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Program Registration Begins:
Tuesday, June 27  at Stow City Hall

July-August 2017

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
kmcconnell@stow.oh.us

www.FunInStow.com
Special Events: Summer 2017

Great Variety Shows of the 50’s/60’s Luncheon

In the 1950’s & 60’s, the TV Variety Shows ruled prime-time television. Great shows like Ed Sullivan, Dean Martin, Carol Burnett and many others provided endless laughs & entertainment that viewers at home couldn’t live without.

Join us as we highlight these great shows & more with film clips from all of your favorites.

Lunch Menu:  Meatloaf, Mashed Potatoes w/ gravy, Veggie Blend, Dessert, & Beverages

Friday, July 28  12:00pm  Stow Senior Center  Fee:  $8.00
Pre-Register - Limited Seating

Backyard Concert & Picnic

Program Partner:  Harbor Light Hospice

Musician Chris Callahan will entertain you with his musical renditions of a variety of artists including; Frank Sinatra, Bob Seger and more! He will have you smiling and clapping your hands to the sweet tunes of summer!

Bring a Chair to enjoy the concert outdoors in the Senior Center backyard. Indoors if weather is inclement

Menu:  Old Carolina Pulled Pork BBQ Sandwich, Coleslaw, Chips, Dessert & Beverages

Friday, August 11  12:00pm  Stow Senior Center  Fee:  $8.00
Pre-Register at Stow Parks & Recreation Department  Limited Seating
Bring a Chair for the outdoor concert - indoors if inclement weather.

Digital Photo Workshop

Instructor:  Mitch Crawford

Photo’s capture your life memories. Digital photography has made it so much easier to take great photos, but sometimes all the bells and whistles get a bit confusing.

Have all your questions answered by Mr. Mitch Crawford. Simple techniques on how to use your digital camera or camera on your phone plus learn photo composition, what the various camera modes are and what they mean. Learn how to download your photos to print them at home or at the store. Ask your individual questions too!

Friday, September 15  10:00am  Stow Senior Center
No fee - Call to Pre-register. Limited Seating
**Active Senior Adult Special Events & Programs**

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**Car Fit**

Program Partners: Occupational Therapists Rehab Educators

**Vehicle Safety & Driving Comfort**

*Designed by AARP, AAA & The American Society of Aging.*

CarFit offers older adults the opportunity to have their personal vehicles “fitted” to them. Improve your comfort & safety by ensuring that your car is properly adjusted just for you.

Check the Seating, Mirrors, Pedals, Seatbelts + more

20 minute appointments While you are seated in your car

**Saturday, August 19 at Stow City Hall Parking Lot**

Pre-scheduled Appointment between 10:00am - 2:30pm  **No Cost**

Call Stow Parks & Recreation Dept. 330-689-5100

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**Solar Eclipse**

A rare solar eclipse is happening across the US on Monday, August 21. It will be the first time since 1918 that a solar eclipse will cross the country from coast-to-coast.

Join Astronomer Dave Jessie, from the Stow Astronomy Program as he safely tracks the eclipse on a Solar Telescope. Bring a chair to watch this event.

**Monday, August 21 1:30pm - 3:30pm**

Fishcreek Elementary School (rear of building)

---

**Price is Right Luncheon**

Program Partner: Visiting Angels Living Assistance Services

**Come on Down!**... You are the next contestant for fun and prizes! Enjoy an afternoon of game show hilarity as we present our version of this popular game show. Contestants are selected from the audience for their chance to win a prize.

Games: Plinko /Hi Lo /3 Strikes /Cliff Hanger & More!

