

Senior News

PROGRAMS & SERVICES FOR ACTIVE SENIOR ADULTS

January-February 2023

Program Registration Begins: Wednesday, January 4 for **STOW residents only**. Open registration begins January 5.

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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.

Stow Parks & Recreation Department

Program Registration & Information

Stow City Hall - 3760 Darrow Road
330-689-5100

Monday - Friday 8:00AM - 4:30PM

Stow Senior Center

3968 Darrow Road 330-686-1325

Senior Adult Programs

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

Important Information



Happy New Year! As we enter into the dark days of winter, keep in mind, programming may be cancelled due to impending weather and not just what is on the ground. Please call the weather hotline or City Hall to find the status of our programs. Our hope is for everyone to stay safe and healthy.

We are so happy to hear so many of you were able to utilize our online software for program registration in the fall! For anyone who is still interested in learning, there are step by step instructions available in the office at City Hall. Remember, online and in-person registration have the same priority (there is no wait time if you register online). Over the phone registration has second priority. Please remember, if you wish to have the newsletter mailed to you, there is a \$5 subscription fee for the year.

We hope you find something in this newsletter that you will enjoy. Many of the programs for this newsletter are free, including our Chili Cookoff which is in partnership with the Western Reserve Senior Coalition.

City Hall will be closed for the holidays December 23-26 and again December 30-January 2. We hope everyone has a fabulous holiday season! Cheers to 2023! Don't forget to say goodbye (for now) to Rose before she takes off for her adventures out West!



EMERGENCY NOTIFICATIONS

The City of Stow now uses CivicReady to send emergency alerts. **You must sign up** to receive emergency alerts via text message, email, and/or phone call.

Sign up for Emergency Alerts:
<https://www.stowohio.org/360/Alerts-Notifications>



Alerts
& Notifications

Examples of notifications sent thru CivicReady:

- Imminent or perceived threat to life or property.
- Disaster notifications.
- Evacuation notices.
- Public health or safety emergencies.
- Any notification to provide emergency-related info.



Thank you to our sponsors for the Thanksgiving Feast. Sponsors included: The Landing of Stow (Nicole), Danbury Senior Living (Bob) and Western Reserve Hospital. Special thanks to volunteers Denise, Jen, Nancy, Joann and Jason.

Special Events

Senior Real Estate Seminar

February 17, 2023 @ 10am
3968 Darrow Road Stow OH 44224



Kim Malin

Kim Malin will provide insight to the housing market and answer questions about home values.

- Kim Malin, Realtor, SRES
- Cuyahoga Valley Homes Team,
- RE/MAX Above and Beyond
- 330-958-2355
- kimsells@cuyahogavalleyhomes.net



Lori Fetter

Lori Fetter will answer questions you may have about refinancing or reverse mortgages.

- VP Branch Manager
- NMLS: 832832 OH: MLO.040203.000
- c: 330.715.1320



Nancy Sheeler

Transitional Design provides complete move management services for all ages, and specializes in meeting the needs of the elderly.

- President; Transitional Design
- 601 Towpath Road
- Broadview Heights, OH 44147
- www.transitionaldesign.net
- Office: 440-627-6390 Mobile: 330-461-6661

MOVIE MATINEE

Monday, January 23

11:30am

Fee: Resident \$5.00

Non Resident: \$6.00



Why sit home watching TV when you can view a recent movie and have lunch in the company of friends? Dress accordingly, the heat cannot be adjusted by staff.

