Best Movie You (Probably) Haven't Seen
Thursday, September 18, 6:30 PM - 8:30 PM

Friends of the Library Book Sale
Thursday, September 25, 12:00 PM - 8:00 PM
Thursday, September 26, 10:00 AM - 5:00 PM
Thursday, September 27, 10:00 AM - 3:00 PM

Exploring Legal Resources for Families
Monday, September 29, 6:00 PM - 7:00 PM



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COMMUNITY BUS TRIPS

All trips are subject to change and cancellation. All restaurants are moderately priced and wait times and menu items may vary. Please arrive to the Stow City Hall Parking lot, 3760 Darrow Rd., 15 minutes prior to departure time. All required waivers must be signed prior to the date of the trip. Call 330-697-4615 for trip cancellations outside of regular business hours.

Thrifting Around Town

Thursday, Sept 4, 2025

Resident fee: \$14



Depart: 9:30am Return: 3:30pm

Non Resident fee: \$16

Join us for a fun day of bargain shopping. Our first stop is the Streetsboro Antique Mall. We'll then move over to Twinsburg for a stop at Twyla's Treasures. What's a day shopping without lunch? Our final stop is Mavis Winkles Restaurant (additional). Be sure to wear your walking shoes! Lots of walking and stairs on this one!

Ramseyer Farm & The Barn Restaurant

Thursday September 19, 2025

Resident fee: \$51



Depart: 10:30am Return: 5:00pm

Non Resident fee: \$53

Join us for a day exploring Ramseyer's Farm. We'll go on a hayride, and, with some luck, we'll be able to see the sunflower field in bloom. If the sunflowers are ready, you can pick your own jar or vase of flowers to take home (additional charge). After the Farm, we'll head to The Barn Restaurant in Smithville for a relaxing lunch buffet (included).

Shopping at Legacy Village

Thursday, October 2nd, 2025

Resident fee: \$11



Depart: 10:30am Return: 3:30pm

Non Resident fee: \$13

Join us for a day of shopping at Legacy Village in Lyndhurst. We'll start with lunch at Cheesecake Factory (additional) and then shop and explore the afternoon away. Enjoy the fall weather and maybe start your holiday shopping. Wear your walking shoes!

Come From Away at Weathervane Theater

Sunday, October 12th, 2025

Resident fee: \$38



Depart: 3:30pm Return: 10:30pm

Non Resident fee: \$40

Come from Away is based on the true story of the time when the isolated community of Gander, Newfoundland, played host to the world. What started as an average day in a small town turned into an international sleepover, when 38 planes, carrying thousands of people from around the globe, were diverted to Gander's airstrip on September 11, 2001. Undaunted by culture clashes and language barriers, the people of Gander cheered the stranded travelers with music, an open bar and the recognition that we're all part of a global family.

Ohio State Reformatory

Friday, October 17th, 2025

Resident fee: \$53



Depart: 10:00am Return: 3:30pm

Non Resident fee: \$55

Take a historic tour of the Ohio State Reformatory with a guide to lead the way and share information. This tour is a combination of Reformatory history and Hollywood activities that took place here, including Shawshank. Lunch afterwards at Texas Roadhouse (additional).

Dueling Pianos at Harville Kitchen

Thursday, November 13th, 2025

Resident fee: \$75



Depart: 11:30am Return: 3:30pm

Non Resident fee: \$77

Cleveland Keys Dueling Pianos delivers an electrifying musical experience rooted in Cleveland, offering a thrilling blend of interactive piano performances. Crafted by skilled pianists united by their passion for entertainment, the act seamlessly intertwines music, humor, and audience participation. With a versatile repertoire spanning across genres and decades. You won't want to miss this show! Lunch at Hartville Kitchen after the performance is included in the cost of the trip.

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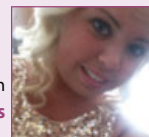
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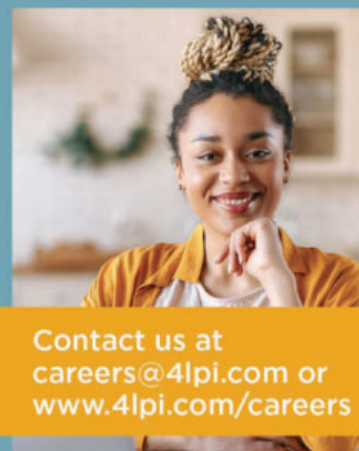
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STOW Senior News

Programs & Services for Active Senior Adults 55+

September - October

Registration Begins at 8:00 AM

Stow Residents: Wednesday, August 20

Open Registration: Thursday, August 21