**Menu:** Pizza, Penne Pasta, Wings, Breadsticks & Beverage

**Friday, September 22 12:00pm**

Silver Springs Lodge 5027 Stow Road  Fee: $9.00

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

---

**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**

**July 21**  Stow Nut  Stow

**August 18**  Eat N’ Park  Cuyahoga Falls

**September 15**  Tip Top  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
- Departure Time Dinner: 5:30pm

**from Stow City Hall Parking Lot
Park near center of lot**

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

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**Dinner* 5:30pm Rusty Bucket  Solon**

**Monday, July 24 5:30pm**

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**Lunch 10:30am Marie’s  Wadsworth**

**Monday, August 14 Or Wednesday, August 16**

---

**Lunch 10:30am Pier W  Cleveland**

**Monday, September 18 Or Wednesday, September 20**

---

**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.

*Dinner: Sloppy Joes, Chips & Dessert
Call for title of movie at registration.

**Monday, July 17 4:30 pm**

**Fee: $7.00 includes dinner at Stow Senior Center Pre-Registration is required.**

---

**NASA**

issued Solar Sun Glasses will also be available to use during the event. **No Cost**

Do not look at the sun without proper eye protection

---

**Third Friday of Month 9:00am**

**July 21**  Stow Nut  Stow

**August 18**  Eat N’ Park  Cuyahoga Falls

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**Departure Time**

**Lunch: 10:30am**

**Dinner: 5:30pm**

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**Monday, August 21 1:30pm - 3:30pm**

Fishcreek Elementary School (rear of building)

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**Pre-scheduled Appointment between 10:00am - 2:30pm No Cost**

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Games: Plinko /Hi Lo /3 Strikes /Cliff Hanger & More!

**Menu:** Pizza, Penne Pasta, Wings, Breadsticks & Beverage

**Friday, September 22 12:00pm**

Silver Springs Lodge 5027 Stow Road  Fee: $9.00

Pre-Register at Stow Parks & Recreation Department Limited Seating - Register Early!
Pickleball
Fastest Growing Sport in the Nation!
Silver Springs Park - 5027 Stow Rd
Our Tennis Courts have Pickleball lines!
Easy to learn & additively fun.
Pickleball combines the elements
of tennis, badminton & ping pong!
The rules are easy to learn in a short time.
Pickleball is a fast-paced, competitive yet social game
that is played with a paddle and a plastic ball on a court half the size
of a tennis court.
Active Senior Adult & Adult Play Only.
Tuesdays & Thursdays 6pm - 8pm
Through October 31
($10 fee paid at court for a seasonal player card - (Correct Change please)
Beginners are asked to attend
Thursdays at 6:00pm for an overview of the rules.
Equipment available at first time to learn the sport, players then provide
their own paddle for future play.

Sr. Cardio Circuit
Tuesdays / 9:15am Mya McClain
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 10:15am Mya McClain
Yoga exercises while seated
in chair - no floor work.
Increase strength and flexibility.

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

Senior Bowling
Summer Schedule
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
League Play begins in September

Senior Yoga Stretch
Thursdays 9:15am Anne Sarafian
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 Anne Sarafian
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.

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, Linda Christian 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 dance routines.
Summer Break - Classes to return in September
Thursdays 3:30pm - 4:30pm
Stow Senior Center
$3.00 per class paid to instructor (Correct Change please)
Recreation Programs & Health Services
On-Going Programs & Classes for Active Senior Adults

Brain Games
Puzzles & Games
Program Partner:
Stow Glen Retirement Village & 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
- Stow Glen Retirement Village
Third Thursdays - Game Play
- Brookdale Senior Living Solutions

Dominoes
Mexican Train
Come learn to play.
Enjoy good company!
Second & Fourth Tuesdays
of each month 12:30 pm
Drop In / No Fee

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

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

Health Screenings
No Appointment Required - No Fee
at Stow Senior Center
Second Thursday of each month
12:00pm - 1:00pm
Blood Pressure & Glucose Screens
No fasting required. Finger stick
Sponsored by Our Friends at:
Stow Glen Retirement Village

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

Foot & Nail Care
Everyday Divinity Foot Care
Mon., July 10  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 $28.00 check or cash only.
Please call: Jen Vanek, RN BSN, CFCN, owner/operator of EDNEO, LLC
R to schedule an appointment call: (216) 956-0293
Home visits are also available.

