



Senior News

**Programs & Services
for Active Senior Adults**

Parks & Recreation Department

Program Registration Office: Stow City Hall
3760 Darrow Road Stow, OH 44224

Monday-Friday 8:00am - 4:30pm

330-689-5100

January - February 2019

Program Registration Begins:

Wednesday, December 19 at Stow City Hall



Inside This Issue:

Upcoming Recreation Special Events	2
Sports & Fitness Programs	4
Ongoing Drop- In Programs	5
Social Services	8
Stow Sunshiner's Luncheon	8
Program Calendars	9/10
Community Bus Trips (All ages)	11
Registration / Refund Policies	12



Serving Active Senior Adults

Program Information:

**Stow Parks & Recreation Department
Program Registration & Information**

3760 Darrow Road - Stow City Hall
330-689-5100

Stow Senior Center

3968 Darrow Road 330-686-1325

Senior Adult Programs

Kathy McConnell, Recreation Supervisor
kmccconnell@stow.oh.us

www.FunInStow.com

Upcoming Special Events



Stow Parks & Recreation Dept. welcomes you to jump in and have fun!

Senior programs are open to all active older adults. Some of our programs are drop in with no registration; but most require advance sign up.

Don't delay many of our programs are quite popular and fill up fast.

Registration is taken at Stow City Hall Monday-Friday 8:00am-4:00pm

If you have questions please call the Stow Parks & Recreation Department

330-689-5100

Kathy McConnell

Recreation Supervisor
City of Stow Parks & Recreation



History Talk:

Menches: Creators of the Hamburger & Ice Cream Cone!



Program Partner:

Frank & Charles Menches created the hamburger at the 1885 Erie County Fair when they ran out of pork for their sausage patty sandwich. Years later they also developed the waffle cone to serve ice cream at another fair. Join John Menches, great grandson of the creative duo, as he narrates the complete story of this inventive family. Enjoy an ice cream cone treat to celebrate the Menches!

Friday, January 18 at 1:00pm Fee: \$4.00

Stow Senior Center Pre-registration required
Pre-Register at Stow Parks & Recreation Department 330-689-5100
Limited Seating - Register Early!



Bunco Party

Program Partner: The Landing of Stow



Bunco is a friendly dice game that has become popular as a social game in neighborhood groups. It involves 100% luck and no skill!

The game is simple to learn... there are no decisions to be made, just pure luck and loads of fun.

The object of the game is to accumulate points as you roll the dice in certain combinations.

Small prizes will be awarded for most wins, most buncos and more!

Coffee, Tea & Dessert

Friday, February 1 at 1:00pm Fee: \$5.00

Stow Senior Center Limited Seating - Register Early!
Pre-Register at Stow Parks & Recreation Department

Victorian Valentine

Luncheon

Program Partner: Kent Ridge Senior Living

The handmade Victorian Valentine, a romantic token of love, reached its golden Age during the reign of Queen Victoria. Discover the "hidden secrets" of verse, learn about Penny Dreadfuls and view a collection of vintage Valentines with speaker Janet McCaulley, from the Summit County Historical Society.

Come dressed in red to receive a special valentine treat!

Menu: Savory Root Vegetable Soup, Chicken Fricassee served with Rice, Roasted Carrots, Sautéed Broccoli, Citrus Ice, Dinner Roll with Sweet Cream Butter Coffee or Tea.

Friday, February 8 at 12:00pm

Stow Senior Center Fee: \$8.00 Limited Seating - Register Early!
Pre-Register at Stow Parks & Recreation Department



Active Senior Adult Special Events & Programs

History Talk: Seiberling Family

F.A. Seiberling co-founder of the Goodyear Tire Co. earned wealth and power; but family was first and foremost. The Seiberlings often referred to themselves as a clan. Join, historian, Julie Frey present an interesting history of this large loving family that called the beautiful Stan Hywett their home.



Friday, February 22 10:00am

Stow Senior Center Fee: \$4.00
Pre-registration required at Stow Parks & Recreation
Limited Seating - Register Early!



The Stow-away Speakeasy



Back in the days of prohibition people met in out of the way places to have cocktail, to socialize and listen to the latest music.

Come to the *Stowaway Speakeasy* where we will set the bar up for appetizers and serve a "mocktail".

