

Fifty Plus

Community Services Department

The City of *Westlake* Ohio
www.cityofwestlake.org

Dennis M. Clough, Mayor

Volume 28, Issue 3

March 2016

CHILI COOK-OFF Wednesday, March 9

11:30. This event features ten organizations serving up their famous chili recipes. Along with *ten samples of chili with all the fixin's*, you'll receive *coleslaw and dessert*. Door prizes will be given away just prior to announcing this year's winner. **Don't miss out on the fun!** (Thank you in advance to Margie Kaufmann of Caring Tree, Inc. and Amy Margiotti of Parkway Pharmacy for Co-Chairing this event.)

Cost: \$5, payable by 3/2. Proceeds from this event will be used for activity programs at Westlake Center.

*Wishing you a rainbow for sunlight after showers –
Miles and miles of Irish smiles for golden happy hours –
Shamrocks at your doorway for luck and laughter too,
and a host of friends that never ends
each day your whole life through!*

MAIN LUNCH—DAY AWAY ST. PATRICK'S DAY CELEBRATION AT WESTLAKE CENTER Wednesday, March 16

11:00. **Mossy Moran** returns for our Day Away Celebration. Hailing from Ireland's southeast coastal city of Waterford, Mossy's deep baritone vocals, combined with a thundering velvet hand on his guitar, are sure to mesmerize you as he sets a celebratory tone for our St. Patrick's Day Celebration. (Centerpieces provided by Villa Camillus.)

12:00. Lunch: Feast on traditional St. Patrick's Day fare: *Corned Beef, Boiled Redskin Potatoes, Steamed Cabbage, Baby Carrots, Gelatin Salad, Rolls and Butter and Apple Crisp with Whipped Topping* (catered by Novotny's).

Cost: \$13, payable by 3/9.

THROUGH THE EYES OF THE ARTIST—FELICIA ZAVARELLA 😊 Thursdays, March 24, 31 and April 7, 14; 10:00.

(Partially sponsored by Our House, Compassus Hospice/Life Choice.)

3/24—Henri De Toulouse Lautrec. The Bohemian artist of the "beautiful era" in Paris, the last decade of the 19th Century. He was once told, "Your paintings are atrocious, but very chic." His colorful and theatrical life yielded a collection of provocative images of his modern and sometimes decadent life.

3/31—Louis Comfort Tiffany. A savvy businessman, Tiffany built an industry to satisfy his creative energy. No American artist before or since has enjoyed such a universal reputation for versatility, creative genius and uniqueness of vision and no other artist was able to turn art into an industry.

4/7—Tamara DeLempicka. DeLempicka's portraits encapsulate art deco and the glitz of the 1920's. She chose models from the internationally elite but only if she considered them respectable enough. Sitters paid whatever sum she demanded to be socially sanctified and immortalized by her.

4/14—Leonardo DaVinci. Few people know the amazing story behind the man often described as the embodiment of the Renaissance. He once said "People of accomplishment rarely sat back and let things happen to them. They went out and happened to things."

Cost: \$10 for entire series, payable by 3/18.

This symbol 😊 denotes a free activity or program
and this symbol ♥ indicates a wellness program.

Contents

Activity Programs	1-6
Community Info	6
Movies	5
Fitness	6
Health	6
Support Groups	6
Social Services	7
Travel (Back of calendar)	

AARP TAXES 😊
BY APPOINTMENT
Call 440.899.3544
Mondays, 3/7—4/11
12:00—3:00.

IRS-certified AARP volunteers provide FREE tax assistance to older adults who need help preparing their tax forms. Bring last year's tax forms and any paperwork received in the mail. Due to identity theft issues, you are required to bring in a valid photo ID or Social Security card and you must be present when your taxes are being prepared.

WENDT TOURING 2016 😊
TRIP PRESENTATION
Monday, March 14
1:00. Rich Urbas of Wendt Touring will present all of the exciting overnight trips that have been planned for 2016. Don't miss this!
RSVP by 3/11.

MEN'S MORNING 😊

Wednesday, March 2 **Note date change for this month.
****This Program is rescheduled from January****

9:45. A hearty, home-cooked breakfast made by Debbie.

10:00 The Ethnic History of Cleveland. David A. Bernatowicz, Associate Professor of History at Cuyahoga Community College presents a narrative history of the many ethnic groups that migrated to the Cleveland area from the early 19th to the 20th century. Included will be a discussion of the migration of the many ethnic groups to Cleveland, the places where they worked, the neighborhoods they developed and the effect they had on the history of the City of Cleveland.