Hearing Health
Ascent Audiology & Hearing
Mon., August 21
10:00am - 12:00pm appts.
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
Massages are 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:
( July 14 & August 11)
10:30am -12:30pm by Appt.
at the Stow Senior Center
For Appointments Call: Sue Petrof, LMT 330-414-8882
Stow July 4th Parade
Stow Parks & Recreation Dept & Kiwanis Club
are sponsors of this traditional community event favorite.

As always, the parade will take place on the Fourth of July, stepping off at 10:00am from Stow-Kent Shopping Center and traveling down Kent Road past Holy Family Church, ending at Park Drive.
2017 Parade Theme: Salute to Our Veterans

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, August 15 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

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: Robbie Robinson

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.
Paying 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

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 Gretsingter 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
• Braidy Jewelers
• Café in Stow
• Isaly’s II
• McDonald’s Norton Road
• Oregon Corners Florist
• Red Lobster
• Rockne’s - Stow
• Silver Lake Florist
• Stow Cone
• Stow-Glen Retirement Village
• Stow Nut Donut Diner

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.

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.

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, August 15 7:00pm
Tammy Denton, Chairperson
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# Stow Seniors Activity Calendar

**Stow Parks & Recreation Department  330-689-5100**

## July 2017

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<thead>
<tr>
<th>Sunday</th>
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<td>3</td>
<td>7:00pm Trip: Blossom Cleveland Orchestra</td>
<td>10am Stow Parade</td>
<td>11:00am Cards</td>
<td>9:15am Yoga Stretch</td>
<td>9:30am Bowling @SKB</td>
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<td>10</td>
<td>12pm Sunshiner Luncheon @ Stow Glen Retirement Village</td>
<td>9:15am Cardio Fit</td>
<td>10:15am Sr Yoga</td>
<td>11:00am Cards</td>
<td>12:30pm Dominoes</td>
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<td>4:30pm Popcorn Movie</td>
<td>9:15am Cardio Fit</td>
<td>10:15am Sr Yoga</td>
<td>12:30pm Dominoes</td>
<td>10:15am Sr Strength</td>
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<td>19</td>
<td>1:00pm Blanketeers</td>
<td>11:00am Cards</td>
<td>12pm Health Screens</td>
<td>1:00pm Bingo</td>
<td>6:00pm Pickleball</td>
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<td>23/30</td>
<td>5:30pm Dinner Bunch</td>
<td>9:15am Cardio Fit</td>
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<td>12:30pm Dominoes</td>
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**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
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10:15am Sr Yoga  
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1:00pm Brain Games  
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|        |        |         | 11:00am Cards | 9:15am Yoga Stretch  
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10:15am Sr Strength  
12pm Health Screens  
1:00pm Bingo  
6:00pm Pickleball | 12:00 Noon |
|        |        |         | 10:30am Lunch Bunch | 9:15am Yoga Stretch  
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1:00pm Brain Games  
6:00pm Pickleball | Backyard Concert & Picnic |
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10:15am Sr Yoga  
12:30pm Mah Jongg  
6:00pm Pickleball | 11:00am Cards | 9:15am Yoga Stretch  
9:30am Bowling @SKB  
10:15am Sr Strength  
1:00pm Brain Games  
6:00pm Pickleball | 1:00pm Bus: Porthouse Newsies |
|        |        |         | 10:30am Lunch Bunch | 9:00am Bfast Buddies | 1:00pm Care & Share |
|        |        | 9:15am Cardio Fit  
10:15am Sr Yoga  
12:30pm Mah Jongg  
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|        |        |         | 11:00am Cards | 9:15am Yoga Stretch  
9:30am Bowling @SKB  
10:15am Sr Strength  
1:00pm Brain Games  
6:00pm Pickleball | 1:00pm Bus: Nautica Queen |
|        |        | 9:15am Cardio Fit  
10:15am Sr Yoga  
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9:30am Bowling @SKB  
10:15am Sr Strength  
1:00pm Brain Games  
6:00pm Pickleball | 8:00am Trip: Lolly the Trolley  
Hearing Screens By Appointment |
|        |        |         | 11:00am Cards | 9:15am Yoga Stretch  
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|        |        | 9:15am Cardio Fit  
10:15am Sr Yoga  
12:30pm Mah Jongg  
6:00pm Pickleball | 11:00am Cards | 9:15am Yoga Stretch  
9:30am Bowling @SKB  
10:15am Sr Strength  
1:00pm Brain Games  
6:00pm Pickleball | 1:30pm-3:30pm Solar Eclipse |
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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  
*BH = Heritage Barn 5238 Young Rd  
*SGRV = Stow Glen Retirement Village  4285 Kent Rd  
*SKB Sto-Kent *SKB Stow Kent Entertainment Bowling Lanes Fishcreek Rd
Community Bus Trips
Open to All Ages - Summer 2017