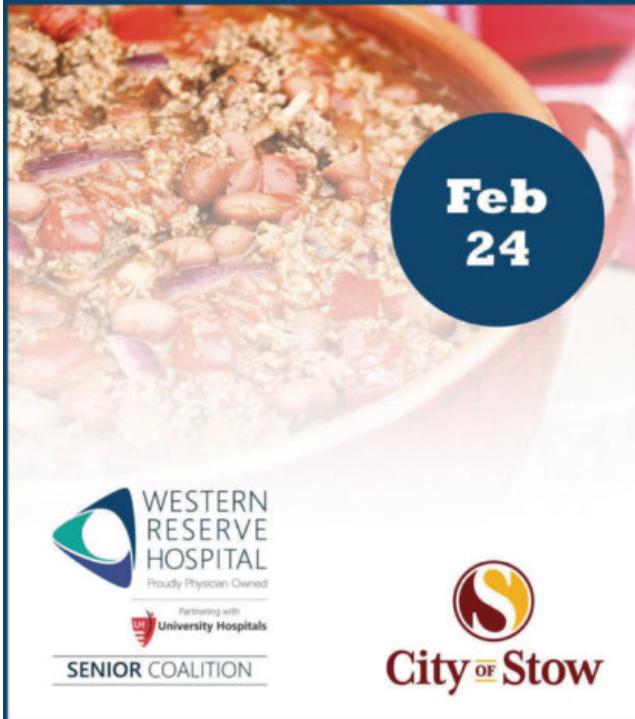
Leona Farris Lodge, formerly Silver Springs Lodge, 5027 Stow Rd., Stow, OH 44224

Call Stow Parks & Recreation for the title of movie. Pre-Registration is required by January 17 or until full. Limited Seating.

Sponsored by :

MULBERRY GARDENS

SENIOR LIVING AND MEMORY CARE



CHILI COOK-OFF 12 - 1 P.M.

Leona Farris Lodge
5027 Stow Road
Stow, OH 44224

**This venue has stairs*

Registration required one week prior to the event. Call (330) 926-3445 or email hospitalevents@westernreservehospital.org

Recreation Programs & Services

Beat the Winter Blues

with Lynn from Hospice of Western Reserve

Monday, January 9 1:00pm

Free Stow Senior Center

If the short, dark days are getting you down you are not alone. Lynn will go over reasons for our mood changes, as well as tips and tricks to turn it around.



Happy Days are Here Again

Presented by Summit County Historical Society

Friday, January 20 10:00am

Fee: Resident \$5.00 Non-Resident \$6.00

Stow Senior Center

This program takes us on a journey down memory lane. Photos, collectibles, music and memorabilia highlight the various forms of entertainment between 1946-1964. From Hula Hoops to Rock n' Roll, Roy Rogers to drive-in movies and Dance Halls to noisy games of Yahtzee, we remember the lighter side of the Baby Boom Years! Register by January 17.

Chair Massage

with Sue Petrof, LMT

\$15 for 15 minutes

January 13 and 20

No massages the month of February.

Massage is credited with reducing pain and allowing deep relaxation.

A chair massage focuses on the neck, shoulders and back only, while fully clothed. *No need to kneel on knees.*

Mornings by appointment at the **Stow Senior Center**

For Appointments Call: Sue Petrof, LMT

330-414-8882

Tyrannosaurus Flex Fitness Classes

3073 Graham Rd., Stow

Mondays:

9:00am: Low Impact/Cardio

Drumming

10:00am: Low Impact

Strength

Wednesdays:

9:00am : Low Impact/Cardio

Drumming

Classes are adaptable based in individual needs.

Additional classes available for purchase: 4 classes for \$20

Call Kellie for more

information and to register:

440-567-5087.

Foot & Nail Care

Reliable Nurse Foot Care

Nurse Provided Toenail & Foot Care

January 6 and February 6

Toenail trimming, thinning and filing + corn & callus reduction performed at the

Stow Senior Center by a certified foot care nurse at prices often cheaper than a copay.

Foot Care Sessions are \$35 check, cash or credit card.

Please call: (216) 956-0293 to schedule an appointment.