Tavern attendees are encouraged to bring their own bottle of wine or other beverage to sip & share as they listen to *vocalist Judy Brown* sing tunes of the flapper era.

Friday, March 8 at 6:30pm
Stow Senior Center Fee: \$5.00

Pre-registration required at Stow Parks & Recreation

Popcorn Movie *Dinner & A Movie*



Why sit home watching TV when you can view a recent movie + have dinner in the company of friends at the Stow Senior Center.



Pot Luck Dinner prepared by the Culinary Arts Students at Stow Munroe Falls High School
Call Stow Parks & Recreation for title of movie at registration.

Monday, January 14 4:30pm Fee: \$7.00
includes dinner at Stow Senior Center
Pre-Registration is required. Limited Seating

Breakfast Buddies

This senior group visits a local restaurant to enjoy good conversation and a tasty breakfast!



Meet the group leader at the restaurant then order & pay off menu.

Pre-registration is required
Please Call 330-689-5100 for a seat reservation.

Third Friday of Month 9:00am

January 18	2 Girl's Café	Stow
February 15	Yours Truly	Hudson
March 15	Café in Stow	Stow

Travel Lunch/Dinner* Bunch

Join us as we travel out of town each month to a new restaurant. Never eat alone, worry about traffic, directions or finding a place to park!



Pay your bus fare at registration.
Order & pay off menu day of trip.

Departure Time Lunch: 10:30am
from Stow City Hall Parking Lot
Park near center of lot

Bus Fare: \$10 / trip Limited Seating - Register Early!

Lagerheads Medina
Mon., January 14 Or Weds., January 16

Menches Green
Mon., February 11 Or Weds., February 13

Twenty/20 Taphouse North Canton
Mon., March 11 Or Weds., March 13

Stow Parks & Recreation Department Inclement Weather Policy



During inclement weather, activities may be cancelled.

To find out if your class or activity is being held during these times, please contact the following:

Parks & Recreation Weather Hotline: 330-689-5105

Parks & Recreation Department Office 330-689-5100
Office Hours: Monday-Friday 8:00am-4:30pm

Check Back: We update information throughout the day

School Closures: Stow Parks & Recreation Department cancellation decisions are made independent from the schools - Only programs held within a school facility are cancelled when the School District closes due to weather.

Fitness & More Programs

On-Going Programs & Classes for Active Senior Adults

Beginner Line Dancing



Beginner's Line Dancing is a great way to exercise, build a better memory and have an enjoyable social time. Join instructor, Nanette Wroe as she shows you "step-by-step" how to line dance in this fun class.

Learn the Electric Slide, Stray Cat Strut, Cab Driver and many more engaging beginning level dance routines.

Weekly Drop In Classes

Tuesdays, 3:15pm
Stow Senior Center

\$3.00 per class paid to instructor
(correct change please)

Indoor Walking

Enjoy the healthy benefit of walking without the worry of weather!



Thank you to our friends at:

Fishcreek First Church of Nazarene
4669 Fishcreek Road

Monday-Thursday 9:00am-11:30am

Brain Games Puzzles & Games



Program Partners:
Danbury Senior Living
& Brookdale Senior Living

First & Third Thursdays
1:00pm No Fee

Drop In Stow Senior Center

Emphasis is always on Fun!
Join this entertaining and thought provoking workout to maintain your brain! Those who engage in stimulating mental activities and social interaction benefit in retaining mental cognition plus enjoy a healthy outlook on life!

First Thursdays - Puzzle Play
with Bob Pontius
- Danbury Senior Living

Third Thursdays - Game Play
with Susan Dietz
- Brookdale Senior Living Solutions



Sr. Cardio Circuit

Tuesdays / 9:15am Mya Burroughs

Aerobic intervals designed to burn fat are alternated with the use of weight/bands in order to sculpt and strengthen. This is a proven combination to sculpt & strengthen. Classes are designed to fit the beginner to the advanced student.



Individuals new to fitness programs are encouraged to come and observe a class at no cost.

Seated Yoga

Tuesdays 10:15 am Mya Burroughs

Yoga exercises while seated in chair - no floor work.

Increase strength and flexibility.

Senior Fitness Classes Held at
Stow Senior Center

Sr. Fitness Class Fees:

Silver Sneakers Members may participate at No Cost w/ Health Card
Non-Silver Sneakers members may purchase a punch card \$10 for 5 classes

Senior Yoga Stretch

Thursdays 9:15am Jen Caldwell

Yoga like exercises to increase your mobility, strength and balance. Exercise while seated or standing near chair - no floor work.