RSVP by 2/26.

AGING ALONE 😊❤️
Wednesday, March 2

10:00. Get Moving! Maintaining as active a lifestyle as possible is important for your mind, body and soul. Be prepared to learn some exercises you can easily do anywhere, even while watching television. (Sponsored by Home Instead Home Health Care.)

RSVP by 2/29.

NEWS & VIEWS 😊
Wednesday, March 2

11:00. Join Janet Carnall as she discusses current events and world. Janet earned a B.S. in Geology and an M.B.A. at Baldwin Wallace University and is retired from North Coast Community Homes. She has had a lifelong interest in geology, ancient history and nature.

RSVP by 3/1.

HEALTH SCREENING DAY 😊❤️
Thursday, March 3

10:00-12:00. Vital health screenings will include cholesterol and glucose levels, blood pressure, balance, bone density, hearing, spinal alignment and device checks. (Sponsored by St. John Medical Center, Manor Care and HealthSource Chiropractic.)

RSVP by 2/26.

BALLROOM DANCE ❤️
Thursday, March 3

2:00-4:00. John Kowalski will delight you with all of your favorite dance music. Come to dance or just to listen. (Light refreshments sponsored by Sprenger Hospice.)

Cost: \$4, payable day of. Next dance scheduled for 4/6.

MANAGING AND PREVENTING DIABETES 😊❤️
Tuesday, March 8

9:30. Glucose testing. Please fast for two hours prior to testing.

10:00. A discussion will take place about issues concerning diabetes followed by a Q&A session. (Sponsored by St. John Medical Center and The Normandy—snacks.)

RSVP by 3/4.

BRAIN HEALTH 😊❤️
Wednesday, March 9

1:00. Lisa Anthony of Arden Courts will lead you in some games designed to work out your brain. Always enjoyable *and educational*.

RSVP by 3/8.

REMEMBER TO CHECK-IN WHEN YOU ARRIVE FOR PROGRAMS—

Need a swipe card? See the front desk.

**BOB WILLS PRESENTS****HISTORY—DOUGLAS BADER**
Thursday, March 3

10:00. One of the greatest flying Aces of WWII, Doug Bader while flying for the RAF destroyed 41 enemy aircraft, was shot down 3 times and escaped twice. Come hear his amazing story of courage and determination shown by this leg-less hero of WWII.

Cost \$2; payable by 2/29.

**HISTORY—THE CULPER SPY RING**
Thursday, March 17

10:00. As it became apparent that New York City was going to be the British Headquarters during the Revolution, George Washington decided he needed spies there. Their names were unknown until 1922. One is still unknown even today. Come hear of their exciting adventures—then you will know what stress really is.

Cost \$2; payable by 3/14.

HISTORY—SPIES
Thursday, March 10

10:00. One of the most interesting aspects of the Civil War was the contribution of women to the War effort. It was a man's world and women's areas of service were severely limited, often to sewing or nursing—by far their most effective contribution was spying as no man took them seriously and they used that for all it was worth. A few of the more colorful female spies will be showcased. (Sponsored by Our House.)

Cost \$2; payable by 3/7.

ALICE WILLS—TEA WITH THE FIRST LADIES 😊
Tuesdays, March 8, 15, 29 (Not 3/22)

10:00. We are introduced to Martha, Abigail and Dolley and will enjoy their conversations about peace, war, husbands, friends and family. What were their goals, disappointments and joys? Delicious recipes will be shared.

RSVP by 3/4.

ART APPRECIATION WITH BILL MANNION 😊
LET'S HEAR IT FOR THE BOYS
Friday, March 11

11:00. We will consider the role of the male image. Artists and sculptors have created images of the male that has lent impact and forceful creations throughout the ages. Our discussion will include the heroic, the worker, the seducer, the faithful and the ideal.

RSVP by 3/8.

