

STOW Senior News

Programs & Services for Active Senior Adults 55+

January - February



INCLEMENT WEATHER POLICY

During inclement weather, activities may be cancelled. To find out if your class or activity is being held during these times, please contact the following:

Parks & Recreation Weather Hotline:

330-689-5105

Parks & Recreation Main Office:

330-689-5100

Monday-Friday 8:00am-4:30pm

We update information throughout the day. It is best to call just prior to your program's scheduled time. Program cancellation decisions are made independent of school district closures, except for those programs held in school facilities.



Registration Begins:

Stow Residents: January 7, 2026

Open Registration: January 8, 2026

Time to Renew! 2026 Membership Fees Now Due

It's that time of year again — membership fees for 2026 are now due!
Cost: \$5 per person

Good news! Your current membership card will remain the same — no need to re-issue a new one.

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



Can you believe we moved into our new home a year ago already? This year, we have grown to over 700 members and counting! We are incredibly thankful for all of you and your continued support! We plan to increase our programming for 2026 so be on the lookout for a survey in the upcoming months to help us plan for the future of the Center.

Although we will not run trips in January or February, be on the lookout for our BRAND NEW BUS that will be ready to hit the road in March when we start the trips again.

We wish you all Happy Holidays and a New Year!

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.

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.



SPECIAL EVENTS

Everyone's Birthday Party!

Friday, January 23rd

12:00

Fee: R \$15 NR \$17 Stow CSC

Come help us celebrate YOUR birthday! No matter what month it is, we're going to celebrate YOU! We'll have lunch, cake and games to play. For anyone interested in participating, we will have a \$5 gift exchange. Please bring a new item valued at \$5.

Pre-Registration is required by January 14

Annual Chili Cookoff

Friday, February 13

12:00 Fee: Free Stow CSC

Join the members of the Western Reserve Hospital Senior Coalition, who will have giveaways and information at their tables, along with chili. Vote for your favorites and we will crown a winner at the end! Registration is required no later than one week prior. Call (330) 926-3445 or email hospitalevents@westernreservehospital.org

Music Bingo and Trivia

Thursday, January 29 Stow CSC
1:00 Fee: R \$2 NR \$4



Join us for prizes, fun and of course great music! You never know what you will hear during our Music Bingo game. Singing along is highly encouraged. Refreshments provided.

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!

Mother Nature: Controllable or Unstoppable

Thursday, January 29

10:00 AM Fee: R: \$3 NR: \$5

Join Nature Pam for another great program. As long as humans have walked this earth, they have tried to control, stop, or harness Mother Nature's power. This program explores four locations where humans and Mother Nature have collided and how they live together now; the Johnstown Flood Nat'l Memorial, Kinzua Bridge St. Park, Niagara Falls, and the Hoover Dam.

Euchre Day

Monday, January 12

10:00 AM Fee: FREE

Euchre is a four-player card game where teammates try to win tricks using a special 24-card deck. Whether you already know the game, want to learn something new or just want to refresh your skills, come play with Eleanor from Buckeye Hospice and Amy from Brightstar as they teach you the game!

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

Genealogy Exploration with Stow-Munroe Falls Public Library

Thursday, February 12

10:00am Stow CSC

Come explore your family history with some of the databases available for free through the library. Databases that we will explore include (Ancestry (available for in library use), Family Search (available for in library use), Fold3 (military records), HeritageQuest, and Ohio Death Records Index. We will use people's real family member questions to search during this tutorial.

Sunshine Boxes

Fee: \$10.00 per box

Do you know someone who could use a little pick me up to beat the winter blues? Let us help! Each box will be filled goodies and treats everyone is sure to enjoy. Once completed, the boxes can be picked up from the Senior Center for you to personally give your friend or give yourself some love too, no judgement here! Pick up available the week of February 9th

Volunteers In Action

Upcoming Volunteer Opportunities

County Clothing Center

3377 Ohio 59, Ravenna, OH 44266

Monday, February 2

10:30a-12:30p

Volunteers will meet at the County Clothing Center in Ravenna to help sort donations and clothing. Lunch afterwards at a local restaurant (additional).

Sunshine Box Assembly

Thursday, February 5

10:30AM CSC (Stow Community and Senior Center)

Volunteers are needed to assemble purchased Sunshine Boxes.