Strength & Tone

Thursdays 10:15am Jen Caldwell

Use of small hand weights & tubing as you work out to music. Designed to promote muscle strength, increase flexibility, balance & range of motion both seated or standing.

All exercise classes are very friendly and social.

Stow Players - Community Theatre

Senior Citizen Performances - Ticket required

Heritage Barn - Silver Springs Park (5238 Young Road Entrance)

These special performances are Open to All Senior Adults
Tickets are No Cost to the Senior Performance dates only



Limited Ticket Availability - Limit 4 tickets per performance -
Please be ready to list names/ phone numbers of all who receive tickets.

Senior Performance tickets will be available at:
Stow Parks & Recreation Department (Stow City Hall)

Tickets available Beginning **Monday, December 17**

The Tin Woman Thurs., January 24 8:00pm

Instead of relishing life after her heart transplant, Joy enters a downward spiral, unsure whether she deserves a second chance. She decides to track down the family of her heart donor...are they ready? Based on a true story.
Don't miss this heartwarming play.

Over the River and Through the Woods Thurs., March 8 8:00pm

Nick, a single Italian-American living in New Jersey, routinely eats dinner with both sets of grandparents every Sunday. When he is offered his dream job in Seattle, his loveable, loud grandparents will do anything to keep him from moving. A story of family, faith, food!

Recreation Programs & Health Services

On-Going Programs & Classes for Active Senior Adults

Senior Bowling

League Play

Thursdays 9:30am



Sto Kent Entertainment Center

3870 Fishcreek Rd Stow

330-673-1718

Fee: \$7.00 / 3 games

New Players & Subs Welcome

League Coordinator: Jack Garner

Subs Are Always Welcome!

Dominoes Mexican Train

Come learn to play.
Enjoy good company!

Second & Fourth Tuesdays
of each month 12:30 pm
Drop In / No Fee



Mah Jongg

First & Third Tuesdays

Game play start: 12:30pm
Stow Senior Center

Drop in play for individuals
familiar with the game. - No Fee

Senior Cards **Wednesdays 11:00am - 4:00pm**

*Euchre / Crown 5 / 500 / Spite & Malice / Poker
Phase 10 / Pinochle & more!*

Stow Senior Center Open to all Senior Adults

A Nominal Drop In fee covers the price of snacks/beverages



Senior Bingo

at Stow Senior Center



Second & Fourth Thursdays

of each month Games begin at **1 pm**

\$1 / (3 card) packet for all 10 games

All money taken in is
paid out as prizes

Health Screenings

Sponsored by Our Friends at: *Stow
Glen Retirement Village*

No Appointment Required - No Fee

at Stow Senior Center

Second Thursday of each month
12:00pm - 1:00pm

Blood Pressure & Glucose Screens

Finger stick - No fasting required.



Stow Blanketeers

A volunteer group which creates
& donates blankets to local
charities. Open to all who enjoy
knitting, sewing or crocheting or
those who would like to learn!

Donations of Yarn appreciated!

Contact: Margrit 330-677-5511

Oregon Trails Lodge

2913 Graham Rd

Second & Fourth Wednesdays

1:00 pm - 3:30pm



Foot & Nail Care

Everyday Divinity Foot Care

Mon., January 7 & Mon., February 4
9:00am-1:00pm by appointment only

Toenail trimming & filing
+ callus reduction performed
by a Certified Foot Care Nurse.
An assessment of the lower legs
& feet will be done as well.

Individual Foot Care Sessions
are \$30.00 check or cash only.

Please call: Jen Vanek, RN BSN,
CFCN, owner/operator of EDNEO, LLC
to schedule an appointment call:
(216) 956-0293

Home visits are also available.



Hearing Health

Ascent Audiology & Hearing
February 18 10:00am - 12:00pm
appointments
at Stow Senior Center

Christopher Witten AuD, CCC-A,
a local licensed audiologist, will
meet with you individually for
questions and screen you for
any hearing related concerns.
Plus if needed, removal of wax
build up and inspection and
cleaning of hearing aids.

