



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 2019

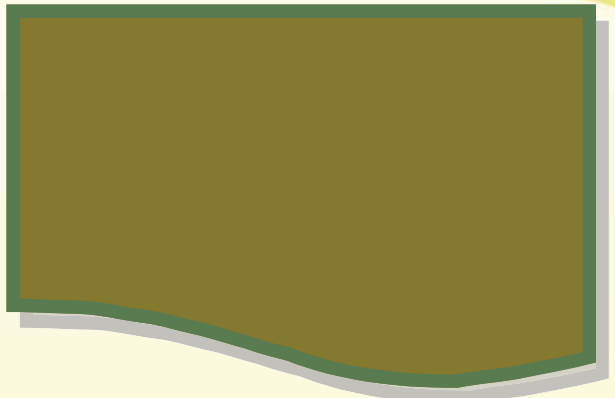
Program Registration Begins:

Wednesday, June 26 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

Active Senior Adult Programs

330-689-5100

www.FunInStow.com



Upcoming Special Events

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 of Sloppy Joes, Chips & Sweet Treat + Beverage
Call Stow Parks & Recreation for title of movie at registration.



Monday, July 8 4:30pm Fee: \$7.00
includes dinner at Stow Senior Center
Pre-Registration is required. Limited Seating



Fun in Stow

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

Coffee & Canvas

Program Partners:
Harbor Light Hospice &
Mulberry Gardens Assisted Living

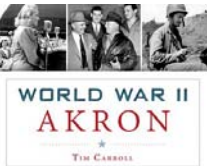


Anyone can be an artist with the step-by-step approach in this creative project.

A small wooden pallet will be your "canvas". Participants, with the assistance of a hands on art instructor, will paint a spring bird and branches to create a unique piece of art.

This is a fun day out with others creating something to decorate your or give as a gift.

Friday, July 12 10:00am
Fee: \$12.00 Pre-Registration is required. Limited Seating



History Talk **Akron: World War II**

When World War II engulfed the nation, the men and women of Akron dutifully played their part in the epic struggle. Keyes Beech ducked grenades as marines raised the American flag on Iwo Jima, Newspaper magnate John S. Knight watched the Japanese surrender on the USS Missouri.

On the home front, Goodyear created blimps used to hunt down Nazi submarines, this thrilling account by local author Tim Carroll recalls all that Akron gave for freedom.
Books also available to purchase.

Friday, July 26 10:00am
Stow Senior Center
Fee \$4.00: Pre-registration required.

Active Senior Adult Special Events & Programs

Floral Arrangement

Fresh flowers are always a warm welcome in any home or a great gift to a loved one.



Join instructor, Helen Grannetino as she demonstrates a step-by-step method on how to assemble a lovely summer arrangement of fresh cut flowers. You will learn simple techniques to arranging a beautiful floral design.

Monday, July 29 10:00am Fee: \$14.00
Stow Senior Center Pre-registration is required at Stow Parks & Recreation Dept. (City Hall)



Mentioning the Unmentionables History Talk

Kim Kenney, Curator of the McKinley Presidential Library & Museum, will be joining us at the Stow Senior Center to provide a

fun and fascinating look at the usually unseen fashions we have been wearing underneath our clothes for the past 200 years.

Enjoy some coffee, tea, and a light treat as we learn about sleeve puffs, hoop skirts, bullet bras, and more!

Friday, August 9 1:00pm **Stow Senior Center**
 Coffee & Tea & Sweet Treat
 Fee: \$4.00 Pre-registration required



Wellness Talk

Healthy aging doesn't happen by chance. It is a proactive series of choices. Please join Dr. Galang from Suma Health Senior Center as she discusses how keeping your fitness, diet, preventative exams and mental health in check will allow you to age gracefully.

