

AURORA SENIORS



JANUARY & FEBRUARY 2012 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 from 1 - 1:45 p.m.

Instructor Leslie Wingler, Certified Zumba Instructor

The fitness program that is sweeping the nation with its 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!

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

Wellness Clinic/Chili Cookoff at the Walker Building

Wednesday, Jan. 18 from 10 a.m. - 1:30 p.m.

Screenings from 10 - 11:30 a.m.

Exercise Demos from 11:30 a.m. - 12 p.m.

Lunch at 12 p.m. (noon)

Join Aurora Manor, Anna Maria, Grande Village, Gardens of Western Reserve, Home Instead, Independence Village, and Senior Independence as they square off to bring you a, "chili cookoff." You will have the opportunity to judge the chilis, and best of all eat the chili. You will also benefit from this fun filled event with the various health clinics, exercise demonstrations and health topics that will be provided and or discussed. (Blood Pressure, Glucose, Memory Screening, and more)

Please sign up for this event at the Walker Building

AARP Tax-Aide

Looking for a rewarding opportunity to make a difference in your community? AARP Foundation Tax-Aide, the nation's largest free tax preparation and assistance service is now seeking volunteers for the 2012 tax season. You don't have to be an AARP member to volunteer. You also don't have to have any experience doing taxes. You just have to have the desire to help others. Call Gene Berczik, District Coordinator for AARP Tax-Aide, at 330-562-4320 for more information. There will be a weeklong training program in January. You start doing taxes on February 1, 2012.

AARP Tax Help

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 (330) 297-4636. Be sure to bring all pertinent forms from 2011 as well as 2010.

The service is administered in cooperation with the IRS. The nearest tax-aid site is Streetsboro's Senior Center.

Financial Scam Alert!

Monday, Jan. 9 from 2 - 3 p.m.

Officer Vicky Yandriga, from the Aurora Police Department, will be here to present updated information on Fraud, Scams and Identity Theft. This is very important information that we all should make ourselves aware of.

File of Life Program

Available to all persons as a way to inform emergency rescue personnel who have been called to your home in an emergency situation. Complete the packet available at the Walker Building or your local Home Instead Office with your vital information that will help EMT's instantly to know your medical history to provide you with prompt and quality care.

Sponsored by Home Instead Senior Care

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.

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 for the Cleveland Orchestra
Brahms Violin Concerto**

Fee: \$34

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

Lunch Bunch will dine 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," and "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 (Lunch OYO at the café)



Wednesday, Jan. 25 from 10 a.m. - 4 p.m.

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

Fee: \$20 (Lunch OYO at food court)



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

Dinner Group will dine at The Dolphin in Northfield.

Fee: \$3

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



Wednesday, Feb. 15 from 9:30 a.m. - 3 p.m.

Greater Cleveland Aquarium

Fee: \$27

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

Dinner Group to dine at Sutters in Newbury

Fee: \$3 (Dinner OYO)

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

Maltz Museum of Jewish Heritage

Fee: \$18

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

Ragtime at Kent State University

Fee: \$16

Monday, Feb. 27 from 8:30 a.m. - 6:30 p.m.

Meadows Casino

Fee: \$27



Symbol = Moderate Walking

Gift Certificates

Are you stuck when someone asks "What do you want for your birthday or special occasion?" 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?!!

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

UPCOMING TRIPS

Aurora Residents may sign up for these trips at any time. Non-Residents may begin signing up on

Monday, Jan. 16

Thursday, March 1

Palace Theater for "Memphis."

This is about a white radio DJ who wants to change the world and a black club singer who is ready for her big break. Come along on their incredible journey to the ends of the airwaves-filled with laughter, soaring emotion and rock'n roll.

Fee: \$32

Wednesday, March 7 from 10 a.m. - 3:30 p.m.

The Cleveland Art Museum for, "Rembrandt in America."

Tour this exhibition as well as the newly reinvented Museum.

Fee: \$20 (Lunch at the Café OYO)

Thursday, March 8 from 10 a.m. - 4 p.m.

Guided Tour of the Cleveland Plain Dealer

You will tour the distribution room, shredding center two levels of printers, and more. We will also enjoy lunch while out and visit Malley's Chocolate Outlet Store.

Fee: \$10 (Lunch OYO)

Monday, March 12 from 5:45 - 10:30 p.m.

Packard Music Hall for, "Rhythm of Dance."

Fee: \$21

Thursday, March 15 from 12:30 - 5 p.m.