No Fee - **Appointment required**
by calling: *Ascent Audiology*
330-688-1172



Chair Massage

with Sue Petrof, LMT
Licensed Massage Therapist

Massage is credited with
reducing pain and allowing
deep relaxation.

A chair massage focuses
on the neck, shoulders
and back only
while fully clothed.

Make an appointment
\$15 for a 15 minute
chair massage

No need to kneel on knees.

Second Friday of Month:

(January 11 & February 8)
mornings by Appt.

at the Stow Senior Center

For Appointments Call:

Sue Petrof, LMT 330-414-8882



THIS SPACE IS
AVAILABLE



Assisted Living and Memory Care

A Vibrant Life-Enriching Assisted Living Community

Danbury Woods offers assisted living and memory care neighborhoods in a comfortable, homelike setting. Our personalized wellness plans are supported by 24-hour dedicated on-site nurses and resident companions offering the finest care and support.

Call 330-940-3000 or stop in today for a personal tour!



1691 Queens Gate Circle
Cuyahoga Falls, Ohio 44221



DanburySeniorLiving.com

LET US *carry*
YOUR MESSAGE
TO *Senior*
THE *Community*

For Advertising Information Call
800-477-4574



Arbors
at Stow
Alzheimer's and Dementia Care
2910 L'Ermitage Pl, Stow
(330) 688-1188
www.arborsatstow.com

Haven Homes
Assisted Living of Stow, Inc.
Affordable assisted living for seniors
Owned and operated by a
Registered Nurse, not a large corporation
330-678-1700
3605 Marsh Rd. • Stow OH
www.havenhomesofstow.com

BRANDON
HEATING & AIR CONDITIONING
CELEBRATING 25 YEARS OF SERVICE

OH LIC. 38304
330-686-9828

5 TIME SUPER SERVICE AWARD WINNER

smart solutions. reliable service.
1337 Commerce Dr., Stow • www.BrandonHeating.com

Mulberry Gardens
ASSISTED LIVING & MEMORY CARE

At Mulberry Gardens Assisted Living and Memory Care, we know staying socially connected and feeling engaged becomes more important as we age. Healthy relationships, good nutrition and regular fitness programs are all included! When your loved one moves to Mulberry Gardens, they'll become a part of something special...a sense of family, friendship, and belonging that welcomes them each day. We are dedicated to meeting each resident's needs. There are never any buy-in fees and everything is included in one reasonable monthly rent, even the utilities, except phone. We also offer personal services at an additional cost, and because we focus on individual needs and preferences, you only pay for the services needed.

Call today for more information!

ASSISTED LIVING	MEMORY CARE
330-634-9919	330-633-3026
395 South Main Street Munroe Falls, OH 44262	47 Steeplechase Ln Munroe Falls, OH 44262





BAYADA®
Home Health Care
330-929-5512
Home Health Care
*Providing a safe home life
with independence*
2497 State Rd • Cuyahoga Falls

Ascent
AUDIOLOGY & HEARING

330-622-4545
M-F 9am-5pm

3226 Kent Rd #102, Stow, OH 44224

www.ascentaudiologystow.com

*Specializing in Personal,
Individual Attention
Hearing Loss Prevention,
Hearing Aids, Counseling and
Aftercare • Senior Discounts*

SPREAD THE WORD:

**A Thriving, Vibrant
Community Matters**



**Support Our
Advertisers!**



**WE'RE HIRING
AD SALES EXECUTIVES**



- Full Time Position with Benefits
 - Sales Experience Preferred
 - Paid Training
 - Overnight Travel Required
 - Expense Reimbursement
- CONTACT US AT: careers@4LPI.com
www.4LPI.com/careers

➤ Reach the Senior Market

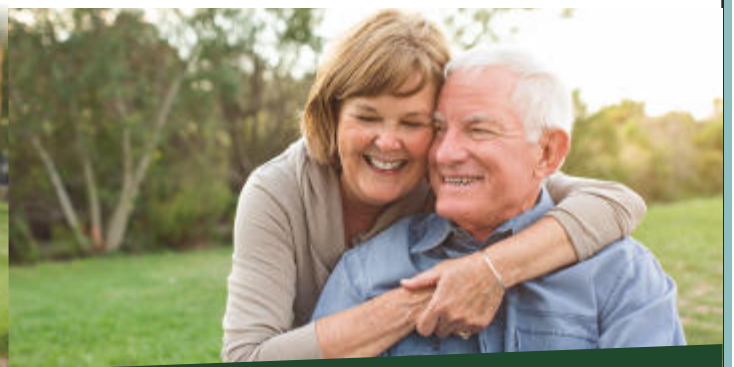
ADVERTISE HERE

CONTACT

Jayne Pandy to place an ad today!
JPandy@lpiseniors.com or (800) 477-4574 x6401

“GRACIOUS SENIOR LIVING”