Friday, August 30 10:00am
Stow Senior Center
 No Fee: Pre-registration required by calling Stow Parks & Recreation Department 330-689-5100

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 19 Wally Waffle Tallmadge

August 16 First Watch Cuyahoga Falls

September 20 Yours Truly Hudson

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/*Dinner: 5:30pm
 from Stow City Hall Parking Lot
 Park near center of lot

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

***Bourbon Street Barrel Room** Cleveland
 Mon., July 22 Or Weds., July 24 *5:30pm

Wild Mango Legacy Village
 Mon., August 12 Or Weds., August 14

Tommy's Restaurant Coventry
 Mon., September 16 Or Weds., September 18



Bunco Parties

Program Partner: The Landing of Stow

Bunco is a friendly dice game that is very 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

Fri., July 5 1:00pm / Fri., August 16 1:00pm
 Fee: \$5.00/date Stow Senior Center
 Limited Seating - Register Early!
 Pre-Register at Stow Parks & Recreation Department

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
& The Landing of Stow

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
- The Landing of Stow



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 Stretch

Thursdays 9:15am Marie Burgess

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

Balance & Stability

Thursdays 10:15am Marie Burgess

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.



Mah-Jongg Lessons

This popular rummy-like game is played with tiles rather than cards. Originating in China; Mah Jongg has become very popular in many parts of the U.S. Learn the principles of this social game in a relaxed format. This 4 week class teaches the rules with ample opportunity to practice and play with others new to the game.

Mondays, August 5, 12, 19, 26
(4 weeks) 1:00pm - 3:00pm

Stow Senior Center
Instructor: Ann Berger
Fee: \$20 Pre-Register at Stow Parks



Stow July 4th Parade

10:00am step off

(New start location at Target Plaza)

Stow Parks & Recreation Department & Stow Kiwanis Club are sponsors of this traditional community favorite.

2019 Parade Theme: Freedom is...

As always, the parade will take place on the Fourth of July, stepping off this year at 10:00am from the

Target Parking Lot

and traveling down Kent Road past Holy Family Church, ending at Park Drive.

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: \$8.00 / 3 games

New Players & Subs Welcome

League Coordinator: Jack Garner

Subs Are Always Welcome!

Summer Play through August

League Begins in September

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

Digital Board displays past numbers

Window Slide Bingo cards provided

Foot & Nail Care

Everyday Divinity Foot Care

Nurse Provided Toenail & Foot Care

Mon., July 1 & Mon., August 5
by appointment only



Toenail trimming, thinning and
filing + corn & callus reduction
performed by a certified foot care
nurse at prices often cheaper
than a copy.

Individual Foot Care Sessions
are \$30.00 check, cash or credit
card



Please call:
Everyday Divinity Foot Care
to schedule an appointment:
(216) 956-0293

Dominoes Mexican Train



Come learn to play this
fun and easy game.

Enjoy good company!

Now Every Tuesday 12:30 pm

Drop In / No Fee

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

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

Stow Senior Center

A variety of card games are played.

Open to all Senior Adults

Drop in - No registration 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

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.

Hearing Health



Ascent Audiology & Hearing

August 19 10:00am - 12:00pm

by appointment

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 12 & August 9)

mornings by Appt.

at the Stow Senior Center

For Appointments Call:

Sue Petrof, LMT 330-414-8882

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 City Hall
Tues., August 20 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

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 Pickleball



Adell Durbin Park 3300 Darrow Road

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.

Stow's Pickleball program is a registered program for Active Older Adults 55+ Limited number of players enrolled.

Tuesdays & Thursdays 6:00pm-8:00pm May-October
 Weather Permitting **Player Fee \$10/person**
 Stow Parks & Recreation Dept. 330-689-5100

Full
 Place your name on Wait list for next year!



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.



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, July 1 - 12:00pm

Menu: BBQ Pork Shank, Au Gratin Potatoes, Corn on the Cob, Dessert & Beverage

Speaker: Mayor John Pribonic - City Center Complex

Monday, August 5 - 12:00pm

Menu: Stuffed Turkey Roll, w/ cranberry glaze, Baked Yam, Veggie Blend, Dessert & Beverage

Entertainment: Singer, Frank Jackman

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
- Bob Evans
- Café in Stow
- Dairy Queen Fishcreek
- Dairy Queen - Portage Trail
- Eddy's Deli & Restaurant
- Isaly's II
- Oregon Corners Florist
- Rockne's - Stow
- Silver Lake Florist
- Stow Cone
- Stow-Glen Retirement Village
- 2 Girls Café & Bakery

Sunshine Lady

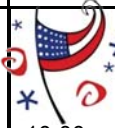








The Stow SUNSHINERS want to cheer, lend comfort & support to other Sunshiner members in need. Please contact Ellie Smith 330-688-7938 to inform her when a Stow Sunshiner member is ill or has suffered a loss.