Tour the Western Reserve Historical Society and the Hay-McKinley Mansion and exhibit galleries

Fee: \$15

Monday, March 19 from 11 a.m. - 2 p.m.

Lunch Bunch to dine at the Welshfield Inn.

Fee: \$3(Lunch OYO)

Wednesday, March 21 from 11 a.m. - 2 p.m.

Trinity Cathedral Brown Bag Concert

Bring your own lunch or purchase one at the church.

Fee: \$7 (Lunch OYO)

Thursday, March 29

Weathervane Theater for "Amedeus"

Wednesday, April 4 from 11 a.m. - 2 p.m.

Trinity Cathedral Brown Bag Concert

Fee:\$7 (Lunch OYO)

Monday, April 9 from 7:30 a.m. - 6:30 p.m.

Wheeling Casino Trip

Fee: \$26 (Lunch OYO)

Thursday, April 12 from 5:45 - 11 p.m.

Palace Theater for "The Adams Family"

Fee: \$32

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

Lunch Bunch will dine at Olive Garden on Harvard Rd.

Fee: \$3 (Lunch OYO)

Wednesday, April 18 from 5:45 - 10:30 p.m.

Packard Music Hall for "The Dutton's"

Fee: \$21

ON-GOING PROGRAMS AT THE WALKER BUILDING

Bingo

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

Donuts sponsored by Home Instead on 1st week, Gardens of Western Reserve & Anna Maria alternating the 3rd week, and Aurora Manor the 4th week, Independence Village the 5th week.

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, Jan. 4 and Feb. 1

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, Jan. 13 and 27 & Feb. 10 and 24
from 9 a.m. - 2 p.m.**

One hour full body massage - \$35
Pre-register by calling 330 995-9148

Watercolor Painting

Wednesdays from 9:30 - 11 a.m.

This is an opportunity to paint with others and share your ideas and creativity. Call for more information
No Charge just bring your own painting supplies!

Aurora Senior Knitting Group

Thursdays at 1 p.m.

Penny Poker

Tuesdays at 1 p.m.

You don't have to know all the poker games, they are easy to learn and fun to play. Just bring your pennies.

Wii Bowling

Tuesdays at 3 p.m.

Don't give in to the winter doldrums, get out of the house and have some fun!!!. Come and bowl with friends. That is Wii Bowling at the Walker Building and it is fun, just ask your grand-kids! Come see what it is all about!

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.



aurora
parks & recreation

Walker Building
129 W. Pioneer Trail
Aurora, OH 44202

Presorted Standard
US Postage
PAID
Permit No. 4
Aurora, Ohio
44202

UPCOMING SOCIAL EVENTS

New Years Luncheon

Wednesday, Jan. 4 from 12 - 1:30 p.m.

Sponsored by Melinda Knapp and Grande Village

Get a great start on the New Year by joining us for a traditional pork and sauerkraut meal with all the trimmings. Then sit back and enjoy the tunes of Elvis!!

(Joanne Bakos's son in law and family)

No Charge/Please bring a canned good item to donate to the Aurora Volunteers of America Food Bank

Homemade Soup Exchange

Monday, Jan. 9 at 12 p.m.

Bring a small pot of soup to share and an extra quart container for someone to take home. Each person will leave with someone else's soup. Patty will provide the extras to make this a real meal. Register by signing up on the board!

Breakfast at the Walker Building

Tuesday, Jan. 10 and Feb. 14

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.

Jan. 10 at Loby's in Reminderville

Feb. 15 at Luna's in Northfield

Open to all men! Just call and sign up.

Movie & Popcorn

Monday, Jan. 14 and Feb. 19 at 2:30 p.m.

Movies TBA

Valentine's Day Luncheon and The Not So Newlywed Game

Monday, Feb. 13 from 12 - 1:30 p.m.

We will have two games, one for the married couples and one between friends. We all know that the married couples know each other but lets see how well you friends know each other. There are prizes to be won!! But before all the fun we will have a wonderfully prepared meal sponsored by Diane Barben and Anna Maria.

No Charge/Please bring a canned good item to donate to the Aurora Volunteers of America Food Bank

What's Your Hobby or Collection?

Wednesday, Feb. 1 at 2 p.m.

Everybody collects something or has a hobby like no other. Come share with the group. Each person will have the opportunity to talk about their hobby or collection. Tables will be set up and you can display whatever you like. Annette Bayless from Home Instead is sponsoring this event!

PARTA
800-673-1287
Portage Area Regional
Transportation Authority