

**CITY OF PARMA  
HEIGHTS**  
9275 NORTH CHURCH  
PARMA HEIGHTS, OH  
44130  
440-888-4416



# Parma Heights Senior Activity News

## Sponsored By:

The City of Parma Heights

Western Reserve Area Agency on Aging

Cuyahoga County Board of Commissioners

Southwest Senior Center Board of Trustees

The services at the Parma Heights Senior Center are made possible in part or in full by Title III Older Americans Act Funds provided through Western Reserve Area Agency on Aging, and Cuyahoga County Board of Commissioners

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## Table of Contents

At the Center	1-3
On the Road	4-6
Information	6

**June 2010**

## AT THE CENTER

### CHAIR DANCING

Have you experienced **Chair Dancing**? This group is growing every week because once you try it you will love it! Find out what the excitement is all about and keep fit at the same time. The Chair Dancing group meets **Every Monday, Tuesday and Thursday at 10:00 a.m.** in the **Activity Room**. There are no fees, no special equipment needed, and no experience necessary. The Parma Heights Senior Center will provide free transportation.

### CHAIR YOGA

As with Chair Dancing, you will enjoy doing **Chair Yoga** while comfortably seated. Yoga promotes radiant health as it stretches and tones your muscles, spine and skeletal system. The exercise will leave you feeling calm and refreshed, with increased clarity, focus and concentration. Chair Yoga is moving to **Every Tuesday at 11:00 a.m.** in the **Activity Room**. There are no fees, no special equipment needed, and no experience necessary. The Parma Heights Senior Center will provide free transportation.

### LINE DANCING

Rita Fogler our dedicated and talented **Line Dancing** Instructor teaches a terrific class. It's only \$1 and the Center will provide free transportation. **Every Monday at 1:30 p.m.** in the **Dining Room**.



### BOOK CLUB

We have some enjoyable discussions and more importantly, some wonderful literature to read. Library Bill shares interesting facts about the writing of the book, the author and other tidbits the discussions give you food for thought about the book and its characters. This can be quite enlightening and surprisingly exciting. You can join the **Book Club** at any time and you will be made to feel welcome. The Parma Heights Senior Center will provide free transportation. Book Club meets the first Tuesday of every month @ 12:45 p.m. in the Activity Room. Hope to see you on **Tuesday, June 1 at 12:45 pm** in the **Activity Room**.

### BINGO

The fine folks listed below donate their time, talent and all the prizes to provide free **Bingo** in the **Dining Room at 1:00 p.m.** In addition to the great prizes you will enjoy being in the company of your peers. The Parma Heights Senior Center will provide free transportation.

**Tuesday, June 1, Greenbrier Senior Living hosts Treat Bingo**  
**Tuesday, June 8, Legacy Place Parma hosts Candy Bingo**  
**Tuesday, June 15, Mount Royal Villa hosts Bakery Bingo**  
**Tuesday, June 25, Mount Alverna hosts Fruity Bingo**  
**Tuesday, June 29, Caring Tree hosts Surprise Bingo**



# AT THE CENTER CONTINUED

## DR. PAJKA

Join us for lunch **Wednesday, June 2** at noon to see a slide show and talk from Dr. Pajka regarding the newly opened "Northern Eye Clinic" on Pearl Road in Parma Heights. Anyone who is interested in learning more about the clinic may then sign up for a trip to view the clinic on Friday, June 11th at 1:00 p.m.

## MOVIES

### Blind Side

A true story about a homeless black teenager, Michael Oher, who has drifted in and out of the school system for years. Then Leigh Anne Tuohy, and her husband, Sean, take him in, transforming Michael's life and theirs. With help from new-found family, tutors and coaches, he realizes his potential as a student and football player. Starring Sandra Bullock and Tim McGraw.

**Wednesday, June 2** at **12:45 p.m.** in the **Activity Room**



**Rating PG13**

### It's Complicated

When attending their son's graduation, a couple reignite the spark in their relationship. The only problem is that they are divorced and he is remarried. Starring Meryl Streep, Steve Martin and Alec Baldwin

**Wednesday, June 16** at **12:45 p.m.** in the **Activity Room**

**Rating R**



## BLOOD PRESSURE

On the **First Thursday of Every Month**, from **11:00 a.m. -12:00** we provide free **Blood Pressure** Screenings in the **Small Lounge**. No reservations are necessary and the Parma Heights Senior Center will provide free transportation to the center. Join **Bayada Nurses** on **Thursday, June 3rd** at **11:00 a.m.**

**No reservations necessary**



## DR. ZACCARDELLI

Local podiatrist **Dr. Zaccardelli** comes to the Senior Center **Every Thursday** at **1:00 p.m.** to see patients. No reservations are required, you will be seen on a first-come-first-served-basis. Please bring all insurance information the day of your visit. Normal office procedures except injections and surgeries are available. The Parma Heights Senior Center will provide free transportation.



