



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



July-August 2017

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

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Serving Active Senior Adults

Program Information:

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

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

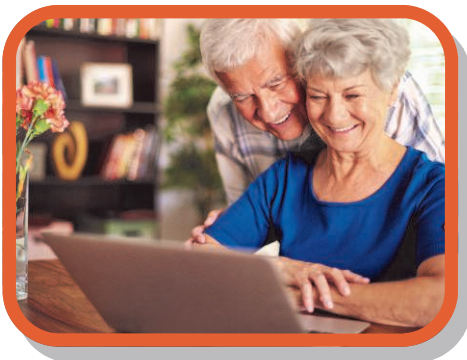
Stow Senior Center

3968 Darrow Road 330-686-1325

Senior Adult Programs

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

www.FunInStow.com



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



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

AARP 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



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.

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

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!

Dinner* 5:30pm Rusty Bucket Solon
Mon., July 24 5:30pm

Lunch 10:30am Marie's Wadsworth
Mon., August 14 Or Weds., August 16

Lunch 10:30am Pier W Cleveland
Mon., September 18 Or Weds., 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.

Sports, Fitness & More Programs

On-Going Programs & Classes for Active Senior Adults

Pickleball

Fastest Growing Sport in the Nation!
Silver Springs Park - 5027 Stow Rd
Our Tennis Courts have Pickleball lines!
Easy to learn & addictively 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 10:15 am Mya McClain
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:

\$2 per class for non Silver Sneakers
or **Current Silver Sneakers**
Members May participate
at No Cost w/ Health Card ID

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.



Slow Rollers Biking Group

Active Senior Adults & Friends

Thursdays Mornings thru October
Depart 9:15am
Stow City Hall Parking Lot:

A Biking Group Open to All Adult Ages
Stow Slow Roller ride to exercise &
enjoy the outdoors in a non-competitive
social setting on local bike trails.

May - October

Rides are weather permitting

Rides often end in a different lunch
destination that you may choose to
stay and enjoy.

A ride schedule outlining the trails and
mileage is available with additional
details at Stow Parks & Recreation
Department - Stow City Hall

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

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
with Bob Pontius
- Stow Glen Retirement Village

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

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

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
to schedule an appointment call:
(216) 956-0293

Home visits are also available.



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

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



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

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:

(July 14 & August 11)

10:30am -12:30pm by Appt.
at the Stow Senior Center

For Appointments Call:

Sue Petrof, LMT 330-414-8882



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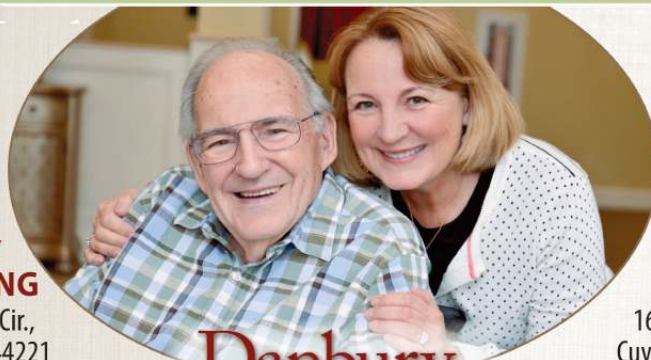
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- Prescription pickup
- Personal shopping

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partnersintimestow@gmail.com

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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*

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 has partnered with **Arbors at Stow** 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: Tracey Cugini
Arbors of Stow 330-688-1188
2910 L'Ermitage Place Stow

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

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.

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, July 10 - 12:00pm

Menu: BBQ Pork Shank, Au gratin Potatoes,
Oven Roasted Garlic Corn on the Cob, Dessert & Beverage

Speaker: Story of Carol Burnett's Life by Carolynn Mostyn

Monday, August 7 - 12:00pm

Menu: Roasted Turkey, w/ gravy, Baked Yam, Mixed Veggies
+ Dessert & Beverage

Entertainment: "Laughter is the Best Medicine" by Jill Smith



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
- 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.