AT THE MOVIES WITH JODI 😊
Tuesday, March 22

9:30. This month's film selection is **The Wizard of Oz**, nominated for six Academy Awards. Starring Judy Garland, Ray Bolger, Jack Haley, Billie Burke and Margaret Hamilton. This 1939 American musical comedy-drama fantasy film, produced by MGM, is notable for its use of Technicolor, fantasy storytelling, musical score, and unusual characters. Over the years it has become an icon of American pop culture. In this charming film based on the popular L. Frank Baum stories, Dorothy and her dog Toto are caught in a tornado's path and somehow end up in the land of Oz. Here she meets some memorable friends and foes in her journey to meet the Wizard of Oz who everyone says can help her return home and possibly grant her new friends their goals of a brain, heart and courage. Pizza lunch served during group discussion following the movie. (1939. Not Rated. 102 min.)

RSVP by 3/15. Limited Seating.

BOOK REVIEW WITH IRMA BAKER
MYSTERY MARCHES TO A DIFFERENT BEAT
Tuesday, March 8

1:30. Whether it's women running construction companies like Josie Pigeon or tracking down bail jumpers like Stephanie Plum—a tattoo artist, a mall cop or a mortuary cosmetologist—mystery's fictional sleuths defy the stereotypes when they solve crimes.

Cost \$2; payable by 3/3.

MEET AND EAT
Monday, March 14

12:00 Today's location is **Moosehead Hoof and Ladder** 7989 Columbia Rd, Olmsted Falls. Join us for great food and a wonderful atmosphere at this former home of the Olmsted Falls Fire Station.

RSVP by 3/7.

BINGO FOR FUN 😊
Thursday, March 17

10:00. Play Bingo for fun and win small prizes.
11:00. Lunch: Sandwiches, chips, cookie (Sponsored by St. Mary of the Woods.)

RSVP by 3/10.

DAY TRIPS 2016 WITH JKL TOURS 😊
Tuesday, March 22

2:00. Hear about all of the exciting day trips that have been planned with **JKL Tours**. **John** will fill you in on all the details and answer any questions you may have about these wonderful trips.

RSVP by 3/18.

Activities may be paid by cash (bills of **\$20 or less** in person only), check (payable to City of Westlake), Visa, Discover, MasterCard, or American Express. **Refunds for \$2.00 or less will not be processed.**

INTERESTING PEOPLE, PLACES AND THINGS 😊**Wednesday, March 23**

9:00. Dorothea Lange. View more than five decades of 20th Century America through the prism of Dorothea Lange's life and lens. Known for her powerful images from the Great Depression and her haunting "Migrant Mother," 1936 remains emblematic of that period. As young America matured into a world power, Lange continued to bear witness bringing subjects alive, transmitting raw emotions and capturing the human condition. This film was made by Dyanna Taylor, Lange's granddaughter, who began her artistic vision literally at Lange's feet. (108 min.)

RSVP by 3/18.

SING ALONG LUNCH**Wednesday, March 23**

11:00. Jack Hogue will entertain you on the piano with all your favorites and loves taking requests. (Sponsored by Brookdale Senior Living/Westlake Village.)

12:00. Lunch. *Chicken/Broccoli/Rice Casserole, Fruit Salad, Muffin, Chocolate Cake.*

Cost: \$6, payable by 3/16.

TWENTY QUESTIONS TO ASK BEFORE HOME HEALTH CARE 😊❤️**Wednesday, March 30**

10:00. Families usually wait for a healthcare crisis packed with urgency and emotion before learning about home health care. More than 50 Home Care companies operate in Cuyahoga County, but all companies are not alike, because there are no laws or regulations covering Home Care. Seniors need to know how to find reliable, affordable Home Care that ensures their safety and covers their needs. This program will teach you the questions to ask, *explain why you must ask them* and what important factors to look for when selecting Home Care. **Presented by Peggy Lee-Tocco from Home Instead Senior Care.**

RSVP by 3/24.

COMING IN APRIL**LUNCH AND LEARN 😊****Tuesday, April 5**

11:00. You try not to eat fast food but busy lifestyles get in the way. For the times when you just need to grab a quick bite while out, there are ways to eat without ruining your diet! **Katie Hummer, Registered Dietitian,** will speak on foods that you can chose when you are in a pinch and fast food is it. Learn where extra calories hide and ways to make more nutritious and satisfying choices! **RSVP by 3/29.** (Speaker sponsored by Life Care Centers.)

BOOK DISCUSSION 😊**Wednesday, April 27**

2:00. The book in April will be *Olive Kitteridge* by **Elizabeth Strout**, chosen and facilitated by **Donna**. This book may be checked out from a library of your choice. Please read the book ahead of time and be ready to talk about it. Light refreshments. **RSVP by 4/25.**
A reminder that March 23rd's book is: *We Were Brothers* by **Barry Moser**, chosen and facilitated by **Michele**.