## LOW IMPACT AEROBICS

Our low -impact **Aerobics** exercise class is fun and heart healthy. The Parma Heights Senior Center will provide free transportation to the center. This class will run approximately 30 minutes and it's free! Please wear comfortable athletic footwear for comfort and safety. The class will be held in the Activity room **every Monday and Friday** at **9:00 a.m.** No reservations are required.



## CHAIR VOLLEYBALL

The only thing missing is the sand and the sun when we play **Chair Volleyball** in the **Activity Room Friday, June 4 and 25** at **10:00 a.m.** We all laugh and have a great time while we get an excellent upper body work-out. You remain seated throughout the game so **ALL** are welcome and encouraged to give it a try. The Parma Heights Senior Center will provide free transportation.

## PIZZA PAN

The first Friday of every month, **June 4**, Pizza Pan comes to the center with lots of hot pizza, salad, calzones for anyone to purchase for \$5 each. Buy one to take home for dinner or eat for lunch on the weekend. It's a great deal. If you need a ride to the center to pick up your food call the center for transportation.



## AT THE CENTER CONTINUED

### CARDS

There is an ever-growing group playing **Cards** (Pinochle) in the **Activity Room every Friday at 12:30 p.m.** The Parma Heights Senior Center will provide free transportation.

### WALGREENS

Shingles talk with Pharmacist Shawn from Walgreens. This informative discussion will be held during lunch at **Noon** in the lunchroom on **Tuesday, June 8**. Please join us for lunch and learn more about the signs and symptoms of shingles, the treatment of shingles and who is at risk for getting shingles. As you may know, shingles is the reactivation of the varicella-zoster virus, a type of herpes virus that causes chickenpox. After you have had chicken pix, the virus lies inactive in your nerve roots and remains inactive until, in some people, it flares up again. When the virus becomes active again you get shingles instead of chickenpox. Anyone who even had a mild case of chickenpox can get shingles. People who have a weak immune system are vulnerable to reactivation of the virus that causes shingles. Many factors can weaken your immune system, including aging, injury and illness. For more information about shingles, please join us for our discussion.

### LIBRARY WITH BILL

The Second Wednesday of every month, **Library with Bill** has people stopping in to browse over the materials or to obtain books requested the previous month. Why don't you make it a point to stop in on your way to lunch and grab something of interest; whether it is a book, a book on tape, a CD or even a DVD. The Parma Heights Senior Center will provide free transportation to the center.

**Wednesday, June 9 at 11:00 a.m.** in the **Small Reception Room**



### CRAFTS

A free Craft Workshop will be held on the 2nd Wednesday of each month. **Wednesday, June 9 @ 1:00 p.m.** Since there are a limited number of kits available, make sure you sign up. You will be making jewelry. A sample is on display at the senior center office.

### Wii

The second Thursday, of every month at **12:45 p.m.** Home Instead Senior Care brings their Wii to the Senior Center for some games of bowling. Everyone is welcome and you do not need to have experience with the Wii or in bowling. Come and try or just watch and join in the laughter. **Thursday, June 10** in the **Activity Room**. No reservations needed.

### CORN HOLE

Hopefully everyone has had the chance to come to the center to participate in **Corn Hole**. It is described as being similar to Horseshoes only you use square bags filled with dried corn instead of metal horseshoes and you score points by throwing the bags and either landing on or getting the bag into a circular opening on the wooden scoring board. We play Corn Hole Every month on the **Second Friday of the month at 10:00 a.m.** The Parma Heights Senior Center will provide free transportation.