Laugh and Learn

2nd Monday of each month

10:30 AM

Stow CSC

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.

Lunch and a Movie Matinee

Monday, January 26

Monday, February 23

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 330-689-5100 for upcoming movie titles. Lunch is provided.

Pre-Registration is required until full. Limited Seating.

Morning Movies

Thursday, January 22

Thursday, February 26

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:

Stow CSC, FREE

Tuesday, January 13 and February 3

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. Registration required.

RECREATION PROGRAMS & SERVICES

Coffee and Conversation with Mayor Pribonic

Thursday, January 15
1:00pm

Join Mayor Pribonic at the Senior Center to learn about what the City has in store for 2026. Coffee and refreshments will be provided.

Trusts 101

Thursday, February 19
1:00pm

You asked and we listened. Trusts 101 will be presented by Chief Magistrate Elliott from Summit County Probate Court.



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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judilint@howardhanna.com
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RECREATION PROGRAMS & SERVICES

Chair Yoga

Mondays and Wednesdays

January and February 9:30-10:15 AM

Fee: R: \$30 NR:\$35 per 2 month session

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.

Chair Volleyball

2nd Wednesday of each month 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.

Coming Soon!

Ping Pong and Cornhole will be available during scheduled hours in January. Check at the senior center for available hours.

SAIL Fitness

January 13 & 27, February 10 & 24

10:00-11:00am

Fee: \$10 per session (3 sessions)

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.

Walking Club

Mondays, 2-3pm

Thursdays, 9-10am

We all could use a few extra steps this time of year. We will walk indoors around the Center. Stations will be set up for those who want to add balance or weight training.

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 @ 10:30

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.

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, January 9

Red Lobster

1090 Graham Road, Cuyahoga Falls, OH 44224

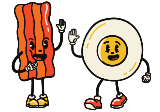
Friday, February 6

Applebees (Hudson Drive!)

3528 Hudson Dr, Stow, OH 44224

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, January 26

Yours Truly

36 S Main St., Hudson, OH 44236

Monday, February 23

Over Easy at The Depot

152 Franklin Ave, Kent, OH 44240

NEVER MISS OUR NEWSLETTER!




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emailed to you.



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JANUARY

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1  	2	3
4	5 9:30 Chair Yoga 2: Walking Club	6 12-3: Dominoes 12-3: Mah-Jongg 2:00 Library Bookmobile	7 9:30 Chair Yoga 12-3: Game Day	8 9: Walking Club 1: BINGO	9 Lunch Buddies	10
11	12 9:30 Chair Yoga 10: Euchre Day 10:30: Laugh and Learn 2: Walking Club	13 10: SAIL 12-3: Dominoes 12-3: Mah-Jongg 1: Tech Help 2:00 Library Bookmobile	14 9:30 Chair Yoga 12-3: Game Day 1: Chair Volleyball	15 9: Walking Club 1: Coffee and Conversation	16	17
18	19 	20 12-3: Dominoes 12-3: Mah-Jongg 2:00 Library Bookmobile	21 9:30 Chair Yoga 10:30: Trivia Time 12-3: Game Day	22 9: Walking Club 10: Morning Movie 1: BINGO	23 10:30: Book Club 12: Birthday Party!	24
25	26 Breakfast Buddies 9:30 Chair Yoga 11:30: Lunch & a Movie Matinee 2: Walking Club	27 12-3: Dominoes 12-3: Mah-Jongg 2:00 Library Bookmobile	28 9:30 Chair Yoga 12-3: Game Day 1: Chair Volleyball	29 9: Walking Club 10: Nature Pam 1: Music Bingo and Trivia	30	31