You've earned the privilege of enjoying your retirement, let us help you do that! See all our fun pictures and events at [Facebook.com/stowglen](https://www.facebook.com/stowglen)



**STOW-GLEN
RETIREMENT
VILLAGE**



A Community of Care

330-686-7100

FAITH BASED & 100% EMPLOYEE OWNED
SINCE 1984

4285 KENT RD STOW

WWW.STOWGLEN.COM



4-D-5-5

For ad info. call 1-800-477-4574 • www.4lpi.com

14-1497

Stow Munroe Falls Senior Class Play:
The Crucible A Free Senior Citizen Performance



In the Puritan town of Salem, Massachusetts in 1692, rumors of witchcraft spread through the town. Through secrets, lies, rumors and misinformation, life in this remote town spirals out of control. Can the truth be found or does belief become truth? Written in the early 1950's, Arthur Miller's play is an award winning literary treasure.

SMF High School Auditorium
 Friday, February 22 9:30am No Fee / No Registration

Senior Services Assistance
Ask a Social Worker

Many individuals and families struggle with questions about social service needs or concerns due to lifestyle changes as they age.

The Stow Senior Center partners with **Altercare Western Reserve** to provide access to a licensed Social Worker to answer your concerns or direct you to available local or county services.

Questions on: In Home Services / Medicare / Home Delivered Meals / Respite/Hospice Care / Utility Assistance & other topics of concern.

Contact: Randi Kassan
Alter Care Western Reserve (Stow)
 234-284-7999

Stow Senior Citizen Commission



Members appointed by the Mayor, advise the city administration on concerns or issues that affect the everyday lives of Stow senior citizens.

Next Meeting: **Stow Senior Center**
Tues, February 19 7:00pm
 Tammy Denton, Chairperson

If you have an issue / idea on city policies, practices or infrastructure that you feel would benefit the lives of senior adults.
 seniorcommission@stow.oh.us

Care & Share



A volunteer craft group who assist local organizations through the creation of stuffed dolls and other handicrafts. New material donations accepted

Meet the Last Monday of the following months:
 January - April
 August - October
 1:00 pm - 3:00pm
 Stow Senior Center
 3968 Darrow Road

Notary Services

No Appointment Required - No Fee

Monday - Friday 8:00am - 4:00pm
at Stow City Hall

Bring all documents & a legal form of identification to have your documents notarized.



The Stow Sunshiners are an active social group of senior adults who invite you to become a member of their group. Enjoy a monthly catered luncheon with entertainment and good fellowship! Stow Sunshiner's President: Diane Dias



Monthly Luncheon is held the 1st Monday of Month (*Holiday, 2nd Mon.)

at Cedar Hall of the Stow Glen Retirement Village 4285 Kent Road Stow (Parking Cedar Hall & Birch Hall areas)

Sunshiner Membership Information: Must be a resident of Stow or a contiguous city & have attended two luncheons.

Pay Annual Membership fee of \$5.00 Member Fee is used for Monthly Luncheon speakers & entertainment.

Stow Sunshiner Membership & Luncheon Reservations/Ticket Information:

Pre-reservation with payment is required Luncheon COST: \$8.00 to Stow Sunshiners

Mail payment to: 4836 Algonquin Trail, Stow 44224 c/o Marlene Holderman 330-686-1632

Monday, January 7 - 12:00pm

Menu: Sliced Pork Roast w/onions, Broccoli Rice Au Gratin, Glazed Baby Carrots, Dessert & Beverage

Musical Entertainment: Bonnie Baughman

Monday, February 4 - 12:00pm

Menu: Stuffed Pepper Half w/ tomato sauce, Cornbread Stuffing, Seasonal Blend Vegetables, Dessert & Beverage

Speaker: "Monsters Among Us" - Animal Tales Conrad Stora

Birthday Wishes: If you wish to be eligible for a Birthday gift at the Stow Sunshiners' Monthly Luncheon

- Follow these steps - * Sunshiner Membership dues are currently paid. \$5.00 yearly membership fee

* Place Your Name at the bottom of the previous month's attendance sheet or

* Call: John Gretsinger 330-688-0052 the Month Prior to Your Birthday month. *No reservations accepted luncheon day.

