

AURORA SENIORS



MARCH - APRIL 2008 NEWSLETTER

SENIOR COORDINATOR

Patty Harrington

(330) 995-9148, harringtonp@auroraoh.com

SENIOR CENTER & PARKS & RECREATION OFFICE

The Walker Building, 129 West Pioneer
Aurora, Ohio 44202

Office: (330) 562-4333, Fax: (330) 995-9154

Hours: Monday - Friday: 8 a.m. - 4:30 p.m.

Learn To Take Salt Out of Your Diet!

Tuesday, April 8 at 1 p.m. - Walker Building

Join Diane Knaser-Forsyth of, Senior Select, as she shares with us the DASH Diet concept. (Dietary Approaches to Stopping Hypertension.) Learn more about hidden sodium in your everyday diet and simple changes you can make to decrease your sodium intake.

Lunch and Learns at the Walker Building Monday, March 3 at 12 p.m.

Tony Amodeo of Portage Health Services has invited Jon Galiardi, pharmacist at CVS, to answer any questions you may have about your prescription drugs and their interaction with other drugs or herbal supplements. Lunch is provided by Jennifer Malynn of Gardens of Western Reserve.

Free and open to the public.

Registration is required

"A Good Night Sleep is Not Only a Dream."

Monday, April 21 at 12 p.m.

Sponsored by WebWise Seniors
along with University Hospital

When did getting a good night sleep become such a chore? As we age we face many issues regarding our sleep. Learn about the causes of sleeplessness and discover ways to help increase the likelihood of you getting enough rest. Lunch will be provided by Diane Barben of Anna Maria of Aurora.

Free and open to the public

Registration is required

FOCUS ON HEALTH

AND EXERCISE PROGRAMS

Arthritis Foundation Exercise Program

Tuesdays and Thursdays, 12 - 1 p.m.

\$1

Walking Video FREE!

Mondays, Wednesdays, Fridays at 9 a.m.

Walk and Firm Low Impact Aerobics

Walker Building

Gentle Yoga

Fridays, Feb. 22 - April 4

10 - 11:30 a.m.

\$35/6 classes

Pre-register with Patty by calling 330 995-9148.

Wear comfortable, loose clothing!

Aurora Senior Walking Club

Fridays, 9 - 11 a.m.

Our focus for this group is to get out and walk, enjoy the company of others and take in the beauty that our park systems have to offer. We meet on Friday mornings at 9:00am either at Sunny Lake Park (Mennonite Rd. entrance) or at City Hall to take the bus. Our first meeting is April 4 at Sunny Lake. At this time I will have an itinerary of all of our walks for the season.

Fee: \$25 for a season pass or \$3 each trip.

Massage with Susan Lund, EMP

Mondays, March 10, 31 & April 14, 28

9 a.m. - 1 p.m.

One-hour Full body massage - \$35

Pre-register (limit one massage per month)

Eating Good & Hands on Cooking Demo

Sponsored by Home Instead

Mondays, March 10, 24 and April 14, 28

2:30 - 4:30 p.m.

A fun and interactive program!

Learn to make a different entree and dessert and take home enough for two!

\$5

PARTA

Portage Area Regional Transportation Authority

1.800.673.1287

UPCOMING TRIPS & OUTINGS - SENIORS ON THE GO, GO, GO . . .

Pre-Registration is required for all trips. Your ticket/seat is not guaranteed until payment is made. If the sign up sheet appears full please check in with either Patty or someone in the Parks and Recreation office to check availability. Non Residents must wait until the designated date to pay for trips. Refunds are honored up to one month before the trip unless tickets have been purchased. In that case you are responsible for securing your own replacement in order to get a full refund. All checks made payable to City of Aurora.

Wednesday, March 5 from 8 a.m. - 6 p.m. **Trip to Tiffin, Ohio**

Begin your tour at Crystal Traditions where you will watch artisans demonstrate glass blowing and crystal wheel engraving. Browse the show room and outlet. Then it is off to a buffet luncheon before visiting the Tiffin Glass Museum. Following our tour of the museum we will go to the Ritz Theatre, a historic vaudeville/movie palace which was completely renovated in 1998. It's off to the Wax Shack to see a demonstration of hand poured candle making. Everyone will receive a homemade candle.
Fee: \$36

Thursday, March 6 from 11:30 a.m. - 5:30 p.m. **"Wicked" at Playhouse Square** Fee: \$75 (Lunch OYO)