CARDS, GAMES, AND MORE

Activities must end by 4:30.

Board Games: Mondays, 12:30

Bridge: Mondays, 9:00 (minimum knowledge of game).
Tuesdays, 9:00 (just drop in).

Chess: Tuesdays & Fridays, 1:00 (Not 3/18 & 25)

Pinochle: Mondays, 1:00; beginner/intermediate.
Tuesday, 1:00; advanced.

Poker: Mixed: Thursdays, 12:00-3:30 (Not 3/17)

Reserve Cards: Mondays & Wednesdays, 1:00.
RSVP by week before.

HOSPICE CARDS 😊
Monday, March 14 & 28

12:00. Make dried floral cards for VNA Hospice.

SERVICE CLUB
Wednesday, March 16

9:00. Assemble Community Services newsletters.

WATERCOLOR—PAT
Wednesdays, 1:00-3:00

Intermediate experience level. Newcomers are welcome. If you would like to stop in and observe a class before signing up, we encourage you to do so.

Cost: \$10/class.
Payable before class

WATERCOLOR—DIANE
Fridays, 9:00-12:00

(Not 3/18 & 25)
Intermediate experience level. If you would like to stop in and observe a class before signing up, we encourage you to do so.

Cost: \$10/class.
Payable before class.

BEGINNER WATERCOLOR
Fridays, 1:00-3:00 (Not 3/18 & 25)

Each week instructor **Diane Reinhart** will demonstrate and teach basic skills. A list of supplies will be available when you register for the class.

Cost: \$8/class, payable before class.



😊 **THURSDAY AT THE MOVIES** 😊

Morning: 9:00 Snacks; 9:30 Movie Afternoon: 1:00 Snacks; 1:30 Movie
BE SURE YOU ATTEND THE MOVIE FOR THE TIME YOU RESERVED.
LIMITED SEATING—CALL IF YOU NEED TO CANCEL.
ALL MOVIES SUBJECT TO CHANGE DUE TO UNFORESEEN CIRCUMSTANCES

Please remember—Panera bread arrives at 9:00 and is first come, first served.

March 3— *Love the Coopers*

Comedy. 2015. Starring Diane Keaton, John Goodman, Alan Arkin and Marisa Tomei. *Charlotte Cooper has one simple holiday wish – for her family to have the memory of a perfect Christmas. But four generations of the Cooper clan gathering under the same roof is anything but perfect. Comfort and joy won't come easy: tons of snow will fall, food will fly and unexpected guests will come. But first, The Ghosts of Christmas Past, Present and Future will rear their heads as each of the Coopers makes the trip home.* (PG-13 for thematic elements, language and some sexuality; 107 min.)

RSVP by 2/25.

March 10—*Bridge of Spies* **Academy Award Nominated Film**

Biography/Drama/Thriller. 2015. Starring Tom Hanks, Mark Rylance and Alan Alda. *James Donovan, an American lawyer, is thrust into the center of the Cold War when he agrees to represent a Soviet spy captured in New York, committed to ensuring the man receives a fair trial. Later a spy plane is shot down and the pilot, Francis Powers, is captured and imprisoned. The CIA, fearful he may be coerced into revealing classified information, reaches out to Donovan to recruit him for a national security mission of great importance.* (PG-13 for some violence and brief strong language; 142 min.)

RSVP by 3/3.

March 17—*He Named Me Malala* **AM Movie only**

Documentary. 2015. *This is a portrait of Nobel Peace Prize Laureate Malala Yousafzai, who was targeted by the Taliban at the age of 15 with her father for advocating for girls' education. She was severely wounded and two of her friends were injured, when a masked gunman boarded her school bus. The attack on her sparked an outcry from supporters around the world and after recovering, she has become a global advocate for the education of girls, raising money to support this cause through the Malala Fund.* (PG-13 for thematic elements involving disturbing images and threats; 88 min.)

RSVP by 3/10.

March 24—*The Martian* **Academy Award Nominated Film**

Adventure/Drama/Sci-Fi. 2015. Starring Matt Damon, Jessica Chastain, Jeff Daniels, and Chiwetel Ejiofor. *During a manned mission to Mars, Astronaut Mark Watney is presumed dead after a fierce storm and left behind by his crew. But Watney has survived and finds himself stranded and alone on the hostile planet. With only meager supplies he must draw upon his ingenuity, wit and spirit to subsist and find a way to signal Earth that he is alive.* (PG-13 for some strong language, injury images, brief nudity; 144 min.)

