



OLMSTED SENIORS 2012

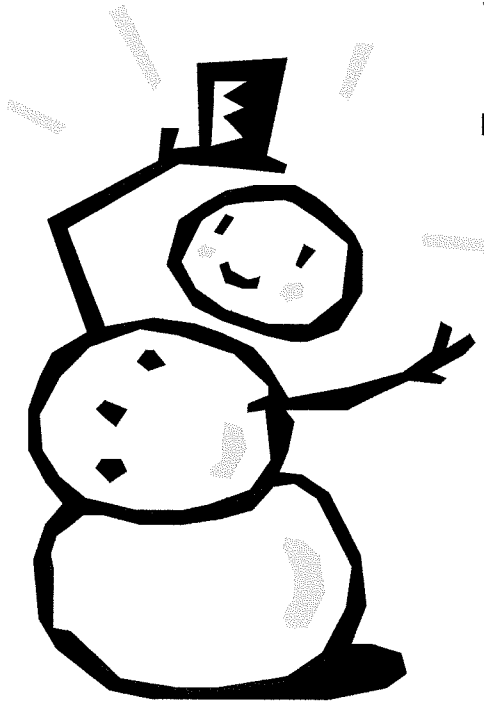
440-793-6118 7932 Main Street

Volume 1, Issue 1

January

New Days of Operation

Beginning Tuesday January 3rd 2012, Jenkins Senior center will be closed on Mondays and open on Tuesdays. This will be a new fit for the center that we hope encourages you to join us for Wii bowling Tuesday mornings at 10:00am. This change will also provide three consecutive days of fitness. Exercise will now begin on Tuesday afternoon at 1:00 pm, Wednesday 10:00 am, Thursday 9:30 am.



Will there be snow? How much send your prediction of snow by March 15 2012 to the center. Closest prediction wins a prize. Predictions due by January 15, 2012.

Reminder
The center will be closed when prevailing weather closes the Olmsted Falls School System. Watch your TV for weather updates.

The weather conditions outside will also mandate whether our parking lot and hill are cleared , if in doubt call the center.



Special points of interest:

- *Senior Outreach Service provided 171 seniors transportation to doctors appointments that incurred 1193 miles of travel.*
- *Participations in programs for the year 2011 rose to 1180 seniors , who engaged in individual interests within the programming provided by the senior center.*
- *Thank You to all volunteers !*

Volunteer Luncheon
January 27, 12:00
Jenkins Center

Reservations must be made by January 16, at 12:00 noon.

Call Center to reserve a seat, presentation of Senior Volunteer of 2011 will be made.



Lunch Bunch January 18, 2012

Make your reservations for a delightful German lunch by calling 793-6118 and leaving your name and number. Should you need transportation, we carpool from the center for our outings, mention this when making your reservation. We will be carpooling from the Jenkins Center at 10:45 AM. The German Club always offers a generous palate to pick from and we would love that you

would join us. The opportunity to socialize together in new environments while enjoying a meal with no muss, fuss, or cleanup always draws an enjoyable group.



Do you still have the ability to ice skate? The City of Olmsted Falls floods East River Park for your enjoyment.

Wii Bowling Teams Sign Ups January 3rd

January 3rd at 10:00 we will begin sign ups for our Wii Bowling Team. You need not have ANY experience. The Wii remote control allows all capabilities to enjoy bowling on our 55 inch TV. Our past teams have been very successful in team tournaments. The teams have in the past, traveled to other cities and living communities to show off their prowess in bowling.

- *Please join us*
- *Sign ups and demonstrations January 3 at 10:00*



This sport helps the mind, spirit and good old fashioned competitive nature to prevail. Our past teammates are generous in sharing their tricks to score terrific game scores.

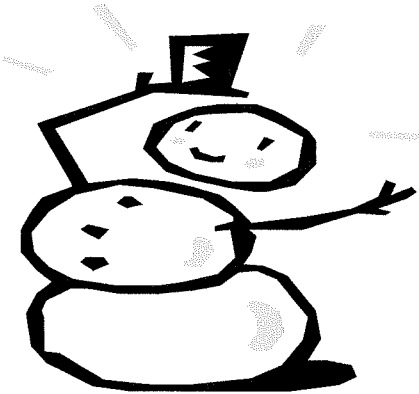
Stop By and Try

**ALL ABILITIES ARE WELCOME,
YOU CAN EVEN BE SEATED AND
SCORE AN OUTSTANDING GAME.**



Did you put on a few pounds this holiday?

Exercise classes for all abilities are offered three times a week at the center. We will stretch the muscles that support our frames by using stretch bands. These exercises help improve balance and core muscle strength that is often overlooked in daily activity.



A few pounds can go a long way, to bad it doesn't melt away like snow. Just a little effort and you would be surprised how much benefit you realize.

Tuesday 1:00 Stretch
Wednesday 10:00 Stretch
Thursday 9:30 Vigorous

Our Thursday Class is generously provided by Berea Lake Towers by the famous Tammy and Mary Lou. We are grateful for their generosity, and you will love their fun natures.

Just Stop In no reservation needed.

Bits of Wisdom Writing Club 1st and 3rd Thursday of the Month

The only person who can tell a story from the past and record it for the generations to be, is you! You were there when that child was born. You were there when Uncle Freddy acted in a way that made the entire room

The enjoyment of capturing the past, lies entirely with those you share it with.

laugh as only he could. You were there when a significant event changed your life or thinking forever. You were there when life was simple and joy was extracted from grateful hearts. Write about it in our class and we will

help you preserve it for generations to come by recording it on a DVD. History as remembered by you, preserved for those that could never imagine how it was.

2012 Promises New Excitement For Senior Programming

It's been said many times that the center has confined restrictions to engage the senior population of our communities. Those restrictions are the space within the Jenkins Center which by Fire Code is limited to 31 seated participants. Our programming often must be resourced to a larger venue to be able to accommodate larger num-

bers. The aesthetic value of the center has much to be desired, the usefulness of space, parking, and food service facilities limit the abilities of the expanding programs.

The horizon is bright with opportunity. Conversations have begun with City and Township leaders discussing a

vision for a new and much deserved center that will provide an environment able to accommodate the expanding population of seniors in our community. We would like to hear what would draw you to a new improved center. Please send your ideas to 16100 Bagley Rd. Olmsted Falls, Ohio 44138 Attn. Senior Director.



January 2012

| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
|-----|-----------|---|--|------------------|---|-----|
| 1 | 2 Closed | 3 Wii Bowling Interested ? Sign Up at 10:00 Exercise 1:00 | 4 Exercise 10:00 Crafts | 5 Exercise 9:30 | 6 Game Day Pack a Lunch | 7 |
| 8 | 9 closed | 10 Wii Bowling Exercise 1:00 | 11 Exercise 10:00 Crafts | 12 Exercise 9:30 | 13 Game Day Pack a Lunch | 14 |
| 15 | 16 closed | 17 Wii Bowling Exercise 1:00 Book Club 3:00 | 18 Lunch Bunch 11:30 Gerrman Club Call Center for Reservations | 19 Exercise 9:30 | 20 Game Day Pack a Lunch | 21 |
| 22 | 23 closed | 24 Wii Bowling Exercise 1:00 | 25 Exercise 10:00 Crafts | 26 Exercise 9:30 | 27 Volunteer Luncheon 12:00 Reservations by 1/16 | 28 |
| 29 | 30 closed | 31 Wii Bowling Exercise 1:00 | | | | |

The City of Olmsted Falls serving the Senior Community.

440-793-6118

7932 Main Street