

AURORA SENIORS



NOVEMBER & DECEMBER 2011 NEWSLETTER

FOCUS ON HEALTH & EXERCISE PROGRAMS

Beginner Gentle Yoga

Fridays, 10 - 11:30 a.m.

Instructor Victoria Osborne

Would you like to sleep better at night, have improved energy, mood, and mental clarity? These are just some of the benefits of gentle yoga. Most poses done in a chair or standing at your own comfort level.

Fee: \$35/6 classes Pre-register at 330-995-9148

Zumba Gold

Fridays starting Dec. 2 from 1 - 1:45 p.m.

Instructor Leslie Wingler, Certified Zumba Instructor

The fitness program that is sweeping the nation with it's Latin beat and upbeat energy. Zumba Gold is designed for the older active adult as well as individuals who are new or returning to a physical fitness program. The easy to follow class allows any age to perform the Zumba fitness moves to improve their quality of life. You will be surprised how much fun you can have working out!

Friday, December 2 is a free class for everyone!!

Come see what Zumba Gold is all about!! Motivate yourself to get fit in 2012!!

Fee: \$5 drop in fee at the Walker Building

Walking Video

Mondays, Wednesdays, Fridays at 9 a.m. FREE!

Walk and Firm Low Impact Aerobics

Chair Volleyball

Every Thursday at 11:30 a.m. before exercise!

Arthritis Foundation Exercise

with Fitness Professional, Janet Kennedy

Tuesdays & Thursdays at 12:30 p.m.

This is a gentle yet energizing class that will help improve mobility and muscle strength while decreasing stiffness and fatigue. Each class includes stretching, balance work, cardio and strengthening exercises which can be performed standing or sitting, with or without light weights. The class, based on Arthritis Association guidelines, will surely brighten any mood.

Fee: \$2 each class

Discussion on Medicare Part D & Flu Shots

Tuesday, Nov. 1 from 9 - 10 a.m.

CVS and Gardens of Western Reserve have teamed up to provide you with an informative discussion on Medicare Part D. Jennifer from the Gardens will provide juice and muffins. Flu Shots will be available after the discussion.

AARP Drivers Safety Course

Friday, Nov. 4 from 12 - 4 p.m.

Instructor June Brown

Course completion helps older drivers refine existing skills and develop safe driving strategies in today's challenging driving environment.

No Charge for all Veterans in the month of November
(You must have military ID of some sort)

All others: \$14 per person or \$12 for AARP members

Signup sheet is on the board at the Walker Building

Checks payable to AARP the day of the class

Lifefolio Seminar with New York Life

Wednesday, Nov. 9 from 2 - 3 p.m.

Organizing our lives has become a popular theme. However, if hard pressed, most people will have a difficult time locating their critical documents when a major life event occurs. That is the reason behind the New York Lifefolio Checklist. Agent John Kirby will be on hand to walk you through your own Lifefolio financial organizer. Everyone at the seminar will be given an organizer.

Please Register by calling 330-995-9148

Sedona Slide Show

Wednesday, Nov. 2 at 2 p.m.

Bob Levy of Premier World Discovery will be here to present a Sedona Slide Show Promoting the Great Train & Grand Canyons trip available in April. There is a flyer at the Walker Building for anyone interested. If you just want to enjoy the beautiful scenery of the slide show please come.

Refreshments will be available.

Financial Scam Alert!

Aurora Police Chief Seth Riewaldt has asked me to pass on to you information about financial scams that target senior citizens. There are flyers at the Walker Building describing these scams. What you need to know is all the the scams involve a person contacting you either by mail or phone and asking for your money there are flyers at the Walker Building describing these scams. What you need to know is all the scams involve a person contacting you either by mail or phone and asking for your money. Please don't comply too their scams. If you want more information pick up a flyer at the Walker Building or call Police Chief Riewaldt.

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-bus riders may register for trips 2 weeks in advance. 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 trips depart from the parking lot of City Hall and arrival time should be 15 minutes before departure time on the calendar. If there are any changes I will contact you either by phone or mailer. All checks made payable to City of Aurora.

Thursday, Nov. 3 from 10 a.m. - 3 p.m.

Miss Molly's Tea Room and a visit to Root Candles

Fee: \$24 (Includes Lunch)

Monday, Nov. 7 from 7:30 a.m. - 8:30 p.m.

Seneca Allegany Casino Trip

Fee: \$27 (\$25 back in slot play and \$10 in food)

Thursday, Nov. 10 from 5:45 - 11 p.m.

"La Cage Aux Folles" at Palace Theater

Winner of three Tony Awards including the award for Best Musical Revival, this hilarious new production was the biggest hit of the 2010 Broadway season, leaving audiences in stitches night after night.

Fee: \$32

Friday, Nov. 11 from 9:30 a.m. - 5 p.m.