### BLOOD PRESSURE BY PARMA COMMUNITY HOSPITAL

**Parma Community Hospital** will be in the Activity Room to provide free **Blood Pressure Screening**. This service is available **Tuesday, June 15 at 11:00 a.m.** in the **Activity Room**



## AT THE CENTER CONTINUED

### LADDER GOLF

We will be playing Ladder Golf Every Third Friday of the month at **10:00 a.m.** in the **Activity Room**. Ladder Golf is played with 2 teams. Each player has a golf ball bola. A bola is 2 golf balls attached by nylon rope. The object of the game is to wrap your bolas around the steps of the ladder. The ladder consists of 3 steps, a top, middle and bottom step. Ladder golf is played in rounds, each round consists of tossing 3 bolas. The top step is worth 3 points, the middle 2 and the bottom 1 point. Games are played to an exact point total of 21. Even if you never golfed a day in your life now is the time to join us as we all have fun trying Ladder Golf. Please call the center if you need free transportation.

### NATIONAL ICED TEA MONTH

Join us on **Friday, June 18th** for lunch at **noon** and you will be served either iced tea or hot tea. Celebrate the month with refreshing cup of iced tea. Snacks and tea will be provided by Hanson Services, Inc.



## ON THE ROAD

### BREAKFAST BINGO AT EAT'N'PARK

**B-I-N-G-O!!!!** Join us for breakfast at Eat'N'Park and play bingo for **FREE** and win great prizes! The "Senior breakfast and fruit buffet special" for bingo players is \$4.99. Seating is limited, so sign up early. Transportation cost is **\$3**.

**Tuesday, June 1 at 9:00 a.m.**

**Reservations begin Monday, May 17**



### WALKING ON WEDNESDAY

Senior Walking Path is located in the Greenbrier Commons, behind the library and beside the pool. In addition to the pathway there is various durable outdoor fitness equipment designed to provide a wide range of exercise functions for people who would rather be outdoors than in a gym. Seniors can use these exercise stations to enhance their cardiovascular conditions, increase flexibility, develop muscle tone or improve balance and coordination. The Walking Club will be meeting at the walking path at **8:30 a.m.** every **Wednesday**.

### SENIOR "DAYTIME DANCES AT THE MIDDLEBURG HEIGHTS COMMUNITY CENTER"

Dance away the afternoon by joining us at the Middleburg Heights Community Center for a fun filled afternoon of dancing to a live band from 1 – 3 PM. Coffee and donuts will be provided for \$5 per person payable at the door. We will be providing transportation on Friday, June 4 to hear Eric Noltkamper and Tuesday, June 29 to hear Standard Tyme. The van will pick you up at 12:00 and return you home at 3:30 p.m. Transportation cost **\$3**

**Friday June 4 at 12:00**

**Tuesday, June 29 at 12:00**

**Reservations begin Wednesday, May 19**

**Reservations begin Wednesday, June 16**

### DUNKIN DONUTSTRIP

Join us for a trip to the "NEW" Dunkin Donuts restaurant located in Parma Heights on Pearl Road. Enjoy donuts, bagels or coffee to get your day off to a great start! Free transportation.

**Monday, June 7 at 9:00 a.m.**

**Reservations begin Tuesday, May 25**



# ON THE ROAD CONTINUED

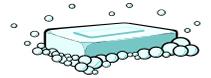
## SHOPPING AT KMART



We will provide transportation to **Kmart** on Brook park Road **Tuesday, June 8** at **12:00 noon** The Parma Heights Senior Center will provide transportation for **\$3**. The van will pick you up at 12:00 and you will have the opportunity to shop for an hour and return home at approximately 1:30 p.m.

**Tuesday, June 8 at 12:00**

**Reservations begin Thursday, June 1**



## EAST PARK RETIREMENT

Enjoy a free lunch and a soap making class sponsored by the East Park Retirement Community at their Brook Park location. Everyone in attendance will receive soap samples to take home and a delicious catered lunch by the on-site chef. Seating is limited. Transportation will be provided for **\$3**

**Thursday, June 10 at 12:00**

**Reservations begin Thursday, May 27**

## NORTHERN EYE CENTER TOUR

Join us for a tour of the new state-of-the-art “Northern Eye Center” in Parma Heights on Pearl Road. View the center and the surgery rooms. Refreshments will follow the tour in the reception area.