February

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2 10:30: Volunteers in Action 9:30 Chair Yoga 2: Walking Club	3 12-3: Dominoes 12-3: Mah-Jongg 1: Library Tech Help 2:00 Library Bookmobile	4 9:30 Chair Yoga 12-3: Game Day	5 9: Walking Club 10:30: Volunteers in Action 1: Brain Games	6 Lunch Buddies	7
8	9 9:30 Chair Yoga 10:30: Laugh and Learn 2: Walking Club	10 10: SAIL 12-3: Dominoes 12-3: Mah-Jongg 2:00 Library Bookmobile	11 9:30 Chair Yoga 12-3: Game Day 1: Chair Volleyball	12 9: Walking Club 10: Genealogy Class 1: BINGO	13 12: Chili Cookoff	14
15	16 	17 12-3: Dominoes 12-3: Mah-Jongg 2:00 Library Bookmobile	18 9:30 Chair Yoga 10:30 Trivia Time 12-3: Game Day	19 9: Walking Club 1: Trusts 101	20	21
22	23 9:30 Breakfast Buddies 9:30 Chair Yoga 11:30: Lunch & a Movie Matinee 2: Walking Club	24 10: SAIL 12-3: Dominoes 12-3: Mah-Jongg 2:00 Library Bookmobile	25 9:30 Chair Yoga 12-3: Game Day 1: Chair Volleyball	26 9: Walking Club 10: Morning Movie 1: BINGO	27 12: Book Club	28

COMMUNITY PARTNERSHIPS

Library Book Club

January 23 @ 10:30am

February 27 @ 12:00

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.

Manicures by Eden Vista Senior Living

Monday, January 19 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

Eden Vista New Year's Brunch & Bingo

Tuesday, January 13

10-11:30am

Location:Eden Vista Senior Living

5511 Fishcreek Rd. Stow

Eden Vista will provide a morning of brunch, bingo and prizes for winners. Availability is limited for this program. Pre-Registration is required. Please call Susan at 330 342-0934

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!



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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.

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



CONNECTIONS: SENIOR ACTIVE LIVING FAIR

Find your purpose -
through work, service, or play!

Opportunities that support
active, engaged living—
including part-time jobs,
volunteer roles, recreation
programs, fitness classes, and
social groups



Join US!

Fri., March 13, 2026

11 AM - 2 PM

Stow Community &
Senior Center
5344 Fishcreek Road
Stow, OH 44224

Connections: Senior Active Living Fair is a community-focused event designed to help older adults (50+) discover fulfilling opportunities that support active, engaged living—including part-time jobs, volunteer roles, recreation programs, fitness classes, and social groups.

By bringing together local businesses and nonprofit organizations, the event strengthens community ties and celebrates the valuable contributions of our senior residents.

"Get Involved Passport"
Attendees get a stamp
for visiting each table;
turn it in to be entered
for a prize.



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There are no buy-in fees, just a strong sense of community and the comfort of knowing your loved one is part of something special. We also offer extra support services if needed, so your loved one only pays for the care they truly use.

At Mulberry Gardens, it's not just about care, it's about feeling at home.

Call Us Today To Schedule A Tour!

ASSISTED LIVING

Phone: 330-634-9919

Address: 395 South Main Street,
Munroe Falls, OH 44262

MEMORY CARE

Phone: 330-633-3026

Address: 47 Steeplechase Ln,
Munroe Falls, OH 44262

MULBERRY GARDENS
SENIOR LIVING AND MEMORY CARE



COMMUNITY BUS TRIPS

All trips are subject to change and cancellation. All restaurants are moderately priced, unless advertised 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.**

There will be no trip scheduled for January and February. However, we have a few upcoming trips in March that have an early deadline listed below. Trips will resume in March on our NEW 38 passenger bus!

Water for Elephants at Connor Palace Theater

Sunday, March 22, 2026

Depart 11:30am Return 4:30pm

Resident fee: \$75

Non Resident fee: \$77



After losing what matters most, a young man jumps a moving train unsure of where the road will take him and finds a new home with the remarkable crew of a traveling circus, and a life—and love—beyond his wildest dreams. Seen through the eyes of his older self, his adventure becomes a poignant reminder that if you choose the ride, life can begin again at any age.

Let's Hang On: Frankie Valli and The Four Seasons Tribute at the Ohio Star Theater

Friday, March 27

Depart 10:00am Return 4:30pm

Resident fee: \$89

Non Resident fee: \$91



Let's Hang On! has established itself as the preeminent Frankie Valli and The Four Seasons tribute group by combining spot-on vocals and crisp choreography with a genuine ability to entertain an audience. Let's Hang On! respectfully pays tribute to all these classic "Seasons" details while also paying tribute to the Broadway show, The Jersey Boys. This powerhouse group will perform all of The Frankie Valli mega hits including: Sherry, Big Girls Don't Cry, Walk Like A Man, Can't Take My Eyes Off Of You, December of 1963 and Who Loves You! Lunch at Dutch Valley Restaurant prior to the concert (included in cost of trip).

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