Saturday, March 8 from 10:30 a.m. - 1 p.m. **Paganini's School of Cooking**

Enjoy a four course meal at Paganini's School of Cooking. The students prepare, and serve the gourmet food. You grade them on the whole experience. Paganini's permits you to bring a bottle of wine if you enjoy a little wine with your meal.
Fee: \$24

Monday, March 10 from 11 a.m. - 2:30 p.m. **Lunch Bunch at Sterle's Restaurant** Fee: \$2

Thursday, March 13 from 12:30 - 5 p.m. **Cleveland Playhouse for, "Doubt."**

Winner of the Tony Award and the Pulitzer Prize, "Doubt," is set in a Catholic school during a time of unsettling events: Kennedy assassination and Vatican II have caused uncertainty in the minds of many. But Sister Aloysius is not uncertain at all about the accusation she is about to make. A powerful play about truth, faith and suspicion that will leave you deep in conversation long after the curtain has fallen. The most eagerly awaited show for 07/08!
Fee: \$35

Friday, March 14 from 8:45 a.m. - 2:30 p.m. **Cleveland Orchestra at Severance Hall** Tamberg Trumpet Concerto Ravel Daqhnis et Chloe Fee: \$27 (Lunch OYO)

Wednesday, March 26 **from 11:30 a.m. - 5:30 p.m.** **Carousel Dinner Theater, "The King and I"** Fee: \$47

Monday, March 31 from 8 a.m. - 9 p.m. **Seneca Allegany Casino** Fee: \$27 (\$20 cash back and \$5 in food)

Saturday, April 5 from 12:30 - 4:30 p.m. **The Metropolitan Opera brings, "La Boheme,"** **to Cinemark Theater 24 in the Valley** Fee: \$25

Monday, April 7 from 9 a.m. - 3 p.m. **Western Reserve Historical Society for,** **"WWII: Up Front and Personal Northeast Ohio-** **ans Remember the War."** Fee: \$12 (\$5 for WWII Veterans) Lunch OYO (All WWII Veterans receive free admission to the museum for this exhibit)

Wednesday, April 9 from 11:30a.m. - 2:30p.m. **Lunch and Bingo Extravaganza at Stratford** **Commons. Fee: \$2**

Monday, April 14 from 11 a.m. - 2 p.m. **Lunch Bunch at On Tap in Stow** Fee: \$2 (Lunch OYO)

Friday, April 18 from 9 - 11 a.m. **Walking Club Head Waters Trail** Fee: \$3 or \$25 for season pass

Friday, April 18 from 11:30 a.m. - 2:30 p.m. **Red Hat I Outing Fee: \$3**

Monday, April 21 from 4 - 7 p.m. **Dinner Club Arnie's in West Branch** Fee: \$2 (Dinner OYO)

Tuesday, April 22 Time: TBA **Chagrin Cinemas to see "Young at Heart"** Fee: \$3 (Movie OYO)

Wednesday, April 23 from 9 a.m. - 7 p.m. **Experience Volant, Amish Countryside Shops** **in Pennsylvania**

Volant's merchants invite you to take a break from the fast paced world, step back in time, and enjoy shopping as it used to be...on an Old Fashioned Main Street. Following visit to Volant we will travel to Tara to tour the mansion and have an early dinner before heading home.
Fee: TBA

Friday, April 25 from 8:45 a.m. - 1:30 p.m. **Cleveland Orchestra at Severance Hall Bartok** Fee: \$27

Wednesday, April 30 from 9 a.m. - 3 p.m. **MAPS Air Museum in North Canton** Offering a unique experience for aviation and military enthusiasts, MAPS visitors can view restoration on many of the world's greatest aircraft. Immerse yourself in a display of vintage aircraft and aviation artifacts and memorabilia. Fee: \$12 (Lunch OYO)

Upcoming Trips:

More information in your next newsletter!
Aurora Residents may sign up for these trips at any time. **Non-Residents may begin signing up on March 24, 2008.**

Sunday, May 4 from 11:30 a.m. - 5 p.m.

"Enchanted April" at Weathervane Theater

A comedy about two London housewives who rent a villa in Italy for a holiday away from marriage.

Fee: \$25 (Lunch OYO)

Monday, May 5 from 10 a.m. - 3 p.m.

Hartville Kitchen and Flea Market Shopping Trip

Fee: \$6 (Lunch OYO)

Wednesday, May 7

Casino Trip

Friday, May 9 from 8:45 a.m. - 2:30 p.m.