RSVP by 3/17.

March 31—*The Intern*

Comedy. 2015. Starring Robert De Niro, Anne Hathaway and Renee Russo. *Ben Whittaker is a 70-year old widower who has discovered that retirement isn't all it's cracked up to be. Seizing an opportunity to get back in the game, he becomes a senior intern at an online fashion site, founded and run by the much younger Jules Ostin.* (PG-13 for some suggestive content and brief strong language; 121 min.)

RSVP by 3/24.

**THANK YOU TO THE
 FOLLOWING FOR THEIR
 GENEROUS DONATIONS TO
 WESTLAKE'S COMMUNITY
 SERVICES DEPARTMENT**

Monetary

Kathrine Jensen
 Lydia Lenz
 Ellen Patton
 Rae-Ann Holdings

Food Items

Emjaez Dance Studio
 Girl Scout Troup 71047
 JMO Management
 Kolick's Jewelers
 Westlake Schools
 Third Grader

Healthy Living
Digestive Disorders

Older adults need to pay particular attention to their digestive health. As we age, our bodies produce less saliva and stomach acid, making it more difficult to break down and absorb some nutrients. Medication side effects and a dulled sense of taste and smell can lead to other problems. Help your digestive needs by eating more fiber, eat on a schedule, stay hydrated, exercise and manage your stress. Another help is to avoid bad habits such as too much alcohol, smoking or drinking excessive amounts of caffeine. Follow these tips to help ensure a happy digestive system.



**REMEMBER
 TO SPRING
 FORWARD**

**SUNDAY, MARCH 13
 WE RETURN TO
 DAY LIGHT
 SAVINGS TIME!**

♥ FREE HEALTH SCREENINGS AND SUPPORT GROUPS AT WESTLAKE CENTER ♥

BLOOD PRESSURE

Thursdays, 11:30-1:00

1st and 3rd, 5th sponsored by Rae-Ann Suburban.

2nd and 4th sponsored by O'Neill Healthcare.

STROKE/PARKINSONS

Monday, March 7

1:30. Voice problems are a frequent complaint of those with neurological conditions. **Christina Krakowski of University Hospitals** will join us to talk about the latest in voice treatments.

RSVP by 3/4.



FITNESS-EXERCISE



The City of Westlake does not assume any responsibility for the physical activity readiness of anyone participating in an exercise or exercise-related program. All participants engage in physical activity at the Westlake Center for Community Services at their own risk.

BEGINNING NEXT MONTH—FIRST FRIDAY FOCUS—April 1—(No fooling!)

NEW! 1:00. A new *monthly class* focusing on mindful meditation with benefits that include stress relief, reducing inflammation, clearer thinking and better rest. **Join Yoga Instructor, Lizbeth Wolfe** to learn the basics of meditation and bring your life back into focus.

Arthritis Foundation

EXERCISE & TAI CHI

Tuesdays, 1:00-2:00 (Not 3/15)

Taught by certified arthritis instructor **Madeline Crandall**. 30 minutes of Tai Chi and 30 minutes of exercise.

ASIAN EXERCISE FOR LIFE

Thursdays, 12:30-1:30 (Not 3/17)

Learn gentle movements that redirect circulation enhancing your body's natural healing ability.
Cost: \$5/class; pay prior to class.

TAI CHI FOR YOU (Not 3/17)

Thursdays, 5:30-6:30 p.m.

\$5/class; pay before 5:00.

CHAIR MASSAGE

Fridays, March 11 (Not 3/25)

By Appointment. Ellen Tudron, LMT, provides 15-minute massages.

Cost: \$13, prior to appointment.

EXERCISE

Mondays—8:30-9:15

Instructor **Kelly Rigo, NCSF CPT.**

Cost: \$3/class (passes must be used within 90 days of purchase)

STRENGTH AND STRETCHING

Wednesdays—8:30-9:15

Instructor **Rob Shulman.**

Cost: \$3/class (passes must be used within 90 days of purchase)

YOGA AT WESTLAKE CENTER

Cost: \$6/class; pay prior to class, before 5:00.

Mondays, 10:00-11:15 (Not 3/14)

Gentle therapeutic chair yoga. Stress management, flexibility, strength and balance.

