



# 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**



## May - June 2018

Program Registration Begins:

Wednesday, April 25 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**

# Upcoming Senior Special Events



## Keep Your Senses Sharp

Program Partner: Angels Care Home Health Services



Your senses of sight, hearing, taste, smell and touch can fade as you get older. But, there are actions you can take to be your sharpest at any age.

Please join us to hear how to *Keep Your Senses Sharp as We Age*.

Learn about common sensory changes associated with aging.

Discover management tips to lessen the impact of these changes and how they may positively impact your lifestyle. You can continue being active and independent by adapting to changes associated with aging.

If you are suffering from any change in vision, hearing, taste, smell, or touch, be sure to speak with your health care provider right away.

**Monday, May 14 1:00 pm** No Fee - Pre-register

Stow Senior Center Limited Seating

Pre-Register at Stow Parks & Recreation Department



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

## Patriotic Wreath Workshop

Program Partner: Altercare of the Western Reserve

Get ready for summer by making this attractive patriotic wreath for your front door or home. Made from cloth bandanas and glitter stars this wreath is easy and fun to make! No crafting experience needed. All supplies will be provided including glue guns and all materials.

You may keep for yourself or be proud to give as a gift!

**Friday, May 18 10:00 am** Fee: \$10.00

Pre-Registration is Required - Limited Seating

Stow Senior Center



## Soup & Salad Dinner Night "Capture The Flag" Team Challenge

Program Partner: The Gables of KentRidge



Enjoy an entertaining evening of playful social competition with two tasty soups & a salad! We will divide participants into table teams and challenge you in a number of light hearted activities.

Teams will work together to earn points to "Capture the Flag" of Victory!

All good natured fun with lots of laughs!

Menu: Broccoli Cheese Soup & Wedding Soup,  
Mixed Greens Salad, a Sweet Treat & Beverage

**Monday, June 18 4:30pm** Fee: \$6.00

Pre-Registration is Required - Limited Seating

Stow Senior Center



# Active Senior Adult Special Events & Programs



## Bunco x2 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! This time we are splitting into two groups - those who have played the game and those new to the game.

The game is simple to learn... there are no decisions to be made, just pure luck & loads of fun. Small prizes will be awarded for most wins, most buncos & more! Coffee, Tea & Desserts

**Friday, June 15 1:00pm** Stow Senior Center  
 Fee: \$5.00 Limited Seating  
 Pre-register at Stow Parks & Recreation Department

## Kent State University Memory Study

Program Partner: Stow Glen Retirement Village



Dr. John Gunstad is a leader in the field of researching the full capacity of our brain, especially as we age. Director of the Applied Psychology Center at Kent State University, Dr. Gunstad will share with us the possible positive effect of having good "gut health" and the use of probiotics and a healthy brain.

Learn of his study on how we may enjoy a health memory at any age. *You may also choose to take part in his research.*

**Friday, May 25 10:00am** No Fee - Pre-register  
 Stow Senior Center

## Soap Box Derby Senior Citizen Race Day



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. Wear comfortable clothing & tennis shoes.

**Thursday, August 30 10:00am - 3:00pm** Fee: \$24 includes lunch & Derby Car Ride & Bus to the event  
 Stow Bus Departs from Stow City Hall  
 Pre-register Early! - Limited tickets

## 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**

<b>May 18</b>	Hudson's	Hudson
<b>June 15</b>	Stow Nut	Stow
<b>July 20</b>	Michael's AM	Akron

## 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: 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!**

**Station 43 Tavern** Solon  
 Lunch: Mon., May 21 Or Weds., May 23

**\*Edgar's** Akron  
 Dinner: Tues., June 12., Or Thurs., June 14

**\*The Brew Kettle** Strongsville  
 Dinner: Tues., July 24 Or Thurs., July 26



## 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 Department for title of movie at registration.

**Monday, May 7 4:30pm**

**Monday, July 23**

Fee: \$7.00 includes dinner at Stow Senior Center  
Pre-Registration is required at Stow Parks & Recreation

# Sports, 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:  
Stow Glen Retirement Village  
& 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  
- Stow Glen Retirement Village