Stow Seniors Activity Calendar

July 2019

Stow Parks & Recreation Department 330-689-5100

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 12pm Sunshiner Luncheon @ Stow Glen Retirement Village Foot Care Appointments	2 9:15am Cardio Fit 10:15am Sr Yoga 12:30pm Dominoes 12:30pm Mah Jongg 3:15pm Line Dancing 6:00pm Pickleball	3 11:00am Cards 7:00pm Bus: Cleveland Orchestra @ Blossom	 4th of July Stow Parade 10:00am (Kent Road - Target Parking Lot to Holy Family Church) Senior Center Closed	 1:00pm Bunco Party	
7	8 4:30pm  Popcorn Movie	9 9:15am Cardio Fit 12:30pm Dominoes 10:15am Sr Yoga 12:30pm Dominoes 3:15pm Line Dancing 6:00pm Pickleball	10 11:00am Cards 1:00pm Blanketeers	11 9:15am Sr Stretch 9:30am Bowling @SKB 10:15am Sr Balance 12:00pm Health Screens 1:00pm Bingo 6:00pm Pickleball	12 Chair Massage Appts 10:00am Coffee & Canvas 	13 9:00am Bus: Tall Ships on Nautica Queen
14 1:00pm Bus: Porthouse Tintypes	15	16 9:15am Cardio Fit 12:30pm Dominoes 10:15am Sr Yoga 12:30pm Dominoes 12:30pm Mah Jongg 3:15pm Line Dancing 6:00pm Pickleball	17 11:00am Cards	18 9:15am Sr Stretch 9:30am Bowling @SKB 10:15am Sr Balance 1:00pm Brain Games 6:00pm Pickleball	 9:00am Bfast Buddies	20 11:30am Bus: Come From Away
21	22 5:30pm Dinner Bunch	23 9:15am Cardio Fit 12:30pm Dominoes 10:15am Sr Yoga 12:30pm Dominoes 3:15pm Line Dancing 6:00pm Pickleball	24 11:00am Cards 1:00pm Blanketeers 5:30pm Dinner Bunch	25 9:15am Sr Stretch 9:30am Bowling @SKB 10:15am Sr Balance 1:00pm Bingo 6:00pm Pickleball	26 10:00am Akron: World War II	27
28	29 10:00am  Floral Workshop	30 9:15am Cardio Fit 12:30pm Dominoes 10:15am Sr Yoga 12:30pm Dominoes 3:15pm Line Dancing 6:00pm Pickleball	31 11:00am Cards			

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

* Stow Glen Retirement Village 4285 Kent Rd

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

Stow Seniors Activity Calendar August 2019

Stow Parks & Recreation Department 330-689-5100

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				19:15am Sr Stretch 9:30am Bowling @SKB 10:15am Sr Balance 1:00pm Brain Games 6:00pm Pickleball	2 6pm Bus: Akron Rubber Ducks Baseball	3
4 1:00pm Trip: Porthouse The Music Man	5 12:00pm Sunshiner Lunch @ Stow Glen Retirement Village Foot Care Appointments 1:00pm Mah Jongg Lessons	6 9:15am Cardio Fit 9:30am Stow Striders 10:15am Sr Yoga 12:30pm Dominoes 12:30pm Mah Jongg 3:15pm Line Dancing 6:00pm Pickleball	7 11:00am Cards	8 9:15am Sr Stretch 9:30am Bowling @SKB 10:15am Sr Strength 12pm Health Screens 1:00pm Bingo 6:00pm Pickleball	9 Massage Appointments 1:00pm Mentioning the Unmentionables History Talk	10
11	12 10:30am Lunch Bunch 1:00pm Mah Jongg Lessons	13 9:15am Cardio Fit 10:15am Sr Yoga 12:30pm Dominoes 3:15pm Line Dancing 6:00pm Pickleball	14 10:30am Lunch Bunch 11:00am Cards 1:00pm Blanketeers @OT	15 9:15am Sr Stretch 9:30am Bowling @SKB 10:15am Sr Balance 1:00pm Brain Games 6:00pm Pickleball	16 9:00am  Bfast Buddies 1:00pm Bunco Party 	17
18	19 Hearing Health Appointments 1:00pm Mah Jongg Lessons	20 8:30am Bus: Lolly the Trolley - 9:15am Cardio Fit 10:15am Sr Yoga 12:30pm Dominoes 12:30pm Mah Jongg 3:15pm Line Dancing 6:00pm Pickleball 7:00pm Sr. Citizen Commission	21 11:00am Cards	22 9:15am Sr Stretch 9:30am Bowling @SKB 10:15am Sr Balance 1:00pm Bingo 6:00pm Pickleball	23	24
25	26 1:00pm Mah Jongg Lessons 1:00pm Care & Share	27 9:15am Cardio Fit 10:15am Sr Yoga 12:30pm Dominoes 3:15pm Line Dancing 6:00pm Pickleball	28 11:00am Cards 1:00pm Blanketeers @OT	29 8:30am Bus: Lolly the Trolley 9:15am Sr Stretch 9:30am Bowling @SKB 10:15am Sr Balance 6:00pm Pickleball	30 10:00am Wellness Talk	31