Silver Sneakers Update

Silver Sneakers will no longer be offered through the Stow Senior Center. Classes for eligible participants are offered at other area fitness centers including FitWorks Fitness, Life Center Plus and Cuyahoga Falls Natatorium. Please contact the participating facilities for an up to date listing of classes. Live and On Demand classes can be found at Siversneakers.com

Recreation Programs & Services

On-Going Programs & Classes for Active Senior Adults

Mind Challenge Preview Day

Friday, January 27

1:00pm

Stow Senior Center

Free

Come join the fun! The Mind Challenge for the New Majority is a local trivia competition among area senior centers. We are looking for individuals to create teams of 4-6 participants to compete in the Mind Challenge. Individuals who would like to participate will be placed on a team. The competition will be tournament style and will take place in May. This program is for new players only.



Travel Trip Preview

Monday, February 13

10:00am and 1:00pm

Stow Senior Center

Join Carolyn Szachta, Travel Director from LifeCenter Plus to learn about upcoming travel opportunities. Whether it's a quick overnight trip or an overseas excursion, LifeCenter Plus Travel will take care of all of the planning and details. Pre-Register at Stow Parks & Recreation Department

Please call Carolyn at 330-655-7487 for more information or specific itineraries. Pre-register by February 8.

5

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Judi Lint, CRS, CSP, RRS, GSA
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judilint@howardhanna.com
3925 Darrow Rd, Ste 101, Stow, OH 44224

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(330) 688-1188
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14-1497

Recreation Programs & Services

On-Going Programs & Classes for Active Senior Adults

Unless noted, programs will be offered for drop in play. *Due to spacing at the senior center, all programs will be offered at capacity. Please arrive no earlier than 10 minutes before a weekly program start time.*

Mah-Jongg

**EVERY Tuesday ~
12:00-2:00pm**

Game play start: **Stow Senior Center**

For players familiar with the game. No Fee. No registration

Bunco

Wednesdays
12:00- 2:00

Games will be casual with no prizes provided. Staff will be available to assist new players. Supplies will be provided. No Fee. No registration

Senior Bowling

**League Play—Thursdays
9:30am**

Clutch Lanes & Sports Center

4190 State Rd. Cuyahoga Falls

Fee: \$10.00* / 3 games

\$1 paid to league committee

League Coordinator:
Jack Garner

New Players & Subs Welcome



Dominoes Mexican Train

**EVERY Tuesday ~
12:00-2:00pm**

Come learn to play this fun and easy game.

Enjoy good company!
No Fee. No registration

Game Day!

**EVERY Wednesday
12:00pm - 4:00pm**

Stow Senior Center

Decks of cards and a variety of board games and bunco supplies will be on hand to play. No Fee. No registration

Blanketeers

**2nd and 4th Wednesdays
12:30-2:30pm**

**Community Church of Stow
1567 Pilgrim Dr. Stow**

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. Contact Bobbi at 330-688-7390.



Brain Games with Danbury Senior Living

January 5 and February 2 @ 1:00

Stow Senior Center

Register by Tuesday of each program

Join Bob from Danbury Senior Living for a fun hour of brain games including logic puzzles, word riddles and out of the box thinking. All materials will be provided. Registration Required.

Senior Bingo at Stow Senior Center

Program Sponsor:

Danbury Senior Living Cuyahoga Falls

2nd and 4th Thursday of each month

Games begin at 1 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. **Registration is no longer required for this program. Limited seating available.**



Recreation Programs & Services

On-Going Programs & Classes for Active Senior Adults

Lunch Buddies

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

Friday, January 13 12:15pm**
Mandarin House
3201 State Rd. Cuyahoga Falls 44223

Friday, February 10 11:30am
3 Palms Pizzeria
60 Village Way, Hudson 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, January 30 9:00am
Tip Top
3428 Darrow Rd. Stow 44224

Monday, February 27 9:00am
Eddy's Deli
4581 Kent Rd, Stow 44224



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.