**Friday, June 11 at 1:00 p.m.**

**Reservations begin Tuesday, June 1**

## MISS MOLLY’S TEA ROOM

Join us at Miss Molly’s Tea Room and Gift Shop located in the historic district of Medina, Ohio, for lunch and shopping. Miss Molly’s is a lavishly decorated Victorian Tea Room and Gift Shop. Enjoy homemade soups, salads, fresh baked scones, lemon tea bread, a variety of gourmet coffees and teas. Also enjoy one of Miss Molly’s award winning entrees including the tea room sampler complete with three heart-shaped sandwiches featuring homemade chicken salad, tuna salad and southern style pimento cheese with your choice of one of Miss Molly’s four side salads or a cup of soup. Transportation cost **\$5**.

**Saturday, June 12 at 1:00 p.m.**

**Reservations begin Tuesday, June 1**

## BAKER’ SQUARE



Join us for dinner at Baker’s Square followed by a classic car show in the parking lot. Restaurant specialties include: burgers, pita sandwiches, specialty sandwiches, pasta, chicken pot pie, steak, fish and chips, and the yummy “Pie Shop Special” which includes soup or salad, a half sandwich and any slice of Baker’s Square award winning pie. Carry out pies are also available. Free Transportation

**Tuesday, June 15 at 5:00 p.m.**

**Reservations begin Wednesday, June 2**

## PARMA HEIGHTS NIGHT TRANSPORTATION

Transportation will be provided on the third Thursday of every month to any **Parma Heights location**. You will be able to go anywhere in the City of Parma Heights **free** on the **3rd Thursday** of the month from **5:00-8:00 p.m.** The best thing about this service is that you get to decide where you want to go. Call the center at 440. 888.4416 to make a reservation for **June 17**.

**Thursday, June 17 at 5:00 p.m.**

**Reservations begin Friday, June 4**

## SPAGHETTI COOK-OFF

Feast on pasta with a sampling of sauces including a beverage, roll and salad all for \$5 per person. Dessert and coffee are an additional \$1. Sample delicious sauces and vote for the winner as the area’s assisted living facilities vie for the “Best Sauce Award”. All proceeds from this event benefit the Alzheimer’s Association.

Free transportation

**Friday, June 18 at 11:30 a.m.**

**Reservations begin Monday, June 7**



# ON THE ROAD CONTINUED

## MOUNT ALVERNA DINNER

Mount Alverna has been kind enough to offer us the opportunity to visit their facility for an enjoyable dinner followed by games and prizes. Free transportation will be provided.



**Monday, June 21 at 3:00 p.m.**

**Reservations begin Tuesday, June 8**

## LUNCH AT GREENBRIER RETIREMENT COMMUNITY

Greenbrier Retirement Community will be hosting lunch at noon for anyone who is interested in relaxing to the tropical music provided by "Island Jeff" and his steel drums. Please sign up early, seating is limited. Free transportation

**Wednesday, June 23 at 12:00**

**Reservations begin Thursday, June 10**

## INFINITY HOME HEALTH SERVICES AND CARING TREE SENIOR CARE

Presents a Summer Senior Fair at Independence Place I & II (9231 & 9233 Independence Blvd), Thursday, June 24 from 9:00 am—2:00 p.m. A complimentary lunch will be provided. Receive priceless information regarding: Healthcare and benefits, Diabetes, strength and balance and more. Free transportation

**Thursday, June 24 at 9:30 am**

**Reservations begin Friday, June 11**



## CHUPPA'S MARKET PLACE

Join us for a trip to Chuppa's Marketplace for one-stop shopping for all of your cooking needs. The Chuppa family has been in the fresh produce business for over 40 years. Stop in to view the wonderful selections in the following departments: produce, catering, deli/butcher meats and chicken, homemade prepared foods, and specialty items. Free Transportation

**Monday, June 28 at 1:00 p.m.**

**Reservations begin Tuesday, June 15**

## MALTZ MUSEUM OF JEWISH HERITAGE-CATHOLIC SISTERS IN AMERICA

This exhibit is a chronicle of the brave and innovative women who walked before us, establishing schools, hospitals and other enduring institutions. View photos, artifacts, and audio-visual displays. The tour will last approximately 1 hour. Your paid admission gives you full access to the entire museum. The cost of the tour is \$10 per person. This price will include transportation. Lunch at TGI Friday's is an additional charge. All seniors are eligible for a 20% discount off of their lunch bill.

**Wednesday, June 30 at 11:30 am**

**Reservations begin Monday, June 14**



Thank you Trudy Castor for donating books to the Parma Heights Senior Center Library. Trudy's generosity is greatly appreciated.