Stow Seniors Activity Calendar

Stow Parks & Recreation Department 330-689-5100

July 2017

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
2	3 7:00pm Trip: Blossom Cleveland Orchestra	4 10am Stow Parade 	5 11:00am Cards	6 9:15am Yoga Stretch 9:30am Bowling@SKB 10:15am Sr Strength 1:00pm Brain Games 6:00pm Pickleball	7	8
9 5:00pm Trip Playhouse Square American in Paris	10 12pm Sunshiner Luncheon @ Stow Glen Retirement Village Foot Care Appointments	11 9:15am Cardio Fit 10:15am Sr Yoga 12:30pm Dominoes 6:00pm Pickleball	12 11:00am Cards 1:00pm Blanketeers	13 9:15am Yoga Stretch 9:30am Bowling @SKB 10:15am Sr Strength 12pm Health Screens 1:00pm Bingo 6:00pm Pickleball	14 Chair Massage Appts.	15
16 1:00pm Trip Porthouse Ain't Misbehavin	17 4:30pm  Popcorn Movie	18 9:15am Cardio Fit 10:15am Sr Yoga 12:30pm Mah Jongg 6:00pm Pickleball	19 11:00am Cards	20 9:15am Yoga Stretch 9:30am Bowling @SKB 10:15am Sr Strength 1:00pm Brain Games 6:00pm Pickleball	21 9:00am Bfast Buddies	22
23/30	24 5:30pm Dinner Bunch 31	25 9:15am Cardio Fit 10:15am Sr Yoga 12:30pm Dominoes 6:00pm Pickleball	26 11:00am Cards 1:00pm Blanketeers	27 9:15am Yoga Stretch 9:30am Bowling @SKB 10:15am Sr Strength 1:00pm Bingo 6:00pm Pickleball	28  12:00pm Variety Show Luncheon	29

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

Stow Parks & Recreation Department 330-689-5100

August 2017

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 9:15am Cardio Fit 10:15am Sr Yoga 12:30pm Mah Jongg 6:00pm Pickleball	2 11:00am Cards	3 9:15am Yoga Stretch 9:30am Bowling @SKB 10:15am Sr Strength 1:00pm Brain Games 6:00pm Pickleball	4	5
6	7 12:00pm Sunshiner Lunch @ Stow Glen Retirement Village	8 9:15am Cardio Fit 10:15am Sr Yoga 12:30pm Dominoes 6:00pm Pickleball	9 11:00am Cards 1:00pm Blanketeers @OT	10 9:15am Yoga Stretch 9:30am Bowling @SKB 10:15am Sr Strength 12pm Health Screens 1:00pm Bingo 6:00pm Pickleball	11 12:00 Noon Backyard Concert & Picnic 	12
13 1:00pm Bus: Porthouse Newsies	14 10:30am Lunch Bunch	15 9:15am Cardio Fit 10:15am Sr Yoga 12:30pm Mah Jongg 6:00pm Pickleball 7:00pm Sr Commission Mtg	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 6:00pm Pickleball	18 9:00am Bfast Buddies 	19
20 	21 8:00am Trip: Lolly the Trolley Hearing Screens By Appointment 1:30pm-3:30pm Solar Eclipse	22 9:15am Cardio Fit 10:15am Sr Yoga 12:30pm Dominoes 6:00pm Pickleball	23 11:00am Cards 1:00pm Blanketeers @OT	24 9:15am Yoga Stretch 9:30am Bowling @SKB 10:15am Sr Strength 1:00pm Bingo 6:00pm Pickleball	25 10am Trip: Nautica Queen	26
27	28 1:00pm Care & Share	29 9:15am Cardio Fit 10:15am Sr Yoga 6:00pm Pickleball	30 11:00am Cards	31 9:15am Yoga Stretch 9:30am Bowling @SKB 10:15am Sr Strength 10:30am Trip Derby Downs  6:00pm Pickleball		

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*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



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

Newsboys 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

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 its 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

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
July - August 2017
Stow Parks & Recreation Department
3760 Darrow Road Stow, OH 44224
330-689-5100
Website: www.FuninStow.com

PRE-SORTED
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 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

Upcoming Programs...



Great TV Shows Luncheon pg. 2



Backyard Concert & Picnic pg. 2



Digital Photo Workshop pg. 2

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.