A Salute To America
Blossom Music Center

Great patriotic music for the holiday plus fireworks and fun for the whole family!
Blossom’s traditional, star spangled celebration concert with the Blossom Festival Band. Plus fireworks after the concert to add to the celebration.

Date: Mon., July 3  Fee: $27.00
Depart: 7:00pm  Return: 11:30pm

Nautica Queen
Legends of Lake Erie Cruise

Join us for tall tales of buried treasure, ship wrecks and The Lake Erie Monster on this fun-filled, informative Lunch Cruise!
This is always a popular trip as you board the Nautica Queen to cruise the shores of Lake Erie. The ship has two covered decks and one open air deck for a great day out on the lake. Lunch Buffet on board is included.

Date: Fri., August 25  Fee: $39.00
Depart: 10:00am  Return: 3:30pm

An American in Paris
Playhouse Square

A struggling American artist in post WWII Paris has his life turned upside down when he falls madly in love with a beautiful Parisian girl. Spectacular dance numbers and Gershwin’s amazing musical score!

Timeless classic of American Theatre

Date: Sun., July 9  Fee: $73.00
Depart: 11:30am  Return: 5:00pm

Soap Box Derby
Senior Citizen Race Day
Akron Derby Downs

Have you always wanted to race a soap box derby car at Akron’s famous Derby Downs? Mark it off your Bucket List! We will take part in the Senior Citizen Only Race Day with an adult sized car for your slow roll down the hill.
This day is set aside for the kid in you to safely enjoy a thrill of a lifetime! Plus enjoy Lunch, Senior Info Fair & Entertainment.
Comfortable clothing & tennis shoes.

Date: Thurs., August 31
Fee: $24.00 includes lunch
Depart: 10:00am  Return: 3:00pm

Porthouse Theatre
Summer Musical Theatre

All Porthouse Trips
Depart: 1:00pm  Return: 4:30pm
Fee: $29 / Theatre trip

Ain’t Misbehavin’
Sun., July 16

A sassy, sultry musical that celebrates the life of legendary jazz musician Fats Waller. Great music!

Newsies
Sun., August 13

Newsmics fight for the dream of a better life in turn of the century New York City.

Lolly Trolley
Cleveland / Little Italy

This year the fantastic folks at Lolly the Trolley have put together a trip just for us! The knowledgeable on board Trolley Guide will keep you informed and entertained as we tour the streets and neighborhoods of Cleveland.
The trolley tour will include stops at: The Cultural Gardens, Little Italy with time for Lunch (additional) & Shopping in Little Italy + Gordon Square, the Capitol Theatre, Cleveland Murals & More! On & Off Trolley Stops with Walking & Standing Required

Date: Mon., August 21,  Fee: $54.00
Depart: 8:00am  Return: 5:00pm

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).

Butler Art Museum
of American Art
Youngstown

The Butler Institute of American Art, was the first museum dedicated exclusively to American art. Nationally known for it’s collections you will get an up close docent led tour to see what makes this museum so special. Works by Winslow Homer, Norman Rockwell and paintings of Native Americans.
Lunch additional at Firebirds Wood Fired Grill

Date: Tues., September 12  Fee: $23.00
Depart: 8:30am  Return: 3:30pm
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

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.