7

At Mulberry Gardens Assisted Living and Memory Care WE PUT YOUR LOVED ONE FIRST

At Mulberry Gardens Assisted Living and Memory Care, we know staying socially connected and feeling engaged becomes more important as we age. Healthy relationships, good nutrition and regular fitness programs are all included! When your loved one moves to Mulberry Gardens, they'll become a part of something special...a sense of family, friendship, and belonging that welcomes them each day. There are never any buy-in fees and everything is included in one reasonable monthly rent, even the utilities, except phone. We also offer personal services at an additional cost, and because we focus on individual needs and preferences, you only pay for the services needed.

Mulberry Gardens
ASSISTED LIVING & MEMORY CARE

ASSISTED LIVING
330-634-9919
395 South Main Street
Munroe Falls, OH 44262

MEMORY CARE
330-633-3026
47 Steeplechase Ln
Munroe Falls, OH 44262



4-D-5-5

For ad info. call 1-800-477-4574 • www.lpicommunities.com

14-1497


Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 Closed	3 12-2: Mah Jongg 12-2: Dominoes	4 12-4: Cards and Bunco Stow Resident Registration	5 9:30am Bowling @CLSC 1: Brain Games Open Registration	6 Footcare	7
8	9	10 12-2: Mah Jongg 12-2: Dominoes	11 12-4: Cards and Bunco Blanketeers 12:30-2:30	12 9:30am Bowling @CLSC 1: BINGO	13 Massages 12:15pm Lunch Buddies	14
15	16 	17 12-2: Mah Jongg 12-2: Dominoes	18 12-4: Cards and Bunco	19 9:30am Bowling @CLSC Bus Trip: Cinemark Theater	20 Massages 10: Happy Days are here again	21
22	23 11:30 Movie Matinee	24 12-2: Mah Jongg 12-2: Dominoes	25 12-4: Cards and Bunco Blanketeers 12:30-2:30 Bus Trip: Maltz Museum	26 1: BINGO	27 1: Mind Challenge Preview Day	28
29	30 9am: Breakfast Buddies	31 12-2: Mah Jongg 12-2: Dominoes				

Most Programs are held at:
Stow Senior Center, 3968 Darrow Road
 Program Registrations are taken at Stow City Hall - **Stow Parks & Recreation Department, 3760 Darrow Road**
 *LFL = Leona Farris Lodge, formerly Silver Springs Lodge 5027 Stow Rd

*Bus Trips Depart: *Stow City Center, 3760 Darrow Rd*
 *HB = Heritage Barn 5238 Young Rd
 *CLSC - *Clutch Lanes & Sports Center, 4190 State Road, Cuyahoga Falls*
 *SMFHS *Stow Munroe Falls High School 3227 Graham Rd, Stow, OH 44224*



FEBRUARY

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 12-4: Cards and Bunco	2 9:30am Bowling @CLSC 1 pm: Brain Games	3	4
5	6 Footcare Bus Trip: Home and Garden Show	7 12-2: Mah Jongg 12-2: Dominoes	8 12-4: Cards and Bunco Blanketeers 12:30-2:30	9 9:30am Bowling @CLSC 1pm: BINGO	10 11:30 am Lunch Buddies	11
12	13 10/1: Trip Preview	14 12-2: Mah Jongg 12-2: Dominoes	15 12-4: Cards and Bunco	16 9:30am Bowling @CLSC	17 10: Senior Real Estate Seminar	18
19	20  PRESIDENTS' DAY	21 12-2: Mah Jongg 12-2: Dominoes	22 12-4: Cards and Bunco Blanketeers 12:30-2:30	23 9:30am Bowling @CLSC 1pm: BINGO	24 12:00 Chili Cookoff	25
26	27 9am: Breakfast Buddies	28 12-2: Mah Jongg 12-2: Dominoes				

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 *CLSC - *Clutch Lanes & Sports Center, 4190 State Road, Cuyahoga Falls*
 *SMFHS *Stow Munroe Falls High School 3227 Graham Rd, Stow, OH 44224*

Community Events

Stow Munroe Falls Public Library Community Events

Free Hearing Screening

January 9th 11am-1pm

Genealogy Interest Group

January 10th 7-8pm

MLK Day Movie (Selma)

January 16th 6-8:30pm

Nature in Winter

January 18th 7-8pm

Rubber City Ukes (ukulele players)

February 1st 7-8pm

Stitch in Public Day

February 4th 10am -2pm

Adopt a Houseplant

February 14th 6-8pm

Knit, Stay, Crochet

February 20th 2-3pm

Timepieces from History: Webb C Ball and

the Railroad February 27 - Watch 7-8:30pm

To register go to events.smfpl.org or call (330) 688 3295 ext 4.