Cleveland Orchestra at Severance Hall

Liadov Rimsky-Korsakov

Fee: \$27 (Lunch OYO)

Monday, May 19 from 4 - 7 p.m.

Dinner Club - Austin's Steak House in Twinsburg

Fee: \$2

Tuesday, May 20 from 6 - 11 p.m.

Akron Aero's Baseball Game

Fee: \$9

Friday, May 23 from 8:45 a.m. - 1 p.m.

Cleveland Orchestra Bruckner Symphony No. 9

Fee: \$27

Wednesday, May 28 from 11:30 a.m. - 5:30 p.m.

Carousel Dinner Theater for "Damn Yankees"

Fee: \$47

Wednesday, June 4 from 10 a.m. - 3 p.m.

Wagon Trail Animal Park

Fee: \$18 (Picnic Lunch Included)

Wednesday, June 11

"Vatican Splendors from St. Peter's Basilica,

The Vatican Museums and Swiss Guard"

Fee: \$23

Friday, June 13 from 11:30 a.m. - 2:30 p.m.

Red Hat I Outing

Fee: \$3

Wednesday, June 18-19

Overnight trip TBA

Watch for more information on Channel 26.

Friday, June 20 from 3 - 8:30 p.m.

Carson and Barnes Circus in Ravenna

to benefit Habitat for Humanity

Fee: \$23 (Dinner OYO)

Monday, June 23 from 8 a.m. - 6 p.m.

Cedar Point

Tuesday, June 24 from 6 - 11 p.m.

Akron Aeros Baseball Game

Fee: \$9

Sunday, June 29 from 11:30 a.m. - 5 p.m.

Weathervane Theater to see "Ragtime"

Fee: \$25 (Lunch OYO)

ON-GOING PROGRAMS AT THE WALKER BUILDING

Bingo

Tuesdays at 10:30 a.m. \$0.25/game

Blood Pressure Clinic

Provided by Aurora Manor

2nd Tuesday of the month at 10 a.m.

Cholesterol Screening

Provided by Legacy Place

3rd Tuesday of the month at 11:30 a.m.

Beltone Hearing Screening

Tuesday, Jan. 8 from 9:30 - 10:30 a.m.

Podiatrist Visit

Dr. Lara Poduska, D.P.M.

Complete nail care. Bring Medicare or insurance card for the doctor to file claim.

Call Dr. Poduska's office at 216.662.0027 for appointment.

Stitches From The Heart

Fridays, March 7 & April 14

11:45 a.m. - 3 p.m.

This is a volunteer program benefiting area agencies in need of items for client use.

Monetary Donations are needed to help fund these projects.

Book Discussion Group

4th Monday of each month at 9:30 a.m.

Monday, March 24 & April 28

Books TBA (call 330-995-9148 for book titles)

Shopping with PARTA

Fridays at 10 a.m. - 12 p.m.

1-800-673-1287

Free Income Tax Assistance

If you are 60 or over and a middle to low income tax payer, AARP Tax-Aide may be able to help you with your Federal and Ohio income tax forms. Taxes are done by appointment only. To make an appointment or to locate a site near you call 1-330 297-4636. Once you made your appointment be sure to bring all pertinent forms from 2006 as well as 2007. This service is administered in cooperation with the IRS.

UPCOMING SOCIAL EVENTS

Breakfast Before Bingo

Tuesdays, March 11 & April 8 at 9:30am.

Enjoy breakfast with friends!

Then stay for bingo!!

\$2 (Pre-registration required by the day before)

St. Patrick's Day Celebration

Wednesday, March 12 at 12 p.m.

\$6

Yoga Presentation

Wednesday, March 19 at 1 p.m.

Presented by Anna Maria

Sunshine Committee

Miriam Famagelto (330-562-7354)

Barbara Cunnington (330-995-3271)

Lillian Papp (330-562-7104)

Know of a fellow Aurora Senior who is in need of a special card? Let one of these ladies know & they will send a greeting to brighten their day.

Our Red Hat groups are in need of additional members. If you are interested please call Patty at 330 995-9148.

Aurora Assistance Program

Any senior or resident who can demonstrate that they have a total annual combined income of \$18,100 or less are entitled to the fee payment exemptions/reductions and /or services without charge to certain City services such as trash, recycling, snow removal, water, and sewer. Pick up an application at the Walker Building or City Hall. Applications and copies of all documentation are to be mailed to the Mayor's office by May 1, 2008 to be eligible for the time period of July 1, 2008 through June 30, 2009. May 1st is an "absolute deadline."



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