The Fabulous Food Show at the IX Center

Included is the Bobby Flay cooking demonstration at 11 a.m.

Fee: \$29 (Lunch OYO)

Wednesday, Nov. 16 from 8:30 a.m. - 5 p.m.

Red Hat Trip to Sharon, Pa. for shopping and lunch and tour of Tara-A Country Inn

Your shopping includes, Winners Department Store, Reyers, Krayneks, and Daffin Chocolates.

Fee: \$28 (Includes Lunch)

Thursday, Nov. 17 from 5:45 - 10:30 p.m.

Packard Music Hall

Double Grande' America's Premier Vocal/Piano Duo

Fee: \$21

Friday, Nov. 18 from 9:30 a.m. - 4 p.m.

2011 Cleveland Christmas Connection at the IX Center

Fee: \$17 (Lunch OYO)

Monday, Nov. 21 from 11 a.m. - 2 p.m.

Lunch Bunch at The Italian Garden in Mantua

Fee: \$2 (Lunch OYO)

Monday, Dec. 5 from 11:30 a.m. - 2 p.m.

Christmas Lunch Bunch at Brewsters in Twinsburg!

Bring a \$5 gift to exchange. The best gifts would be something a man or a woman could enjoy!!

Fee: \$2 (Lunch OYO)



Symbol = Moderate Walking

Friday, Dec. 9 from 9 a.m. - 3 p.m.

Cleveland Botanical Gardens Winter Show

Fee: \$27 (Includes Lunch at Progressive Field)



Monday, Dec. 12 from 5 - 8 p.m.

Cleveland Christmas Light Tour and Dinner at the Walker Building

Sponsored by Grande Village

Fee: \$4

Tuesday, Dec. 13 from 5:45 - 10:30 p.m.

Packard Music Hall in Warren Ohio for the Texas Tenors

Fee: \$21

Saturday, Dec. 17 from 1:45 - 5:30 p.m.

Christmas Concert at Severance Hall

The World renowned Cleveland Orchestra and Chorus will perform traditional Christmas music. An afternoon you won't want to miss!

Fee: \$53

Wednesday, Dec. 21 from 9:30 a.m. - 2:30 p.m.

Trinity Cathedral for the Messiah Sings Brown Bag Concert & The Museum of Divine Statues for the Nativity Scene Display

You can bring your own lunch or purchase one at the church. There is a goodwill offering at the church during the program.

Fee: \$15 (Lunch OYO)

Gift Certificates

Are you stuck when someone asks "What do you want for your birthday or Christmas?" Well, let them know you would like a gift certificate from the Aurora Parks and Recreation Department. The amount they purchase will go directly to your account for your use at anytime. You will receive a gift certificate stating who gave you the gift. Since the money is automatically assessed to your account you don't need to worry about losing the actual gift certificate. What could be easier?!!

PARTA

800-673-1287

**Portage Area Regional
Transportation Authority**

UPCOMING TRIPS

Aurora Residents may sign up for these trips at any time.
Non-Residents may begin signing up on **Monday, Nov. 21**

Wednesday, Jan. 11 from 8:15 a.m. - 3 p.m.

National First Ladies Museum in Canton, Ohio

Special Exhibit "Rising to the Occasion," examines the historic role of First Ladies in times of disaster, war and crisis. Some of those featured are Dolly Madison, Barbara Bush, Eleanor Roosevelt, Lucretia Garfield, and Jacqueline Kennedy.

Fee: \$16 (Lunch OYO at the Mckinnley Grand Hotel)

Friday, Jan. 13 from 9 a.m. - 1:30 p.m.

**Severance Hall: Cleveland Orchestra
Brahms Violin Concerto**

Fee: \$34

Monday, Jan. 16 from 11 a.m. - 2 p.m.

Lunch Bunch at Papa Joes in Akron

Fee: \$3 (Lunch OYO)

Thursday, Jan. 19 from 5:45 - 11 p.m.

Playhouse Square for "Hair"

This is an exuberant musical about a group of young Americans searching for peace and love in a turbulent time. "Hair" features unforgettable songs, including "Aquarius," "Let the Sun Shine In," "Good Morning, Starshine," "Easy To Be Hard."

Fee: \$32

Monday, Jan. 23 from 9 a.m. - 4 p.m.

Great Lakes Science Center and Imax Theater

Fee: \$18

Wednesday, Jan. 25

**The Cleveland Home and Garden Show
at Great Lakes Expo Center**

Monday, Jan. 30 from 4 - 7 p.m.

Dinner Group at The Dolphin in Northfield

Fee: \$3

Wednesday, Feb. 1

Greater Cleveland Aquarium

Monday, Feb. 6 from 9 a.m. - 3 p.m.

Canton Classic Car Museum

Fee: \$16

Wednesday, Feb. 8 from 9:30 a.m. - 4 p.m.

The Great Big Home and Garden Show at the IX Center

Fee: \$18

Monday, Feb. 20 from 4 - 7 p.m.