Mondays, 6-7:15 p.m.

Yoga for Flexibility. Stretch and strengthen. Perfect for beginners as well as yoga practitioners.

Fridays, 9:00-10:15 (Not 3/18 & 25)

Beginning to moderate chair and floor yoga. Stress management, flexibility, strength and balance.

Fridays, 10:30-11:45 (Not 3/18 & 25)

Gentle therapeutic chair yoga.

COMMUNITY INFORMATION

Cuyahoga West Chapter Ohio Genealogical Society At Porter Public Library, 27333 Center Ridge.

HELP SESSION

Wednesday, March 2, 1:00-2:30 p.m. Cuyahoga West Chapter, OGS offers free Family History Research Help Session. Bring pedigree and family group sheet, in Computer Lab, Westlake Porter Public Library, 27333 Center Ridge Rd., Westlake.

PROGRAM

Wednesday, March 16, 6:45 - 8:30. Cuyahoga West Chapter, OGS. **travels to Westlake LDS Family History Center, 25000 Westwood Rd., Westlake.** Meet in lobby, right front entrance, for Familysearch.org website tutorial, followed by free help session in the computer lab. On-site WiFi available for your personal laptop or mobile device.

WESTLAKE PORTER LIBRARY OUTREACH SERVICES

An outreach information flyer is posted in the reception area or contact Kristine Netzel in the Porter Library Outreach office at (440) 250-5448.



Interested in Volunteering?
We are in need of kitchen help for set-up, service and clean-up shifts. Additionally, Caring Hands is in need of those who can sew.
Call Susan for more information.
440.899.3544.

INCLEMENT WEATHER POLICY

Our building is always open during regular business hours. Please take into consideration your safety before leaving your home! **HOWEVER—Westlake Transportation MAY BE cancelled.** You will be called if the Community Services Department is unable to transport clients due to weather conditions.

Tip Of The Month

TAX TIPS FOR SENIORS

We spend all of our working years filing tax returns. Then retirement hits and the rules change. Questions crop up on whether to file or not, which forms to use and what deductions may be available that weren't available before.

First of all, determine if you need to file at all. For 2015 taxes, if you are unmarried and 65 years of age or older, you must file if your gross income is \$11,850 or more. If you are married, the limit is \$23,100 (or \$21,850 if one spouse is under 65). HOWEVER, Social Security benefits do NOT count as income. If Social Security is your only source of income, you don't have to file a federal income tax return at all. All other income that is not tax-exempt does count toward this total.

There are a few situations when you do have to include your Social Security income in your gross income. If you are married but file separately, then all of your Social Security benefits are considered gross income, which may require filing a tax return. In addition, a portion of your Social Security benefits are included in gross income, regardless of your filing status. If the sum of half of your Social Security plus all other income, including tax-exempt interest, exceeds \$25,000 for a single filer or \$32,000 if you are married. To receive your social security exemptions, you must use Form 1040/1040A as opposed to the 1040EZ forms. The forms have a worksheet to help you calculate the taxable amount of your social security.

Even if you must file, there are ways to reduce the amount of tax you have to pay on your taxable income. The Tax Credit for the Elderly or Disabled can reduce your tax bill on a dollar-for-dollar basis if your gross taxable income on line 38 is sufficiently low (\$17,500 for single filer, \$25,000 if married and filing jointly).

Finally, remember that there are many FREE services to help you do these calculations and file your taxes. Call our Center to make a reservation with the AARP filing service before all the spots get booked!

NEED HELP?

Contact the Outreach Coordinator Donna Feorene 440-899-3544
Office appointments 1:00-4:00 pm, Monday-Friday

- **Medicare**
- **Transportation**—for Westlake residents 60 years and over
- **Are You Okay?**™—computerized home calling service
- **Food Bank**
- **Applications for government programs**
- **Wheelchairs & Walkers available to loan**—call to reserve, 440.899.3544

FREE MONTHLY COMMUNITY MEALS

A list of free community meals may be found in our reception area.

COMMUNITY SERVICES FOOD BANK

The food bank is available year-round to Westlake residents with limited incomes. It includes an emergency three-day food supply of non-perishable food as well as holiday food baskets.

SPECIAL REQUEST FOR FEBRUARY: MACARONI AND CHEESE

Donations of non-perishable foods, cleaning supplies, personal care and paper products are accepted at Westlake Center for Community Services during regular business hours (with charitable forms available for taxes) or at Westlake Porter Public Library.