**March
30**



SENIOR CHAT & SNACK 10 - 11 A.M.

Cuyahoga Falls Natatorium
2345 Fourth Street
Cuyahoga Falls, OH 44221

**HEALTHY LIVING FOR YOU: REALISTIC,
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presented by Lindsey Bechter, RDN, LD,
Owner/Founder, Live Through Balance.

Registration required one week prior to the
event. Call (330) 926-3445 or email
hospitalevents@westernreservehospital.org



SENIOR COALITION

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 free programs that have a current wait list.

Community Bus Trips

Open to All Ages

Bus departs from Stow City Hall, 3760 Darrow Road, unless otherwise noted.

A Man Called Otto at Cinemark Theater—Cuyahoga Falls

Date: Thursday, January 19 Resident Fee: \$18 Non Resident Fee: \$20

Depart: 11:00am Return: 4:00pm

Otto is a grump who's given up on life following the loss of his wife and wants to end it all. When a young family moves in nearby, he meets his match in quick-witted Marisol, leading to a friendship that will turn his world around. Lunch at an area restaurant (additional) prior to the movie. Movie times have not been released yet for this movie. Departure and Return times are approximate and may change closer to the date or the trip.

Maltz Museum Lessons of the Holocaust Tour

Date: Wednesday, January 25 Resident Fee: \$23 Non Resident Fee: \$25

Depart: 10:30am Return:

The Holocaust stands as a defining moment of the 20th century. This guided tour will allow you to see how world events, propaganda and crisis fueled such devastation. Tour will conclude with an Interactive Biography with Stanley Bernath through artificial intelligence. Lunch (additional) at the Cheesecake Factory prior to the tour.

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Community Bus Trips

Open to All Ages

Bus departs from Stow City Hall, 3760 Darrow Road, unless otherwise noted.



All trips will be offered at a limited capacity until further notice for the health and safety of our participants. **Masks are optional, but encouraged.** All trips are subject to change and cancellation. All restaurants are moderately priced and wait times may vary.

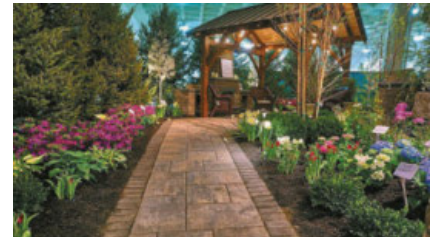
Please arrive 15 minutes prior to departure time.

Great Big Home and Garden Show

Date: Monday, February 6 Resident Fee: \$25 Non Resident Fee: \$27

Depart: 11:00am Return: 3:00pm

The Great Big Home + Garden Show is a vibrant marketplace where you can shop for home-related products and services, experience stunning displays to help inspire your next home project, connect with industry experts, and enjoy informative presentations from renowned local and international home professionals. Lunch on your own at the show.



Sister Act at Weathervane Theatre

Date: Sunday, March 5 Resident Fee: \$37 Non Resident Fee: \$39

Depart: 1:15pm Return: 4:30pm Deadline to register: January 26

When disco diva, Deloris Van Cartier, witnesses a murder, she is put in protective custody in the one place the cops are sure she won't be a found: a convent! Disguised as a nun, she finds herself at odds with both the rigid lifestyle and uptight Mother Superior. Using her unique disco moves and singing talent to inspire the choir, Deloris breathes new life into the church and community but, in doing so, blows her cover. Soon, the gang is giving chase, only to find them up against Deloris and the power of her newly found sisterhood. A sparkling tribute to the universal power of friendship, Sister Act is reason to REJOICE! The musical adaptation of the hit 1992 film, featuring original music by Tony- and eight-time Academy Award-winner Alan Menken, and nominated for five Tony Awards. We will not be stopping for food on this trip.