Dinner Group at Sutters in Newbury

Fee: \$3 (Dinner OYO)

Wednesday, Feb. 22 from 12:30 - 5 p.m.

Maltz Museum of Jewish Heritage

Fee: \$16

Friday, Feb. 24 from 9 a.m. - 1:30 p.m.

Severance Hall: Schubert's The Great

Fee: \$34

Saturday, Feb. 25 from 1 - 5 p.m.

Ragtime at Kent State University

Monday, Feb. 27

Meadows Casino

ON-GOING PROGRAMS AT THE WALKER BUILDING

Bingo

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

Blood Pressure Clinic

2nd Tuesday of the month from 10 - 10:30 a.m.

Provided by Aurora Manor. No fasting required.

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. Check calendar for dates.

Dulcimer Lessons

Every Thursday at 10:30 - 11:30 a.m.

Manicures and Pedicures

Wednesdays, Dec. 7

from 9:30 a.m. - 1:30 p.m.

Jordan's Natural Nail & Foot Spa

(Manicure \$20, Pedicure \$30, Toenail Clips \$20)

Register by calling 330-995-9148

Massage with Susan Lund, EMP

Friday, Nov. 11 & Dec. 9

from 9 a.m. - 2 p.m.

One hour full body massage - \$35

Pre-register by calling 330 995-9148

Aurora Senior Knitting Group

Every Thursday at 1 p.m.

Sunshine Committee

Miriam Famagelto (330 562-7354)

Barbara Cunnington (330 995-3271) Lillian Papp (330 562-7104)

If you know of a fellow Aurora Senior who is in need of a special card call one of these ladies and they will send a greeting to brighten their day.

Amish Baked Goods

Tuesday, Nov. 22 and Dec. 20 at 11:30 a.m.

Emma Miller, from Middlefield, will be here to sell her baked goods. She bakes pies, cookies, breads of all sorts, cinnamon rolls and much more. Please fill out an order form and turn it in to Patty along with the money.

Heap Applications

The Home Energy Assistance Program

(HEAP), administered locally by the Community Action Council, Inc., is designed to assist low income households meet the rising costs of home heating. Applications for regular heap which is a one-time credit on a resident's heating bill are available from November 1, 2011 thru April 30, 2012. Emergency HEAP can assist families or individuals who have had their utilities shut off, have a disconnect notice, or have less than a ten day supply of bulk fuel. Families needing more information should contact Community Action Council at (330) 297-1456



aurora
parks & recreation

Walker Building
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Aurora, OH 44202

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UPCOMING SOCIAL EVENTS

Breakfast at the Walker Building

Tuesday, Nov. 14 and Dec. 12

Sign up and join us for breakfast and stay for bingo.

Fee: \$3 Please register by the Thursday before.

Romeo's (Retired Old Men Eating Out)

Mondays at 11:30 a.m.

Nov. at Ray's Place in Kent

Dec. at Crossings on Rt. 82

Open to all men! Just call and sign up.

Movie & Popcorn "Kate & Leopold"

Monday, Nov. 14 at 2:30 p.m.

Movie & Popcorn "National Lampoon's Christmas Vacation"

Monday, Dec. 19 at 2 p.m.

This is after the Quarterly Birthday Potluck Luncheon

Quarterly Birthday Potluck Luncheon and Bingo at the Walker Building

Monday, Dec. 19 from 12 - 2 p.m.

You don't have to have a birthday in those months to help celebrate!! The food is great and plentiful. Diane Barben of Anna Maria will provide the main course and you bring a dessert or side dish to share. Hear the Aurora Senior Dulcimer Band perform! **No charge but please register by Dec. 15!**

Please bring a canned food item to donate to the Volunteers of America food pantry.

Cards and Games at the Walker Building

Thursdays, 1:30 - 3:30 p.m.

We have board games, cards, poker, bridge, euchre, you decide what you want to play! Brings friends or meet new friends.

Thanksgiving Luncheon

Wednesday, Nov. 2 from 12 - 2 p.m.

Sponsored by Grande Village

Enjoy a Thanksgiving meal with all the trimmings at the Walker Building. No charge but please bring a canned good item to donate to the Volunteers of America Food Bank

Holiday Appetizer Exchange

Monday, Nov. 14 from 1 - 2 p.m.

This is your chance to share your favorite holiday appetizer and get new ideas for this year's holiday entertaining. Make an appetizer to bring, along with the recipe on a recipe card. All the cards will be gathered and copied for everyone to take home.

Sounds like fun and good eats!

No fee but a reservation is required.

Annual Aurora Senior Christmas Party at the Hilton Garden Inn

Wednesday, Dec. 14 from 12 - 2 p.m.

Residents \$16 & Non Residents \$18

Door Prizes, AHS Show Choir, Santa Claus, Good Food, and Fun for all!!!