Thank You to our Sunshiner Luncheon Birthday Gift Sponsors:

- Baumann's Florist
- Bellacino's
- Café in Stow
- Dairy Queen Fishcreek
- Dairy Queen - Portage Trail
- Isaly's II
- Oregon Corners Florist
- Rockne's - Stow
- Silver Lake Florist
- Stow Cone
- Stow-Glen Retirement Village
- 2 Girls Café & Bakery

Sunshine Lady



The Stow SUNSHINERS want to cheer, lend comfort & support to other Sunshiner members in need. Please contact Ellie Smith 330-688-7938 to inform her when a Stow Sunshiner member is ill or has suffered a loss.

Stow Seniors Activity Calendar

Stow Parks & Recreation Department 330-689-5100

January 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1  Senior Center Closed	2 11:00am Cards	3 9:15am Yoga Stretch 9:30am Bowling@SKB 10:15am Sr Strength 1:00pm Brain Games	4	5
6	7 12pm Sunshiner Luncheon @ Stow Glen Retirement Village Foot Care Appointments	8 9:15am Cardio Fit 10:15am Sr Yoga 12:30pm Dominoes 3:15pm Line Dancing	9 11:00am Cards 1:00pm Blanketeers	10 9:15am Yoga Stretch 9:30am Bus: Hartville Mkt 9:30am Bowling @SKB 10:15am Sr Strength 12pm Health Screens 1:00pm Bingo	11 Chair Massage Appointments	12
13	14 10:30am Lunch Bunch  4:30pm Popcorn Movie	15 9:15am Cardio Fit 10:15am Sr Yoga 12:30pm Mah Jongg 3:15pm Line Dancing	16 10:30am Lunch Bunch 11:00am Cards	17 9:15am Yoga Stretch 9:30am Bowling @SKB 10:15am Sr Strength 1:00pm Brain Games	18  9:00am Bfast Buddies 1:00pm History Talk: Menches Brothers	19
20 		22 9:15am Cardio Fit 10:15am Sr Yoga 12:30pm Dominoes 3:15pm Line Dancing	23 11:00am Cards 1:00pm Blanketeers	24 8:30am Bus: Football HOF 9:15am Yoga Stretch 9:30am Bowling @SKB 10:15am Sr Strength 1:00pm Bingo	25	26
27	28 1:00pm Care & Share Volunteers	29 9:15am Cardio Fit 9:30am Bus: Akron Food Bank Tour 10:15am Sr Yoga 3:15pm Line Dancing	30 11:00am Cards	31 9:15am Yoga Stretch 9:30am Bowling @SKB 10:15am Sr Strength		

Most Programs are held at Stow Senior Center at 3968 Darrow Road

- Program Registrations are taken at Stow City Hall - Stow Parks & Recreation Department 3760 Darrow Road