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* Stow Glen Retirement Village 4285 Kent Rd

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



Porthouse Theatre

Summer Musical Theatre



All Porthouse Trips

Depart: 1:00pm **Return:** 4:30pm

Fee: \$29.00 / production

Tintypes

Sun., July 14

A collection of Americana Music. Songs of days gone that you know by heart.

The Music Man

Sun., August 4

Funny and romantic, the story of Harold Hill the fast talking salesman who tries to cheat the folks of River City

Cleveland Orchestra at Blossom Music Center

Great music, fireworks, and fun for the whole family for the 50th anniversary of the Blossom Festival Band! Blossom's traditional, star-spangled celebration features a mix of patriotic Sousa marches, Broadway favorites, a Patriotic Salute, concluding with fireworks! Seats under the roof.

Date: Weds., July 3 **Fee** \$27.00

Depart: 7:00pm **Return:** 11:30pm



Tall Ships - Cleveland Nautica Queen



An amazing opportunity to view the Tall Ships as they return to Cleveland. We will get to see them onboard the Nautica Queen as we enjoy a buffet lunch (included). Bring your camera as we have the best seat on Lake Erie!

Date: Sat., July 13 **Fee** \$51.00

Depart: 9:00am **Return:** 3:00pm



Come From Away

Playhouse Square

A true story of the small town in Newfoundland that welcomed the world. During the attacks of 9-11 airplanes were diverted from the air, The small town of Gander, Newfoundland welcomed 7,000 stranded airline passengers. September 11, 2001 was a dark day but light was finally seen in gratitude and friendships.

Date: Sat., July 20 **Fee** \$72.00

Depart: 11:30am **Return:** 4:00pm

Akron Rubber Ducks Baseball



AA Affiliate of Cleveland Indians I

We will take you out to the Ball Park to see the game + enjoy a Hot Dog, Chips & a soda (included). Always great seats where you will have a great view of the entire ball park. Bring your family! Fireworks after the game too.

Date: Fri., August 2 **Fee** \$29.00

Depart: 6:00pm **Return:** 11:00pm

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).

Lolly the Trolley Lake View Cemetery

Cleveland



Lake View Cemetery is a 285 acre nationally known garden of history. Many of Cleveland's historic citizens are buried here. Narrated tour of the grounds with a stop at the Wade Chapel with it's Tiffany windows. Latter travel to Little Italy for lunch (included) at an Italian restaurant and time to explore the area.

Date: Thurs., August 29 **Fee** \$75.00

Depart: 8:30am **Return:** 4:30pm

Bauman's Orchard

Rittman



Visit a family orchard which includes a wagon ride, picking an apple, shopping the market and a tour of the cider and the apple packing facility. Lunch at Cracker Barrel (additional) with a last stop at Shissler's Cheese House

Date: Thurs, September 12 **Fee** \$20.00

Depart: 9:00am **Return:** 3:00pm



A Day Out in Wooster

Shop and eat your way through Wooster. Some are well known; some are quirky; and some are delicious. Stops include Roots Market, Everything Rubbermaid, The Gift Corner, Old Jail Restaurant (additional), Hartzler Dairy and the Oak Cupboard.

Date: Tues, September 24 **Fee** \$21.00

Depart: 9:00am **Return:** 4:30pm



Stow Senior Adult Programs
July - August 2109
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

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.

Upcoming Programs...



Coffee & Canvas pg. 2

Healthy Aging pg. 3



Mah Jongg Lessons pg. 4

Fitness, Bus Trips, Cards & More!