Check expiration dates before donating—we cannot distribute expired food.

SENIOR SUPPER CLUB

Monday-Friday 4:00-7:00 pm

Saturday-Sunday 4:00-5:30 pm

Seniors can eat at **St. John Medical Center's Terrace View Cafe** (cafeteria) for a discount. Anyone over the age of 60 can simply pick up a card from our receptionist for a 40% discount on all food (except bottled beverages and "Simply to Go" items). There is a \$10.00 limit per customer for discount, after that the items are full price.

LEGAL HELP

BY APPOINTMENT

440.899.3544

Tuesdays, 3:30 & 4:00

March 1, 8, 15

Attorney **Justin Watling**, helps with Living Wills and Health Care Directives at no cost.

PRIVATE MEDICARE CONSULTATIONS BY APPOINTMENT—440.899.3544

Tuesdays, March 1 & 15

1:30-3:30. An **OSHIIP** volunteer will be at Westlake Center on the above dates to work with you on Medicare choices. You will need to bring a current list of your prescriptions and your current health insurance cards.

Community Services
Department

Lydia Gadd
Director

Cindi Lindgren
Office Manager

Jodi Rodriguez
Jennifer Yoo

Program Planners

Donna Feorene

Outreach Coordinator

Madeline Crandall
Youth Coordinator

Michele Hassen
Administrative
Assistant

Susan Laschinger
Secretary

Evelyn Bosau
Gloria Flint
Receptionists

Debbie Wang
Cook

Marsha Herring
Jim Holcepl

Transportation

Rich Frolo
Custodial

OFFICE HOURS:
Monday—Friday
8:00 a.m. to 5:00 p.m.



Westlake Community Services
29694 Center Ridge Road
Westlake, OH 44145-5117
440.899.3544

PROGRAM LIST—MARCH				NAME _____	
Men's Morning <input type="checkbox"/> March 2		Aging Alone <input type="checkbox"/> March 2		News/Views <input type="checkbox"/> March 2	
Senior Mix and Mingle <input type="checkbox"/> March 2		History—Douglas Bader—\$2 <input type="checkbox"/> March 3		History-Spies- \$2 <input type="checkbox"/> March 14	
Culper -\$2 <input type="checkbox"/> Mar.17		Ballroom Dance <input type="checkbox"/> March 3		Stroke <input type="checkbox"/> Mar.7	
Diabetes <input type="checkbox"/> Mar. 8		Book Review—\$2 <input type="checkbox"/> March 8		Alice Wills—Tea with First Ladies March 8,15, 29	
Chili Cook-off—\$5 <input type="checkbox"/> March 9		Art App. <input type="checkbox"/> Mar.11		Meet/Eat <input type="checkbox"/> March 14	
Wendt Touring <input type="checkbox"/> March 14		Thursday Movie—3rd AM <input type="checkbox"/> PM <input type="checkbox"/>			
Main Lunch—\$13 <input type="checkbox"/> March 16		Bingo for Fun <input type="checkbox"/> March 17		Thursday Movie—10th AM <input type="checkbox"/> PM <input type="checkbox"/>	
At the Movies <input type="checkbox"/> March 22		JKL Trips <input type="checkbox"/> 3/22		Through Eyes of Artist <input type="checkbox"/> March 24,31 April 7, 14	
Thursday Movie—17th AM <input type="checkbox"/>		Interesting People, Places and Things March 23 <input type="checkbox"/>		Sing Along Lunch—\$6 <input type="checkbox"/> March 23	
Thursday Movie—24th AM <input type="checkbox"/> PM <input type="checkbox"/>		Twenty Questions Before <input type="checkbox"/> Home Care March 30		Lunch/Learn <input type="checkbox"/> APRIL 5	
Thursday Movie—31st AM <input type="checkbox"/> PM <input type="checkbox"/>		Book Disc. <input type="checkbox"/> APRIL 27			

Fifty Plus subscription information: Cost: \$13

- Checks payable to *City of Westlake* or Visa, MasterCard, Discover, American Exp.
- Stop by or mail to: Westlake Community Services, 29694 Center Ridge Road, Westlake, OH 44145-5117.
- Subscription renewal date is shown on top line of the mailing label.
- Individual newsletters available at Reception for \$1.00.



March