*SSL = Silver Springs Lodge 5027 Stow Rd

*Bus Trips & Lunch Bunch Depart: Stow City Hall 3760 Darrow Rd

*OT = Oregon Trails 2913 Graham Rd




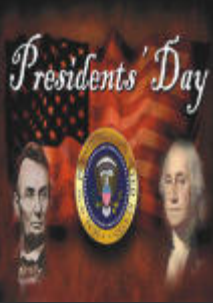
*HB = Heritage Barn 5238 Young Rd

*SGRV = Stow Glen Retirement Village 4285 Kent Rd

*SKB = Sto-Kent *SKB Stow Kent Entertainment Bowling Lanes Fishcreek Rd

Stow Seniors Activity Calendar *February 2019*

Stow Parks & Recreation Department 330-689-5100

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 1:00pm Bunco Party 	2
3	4 12:00pm Sunshiner Lunch @ Stow Glen Retirement Village Foot Care Appointments	5 9:15am Cardio Fit 10:15am Sr Yoga 12:30pm Mah Jongg 3:15pm Line Dancing	6 10:00am Bus: Miss Molly's Tea Room 11:00am Cards	7 9:15am Yoga Stretch 9:30am Bowling @SKB 10:15am Sr Strength 1:00pm Brain Games	8 Chair Massage Appts 12:00pm Victorian Valentine Luncheon 	9
10	11 10:30am Lunch Bunch	12 9:15am Cardio Fit 10:15am Sr Yoga 12:30pm Dominoes 3:15pm Line Dancing	13 10:30am Lunch Bunch 11:00am Cards 1:00pm Blanketeers @OT	14 9:15am Yoga Stretch 9:30am Bowling @SKB 10:15am Sr Strength 12pm Health Screens 1:00pm Bingo	15 9:00am  Bfast Buddies	16
17		19 9:15am Cardio Fit 10:15am Sr Yoga 12:30pm Mah Jongg 3:15pm Line Dancing 7:00pm Sr Citizen Commission	20 11:00am Cards	21 9:00am Bus: Severance Hall 9:15am Yoga Stretch 9:30am Bowling @SKB 10:15am Sr Strength 1:00pm Brain Games	22 9:30am Senior Class Play 10:00am History Talk: Seiberling Family	23
24	25 1:00pm Care & Share Volunteers	26 9:15am Cardio Fit 10:15am Sr Yoga 12n Bus: Wine & Dine Baltic 12:30pm Dominoes 3:15pm Line Dancing	27 11:00am Cards 1:00pm Blanketeers @OT	28 9:15am Yoga Stretch 9:30am Bowling @SKB 10:15am Sr Strength 1:00pm Bingo		

Most Programs are held at Stow Senior Center at 3968 Darrow Road

- Program Registrations are taken at Stow City Hall - Stow Parks & Recreation Department 3760 Darrow Road

*SSL = Silver Springs Lodge 5027 Stow Rd

*Bus Trips & Lunch Bunch Depart: Stow City Hall 3760 Darrow Rd

*OT = Oregon Trails 2913 Graham Rd

*HB = Heritage Barn 5238 Young Rd

*SGRV = Stow Glen Retirement Village 4285 Kent Rd

*SKB Sto-Kent *SKB Stow Kent Entertainment Bowling Lanes Fishcreek Rd



Hartville Markets
Hartville Marketplace has added new features and shops that you are sure to enjoy.

Shop the famous Hartville Hardware first then lunch at Hartville Kitchen (additional) with plenty of time to shop the collectibles store, bakery and updated Marketplace with it's wide variety of unique items

Date: Thurs. January 10 **Fee** \$16.00
Depart: 9:30am **Return:** 4:00pm

Miss Molly's Tea Room & Gift Shop
Medina



Miss Molly's Tea Room is a lavishly decorated Victorian Tea Room located in the Historic District of Medina. A trip back to a gentler and more relaxing period as you dine on scrumptious selections off the menu (additional). Browse the gift shop with assortments of fine teas, coffees and unique gifts. Time is given to shop a number of the unique downtown stores after lunch too!

Date: Weds., February 6 **Fee** \$12.00
Depart: 10:00am **Return:** 3:00pm



Football Hall of Fame
Canton

Get an insider's tour of the Hall of Fame by exploring exhibits with a skilled & enthusiastic docent. Whether you are a huge fan or a casual observer, through the insight of our docent you will enjoy these first rate exhibits and history of the game.

Lunch at Tim's Tavern (additional) & a shop stop at Heggy's Nuts & Candies.

Date: Thurs., January 24 **Fee** \$39.00
Depart: 8:30am **Return:** 3:30pm



Five Oaks - Historic Home
Massillon

Tour this beautiful historic home completed in 1894 featuring many unique wood carvings, billiard room, ballroom, Tiffany windows and ten fireplaces. Learn of the family history and what led them to build in Massillon. A lovely lunch (included) will be served onsite in the beautiful dining area. Take a step back in time and be treated like family as you dine. (walking/ stairs)

Date: Thurs. February 21 **Fee** \$39.00
Depart: 9:00am **Return:** 2:00pm



Akron Food Bank Tour
Akron

The Akron-Canton Regional Foodbank feeds people right here in our communities. Come see the Foodbank in action. Take a guided tour and learn how food moves through the Foodbank to get to those in need. The Akron Foodbank network feeds over 250,000 people throughout Northeast OH

A lunch stop at BJ's Restaurant & Brew House additional.