There will be no line dancing July and August, we are taking a summer break. Line Dancing will start back up on Monday, September 13 at 1:30 p.m.

The tall ships are coming to Cleveland! Watch your July newsletter for more information

# Pleasantview The Healthcare Center on Ridge

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- ◆ Hospice and Palliative Care
- ◆ Veterans Administration Preferred Provider
- ◆ Free assistance with applications for VA Benefits
  - ◆ Enriching social, educational, cultural and religious activities.
  - ◆ Secure and Spacious Suites. Home style prepared meals
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  - ◆ Privacy of apartment living bridged with personalized levels of nursing care
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Located at 7377 Ridge Rd. in Parma, Ohio  
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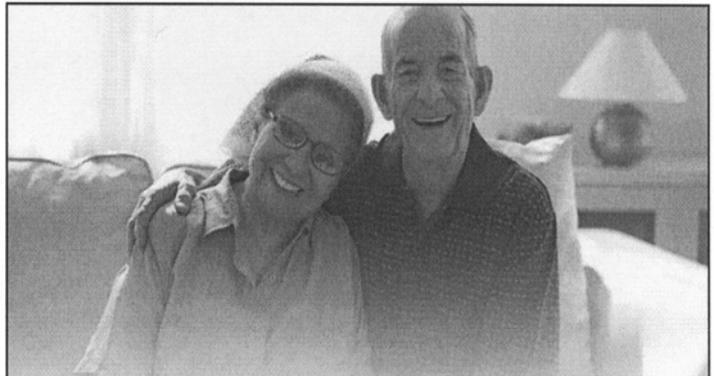


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**Wm. Zaccardelli**  
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Every Thursday @ 1 PM at  
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No appointments needed-just show up

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**Diabetic shoes available**  
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## DIRECT CREMATION

**\$ 1,195.00**

Package Includes; Services of the Funeral Director/Staff, Removal, Cremation Fee.

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## TRADITIONAL SERVICE

**\$ 3,495.00**

Package Includes; Services of Funeral Director/Staff, Embalming, 2 Hours Visitation, 20 ga. Non-Sealed Casket, Funeral Coach and Escort.

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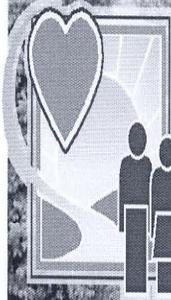
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An Assisted Living  
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- ~ Beauty Salon & Barber Shop
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- ~ Daily Planned Activities



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Visit our website at: [www.communicarehealth.com](http://www.communicarehealth.com)



**Greenbrier**  
SENIOR LIVING COMMUNITY

We take pride in our campus and invite you to visit our Senior Living Community and enjoy a Complimentary Lunch and Tour by asking for our Admissions Department for an appointment!

### **NURSING CENTER**

6455 PEARL ROAD • PARMA HEIGHTS, OH 44130

**(440) 888-5900**

*Admissions Accepted 24 hours a day, 7 days a week*

- Short Term Rehab Care
- 24-Hour Skilled Nursing Care
- Long Term Care
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- Hospice Services
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6457 PEARL ROAD • PARMA HEIGHTS, OH 44130

**(440) 888-0400**

\$2000-\$2450 MONTHLY RENTAL FEE INCLUDES:

- All Utilities including Local Telephone & Cable
- Restaurant Dining for All Meals
- Weekly Housekeeping and Laundry Services
- Emergency Alert System
- Staff On Duty 24/7
- Scheduled Courtesy Transportation & Shopping Trips & Activities



Members of the CommuniCare Family of Companies

# Educator Senior Apartments

9275 North Church Drive, Parma Heights, Oh 44130

## Amenities:

- ~Free Utilities
- ~Meals on Wheels Program
- ~Scheduled Activities
- ~Service Coordinator on Site
- ~Laundry Facilities
- ~Secure Entry
- ~Parma Heights Senior Center on Ground Floor



## Amenities:

- ~Transportation Service
- ~Garden Spaces
- ~Community Room
- ~Newly Renovated Suites
- ~Elevators (two)
- ~Blinds, Carpeting & Appl.
- ~Near Shopping, Banking, Medical & Entertainment



Call to Schedule a Visit to our Community

**440-845-5666**

[educator@retireehousing.com](mailto:educator@retireehousing.com)

Age and Income restrictions apply.