Third Thursdays - Game Play  
with Susan Dietz  
- The Landings 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 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 Community Garden

**Come Grow with Us!** Garden Location: 5027 Stow Rd

Registration: **New Gardeners & To Switch Plots**

**Saturday, May 12th 9:00am - 10:30am at Stow City Hall**

\$8.00 10' x 20' Garden Plot    \$16.00 20' x 20' Garden Plot



## Stow Striders *Seniors & Friends Hiking Group*

Open to all who enjoy walking the paths of our local Metro Parks trails. No need to hike alone again. We travel by bus to an easy to moderate trailhead with a Trail Leader who points the way!

*New walkers are always welcome!*

Bus Fare: \$3/ person each hike Depart Stow City Hall: *Tuesdays 9:30am*

May 1 Furnace Run - Brushwood Lodge Area-Rock Creek

May 8 Cascade Valley - Overlook Trail

May 15 Liberty Park - Maple Loop Trail

May 22 Ohio & Erie Canal Towpath - Clinton

May 29 F.A. Seiberling Nature Realm - Rock & Herb Garden

Additional Information Stow Parks & Recreation: 330-689-5100



# Recreation Programs & Health Services

On-Going Programs & Classes for Active Senior Adults

## Stow Pickleball



*Fastest Growing Sport in the Nation!*

Adell Durbin Park 3300 Darrow Road

Tennis Courts now have Pickleball lines!

Easy to learn & addictively fun. Pickleball combines the elements of tennis, badminton & ping pong!

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 Pickleball Program:  
Active Older Adults 50 years +

**Tuesdays & Thursdays**  
**6pm - 8pm May 1 - October 30**  
**\$10 fee paid at court or online**  
(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.

## Foot & Nail Care

**Everyday Divinity Foot Care**

Mon., May 14 & Mon., June 11  
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

## Senior Bowling

**Summer 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!

## Hearing Health



**Ascent Audiology & Hearing**  
Mon., June 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



## 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

## 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:**

(May 11 & No June Date)  
10:30am - 12:30pm by Appt.  
at the Stow Senior Center

For Appointments Call:  
Sue Petrof, LMT 330-414-8882

## 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 2330-677-5511 or Dottie 330-688-8866

**Oregon Trails Lodge** 2913 Graham Rd  
**Second & Fourth Wednesdays 1:00 pm - 3:30pm**



## 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: Social Worker at 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, May 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

Mid Year Break

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: 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, May 7 - 12:00pm

Menu: Meatloaf, Baked Potato, Oven Roasted Zucchini & Squash Dessert & Beverage.  
 Entertainment: Island Jeff Cavallo Piano & Steel

### Monday, June 4 - 12:00pm

Menu: Spaghetti & Meatballs, Garlic Toast, Seasonal Veggie Blend, Dessert & Beverage  
 Speaker: Monsters Among Us - Animal Tales: Conrad Stora

Birthdays 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
- 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