Date: Tues., January 29 **Fee** \$12.00
Depart: 9:30am **Return:** 4:00pm



Wine & Dine - Baltic Mill

Baltic / New Philadelphia

Not your "Run of the Mill" winery; the Baltic Mill Winery

promises a unique history as a once working feed mill. Enjoy several wine tastings & snacks (included) Then on to the Broad Run Cheese House to shop the deli/bakery/cheese/wine boutique. A final stop for dinner (additional) at the Pointe Dining for a delicious meal.

Date: Tues., February 26 **Fee** \$34.00
Depart: 12:00pm **Return:** 7:30pm

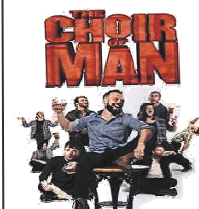
Architectural Tour

Severance Hall



Home to the Cleveland Orchestra; but also one of the most beautiful concert halls in the world! A docent led tour of this building to view a vibrant combination of design styles that are truly stunning. (walking/ stairs) + a Lunch stop in Cleveland (additional)

Date: Thurs., March 7 **Fee** \$23.00
Depart: 9:00am **Return:** 2:00pm



The Choir of Man

Cleveland Playhouse Square

The ultimate feel good show! Set in a working pub; nine guys show off

amazing harmonies, live percussion and foot stomping choreography. The best singing, dancing stomping pub crawl you will ever attend!

Date: Sun. March 24 **Fee** \$54.00
Depart: 5:30pm **Return:** 9:30pm

Program / Refund Policy: Stow Parks & Recreation Department

Bus Trips are open to all ages.

Children under 18 must be accompanied by an adult.

Pre-registration is required & full payment is due upon registration. No Holds

No credits or refunds are issued within 7 days of a program or trip due to change in personal schedule, illness or schedule conflict.

Refund requests may be granted if made in writing at least seven days prior to a trip or program only if no expenses/ticket purchases have occurred.

A \$5 processing fee is applied to all refunds made seven days prior to program.

Individuals may always find a replacement for their reservation if unable to attend - Please inform the office of name change.

A full refund is given if the Stow Parks & Recreation Department must cancel a trip due to low enrollment or unforeseen circumstances.

Special Assistance: Please let us know at registration if wheelchair seating is required.

Bus departs - Stow City Hall 3760 Darrow Road unless otherwise noted.

Return times are approximate, please allow for additional time.

Trips include transportation and admissions (meals are not included unless noted).





Stow Senior Adult Programs
January - February 2019
Stow Parks & Recreation Department
3760 Darrow Road Stow, OH 44224
330-689-5100
Website: www.FunInStow.com

PRE-SORTED
 STANDARD
 U.S. POSTAGE
 PAID
 CUYAHOGA FALLS, OH
 PERMIT NO. 501

Return Service Requested

Dated Material


Stow Senior Center
 3968 Darrow Road (330) 686-1325
 *Facility is open only during scheduled senior programs.
 *Program Registrations are taken at: 
Stow Parks & Recreation
 3760 Darrow Road (Stow City Hall)
 Monday-Friday 8:00am - 4:00pm
 Program Info: 330-689-5100

Stow Senior Programs are coordinated by the Stow Parks & Recreation Department and are open to active Senior Adults 55+
 Pick a program that interests you & jump in!




Call Stow Parks & Recreation Department at: 330-689-5100 to be added to the **Stow Senior Newsletter** mailing list. Additional program flyers and bus trips are posted on the **Stow Parks & Recreation website at: www.FunInStow.com**
 Look under: Senior Adult Programs

Upcoming Programs...

Victorian Valentine Luncheon pg. 2 

History Talk: Akron's Seiberling Family pg. 3



Stow Speakeasy Social Hour pg. 3 

Program Cancellations



Don't delay in registering for a program or trip. Some programs fill quickly or minimum numbers must be met in order to hold an activity. If the Stow Parks & Recreation Department must cancel a program due to low numbers you will receive a full refund of program fees.

If you must cancel your registration due to any reason including illness, appointments or change of personal plans... If requested in writing at least 7 days prior to the program you will be granted a full credit (only if no tickets/supplies have yet been purchased) or a refund by check less a \$5 processing fee.

Any cancellations within 7 days of the activity Do Not receive credit or refund. You may always allow someone to take your place in the program.