Stow Senior Programs are coordinated by the Stow Parks & Recreation Department and are open to active Senior Adults 55+

Call Stow Parks & Recreation Department at: 330-689-5100 to be added to the **Stow Senior Newsletter** mailing list. Additional program flyers and bus trips are posted on the **Stow Parks & Recreation website at: www.FunInStow.com** Look under: Senior Adult Programs

Additional 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 should travel with a personal care attendant as our staff will not 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.



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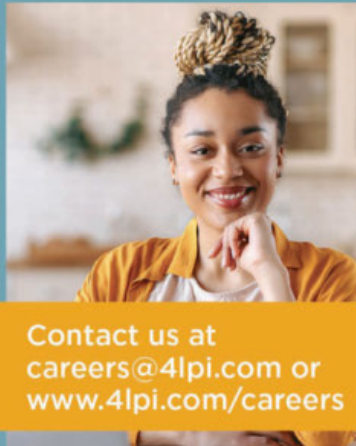
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Program Sign Up

Please use the registration form below 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.

Name: _____

(circle one) Resident* Non Resident

Stow mailing address and 44224 zip code

_____ **2023 Newsletter Subscription Fee** Cost: \$5.00

Special Events:

_____ **Beat the Winter Blues** Monday, January 9 @ 1m Cost: Free

_____ **Happy Days are Here Again** Friday, January 20 @ 10:00am R: \$5 NR: \$6

_____ **Movie Matinee** Monday, January 23 Resident: \$5.00 Non Resident: \$6.00

_____ **Mind Challenge** Friday, January 27 @ 1:00pm Cost: Free

_____ **Senior Real Estate** Friday, February 17 @ 10:00am Cost: Free

Travel Trip Preview Monday, February. 13 @ 1:00 Cost: Free

10am _____ 1pm _____

Chili Cookoff— please register for this program through Western Reserve Hospital at 330-926-3445

Let's Eat

Lunch Buddies Friday, January 13 _____ Friday, February 10 _____

Breakfast Buddies Monday, January 30 _____ Monday, February 27 _____

Community Bus Trips: **R: Resident** **NR: Non Resident**
(please circle one)

Maltz Museum **Wednesday, January 25** Resident Fee: \$23 NR Fee: \$25

Cinemark Theater **Thursday, January 19** Resident Fee: \$18 NR Fee: \$20

Home and Garden Show **Monday, Feb. 6** Resident Fee: \$25 NR Fee: \$27

Weathervane Theatre **Sunday, March 5** Resident Fee: \$37 NR Fee: \$39

Community Programs

Local Theatre

The below plays and musicals are for you to explore on your own. Please call the organization directly for more information regarding tickets and availability.

The Children's Hour

By Lillian Hellman
Directed by Brandi Eaton
Performance Dates:

February 3, 4, 10, 11, 17, and 18, at 7:30PM
February 5 and 12 at 2:30PM



A serious period drama written and set in the 1930's about two women who run a school for girls. After a malicious youngster starts a rumor about the two women, the rumor soon turns to scandal. As the young girl comes to understand the power she wields, she sticks by her story, which precipitates tragedy for the women. It is later discovered that the gossip was pure invention, but it is too late. Irreparable damage has been done.

15



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Stow Senior Adult Programs
January- February 2023
Stow Parks & Recreation Department
3760 Darrow Road Stow, OH 44224
330-689-5100
Website: www.FuninStow.com

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Program Registration Begins: Wednesday, January 4 for STOW residents only. Open registration begins January 5.



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