## May 2018

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		<b>1</b> 9:15am Cardio Fit 9:30am Striders Hike 10:15am Sr Yoga  12:30pm Mah Jongg 3:15pm Line Dancing 6:00pm Pickleball	<b>2</b>  11:00am Cards	<b>3</b> 9:15am Yoga Stretch 9:30am Bowling@SKB 10:15am Sr Strength 1:00pm Brain Games  6:00pm Pickleball	<b>4</b>	<b>5</b>
<b>6</b>	<b>7</b> Foot Care Appointments 12pm Sunshiner Luncheon @ Stow Glen Retirement Village 4:30pm  Popcorn Movie	<b>8</b> 9:15am Cardio Fit 9:30am Striders Hike 10:15am Sr Yoga 12:30pm Dominoes 3:15pm Line Dancing 6:00pm Pickleball	<b>9</b>  11:00am Cards  1:00pm Blanketeers @OT	<b>10</b> 9:15am Yoga Stretch 9:30am Bowling @SKB 10:15am Sr Strength 12pm Health Screens 1:00pm Bingo  6:00pm Pickleball	<b>11</b> 9:00am Sunshiner Board Mtg  Chair Massage Appointments	<b>12</b>  9:00am Open Registration Community Garden City Hall
<b>13</b> 	<b>14</b> Foot Care Appts 1:00pm Keep Yours Senses Sharp 	<b>15</b> 9:15am Cardio Fit 9:30am Striders Hike 10:15am Sr Yoga 12:30pm Mah Jongg 3:15pm Line Dancing 6:00pm Pickleball 7:00pm Sr Commision	<b>16</b>  11:00am Cards  12n Trip Bee Hive	<b>17</b> 9:15am Yoga Stretch 9:30am Bowling @SKB 10:15am Sr Strength 1:00pm Brain Games  6:00pm Pickleball	<b>18</b>  9:00am B'fast Buddies  10:00am Wreath Wkshp Workshop	<b>19</b>
<b>20</b>	<b>21</b> 10:30am Lunch Bunch	<b>22</b> 9:15am Cardio Fit 9:30am Striders Hike 10:15am Sr Yoga 12:30pm Dominoes 3:15pm Line Dancing 6:00pm Pickleball	<b>23</b>  10:30am Lunch Bunch  11:00am Cards  1:00pm Blanketeers	<b>24</b> 9:15am Yoga Stretch 9:30am Bowling @SKB 10:15am Sr Strength 1:00pm Bingo 1:00pm Trip Canal Boat  6:00pm Pickleball	<b>25</b>  10:00am Maintain Your Memory	<b>26</b>
<b>27</b>	<b>28</b> 	<b>29</b> 9:15am Cardio Fit 9:30am Striders Hike 10:15am Sr Yoga 3:15pm Line Dancing 6:00pm Pickleball	<b>30</b> 9:00am Trip Carousel  11:00am Cards	<b>31</b> 9:15am Yoga Stretch 9:30am Bowling @SKB 10:15am Sr Strength  6:00pm Pickleball		

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



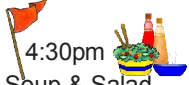
\*HB = Heritage Barn 5238 Young Rd

\*SGRV = Stow Glen Retirement Village 4285 Kent Rd

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

# Stow Seniors Activity Calendar *June 2018*

Stow Parks & Recreation Department 330-689-5100

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				9:15am Yoga Stretch 9:30am Bowling @SKB 10:15am Sr Strength 1:00pm Brain Games  6:00pm Pickleball	1 8:00am Trip Walnut Creek	2
3	4 12:00pm Sunshiner Lunch @ Stow Glen Retirement Village	5 9:15am Cardio Fit 10:15am Sr Yoga 12:30pm Mah Jongg 3:15pm Line Dancing  6:00pm Pickleball	6 11:00am Cards	7 9:15am Yoga Stretch 9:30am Bowling @SKB 10:15am Sr Strength 12pm Health Screens 1:00pm Bingo  6:00pm Pickleball	8	9
10	11 Foot Care Appts	12 9:15am Cardio Fit 10:15am Sr Yoga 12:30pm Dominoes 3:15pm Line Dancing 5:30pm Dinner Out  6:00pm Pickleball	13 11:00am Cards 1:00pm Blanketeers @OT	14 9:15am Yoga Stretch 9:30am Bowling @SKB 10:15am Sr Strength 1:00pm Brain Games 5:30pm Dinner Out  6:00pm Pickleball	15  9:00am Bfast Buddies   1:00pm Bunco Party	16
17 	18 Hearing Screens By Appointment   4:30pm Soup & Salad Team Games	19 9:15am Cardio Fit 10:15am Sr Yoga  12:30pm Mah Jongg 3:15pm Line Dancing  6:00pm Pickleball	20 11:00am Cards	21 9:15am Yoga Stretch 9:30am Bowling @SKB 10:15am Sr Strength  1:00pm Bingo  6:00pm Pickleball	22	23
24 1:00pm Trip: Porthouse Anything Goes	25	26 9:15am Cardio Fit 10:15am Sr Yoga  12:30pm Dominoes 3:15pm Line Dancing  6:00pm Pickleball	27 11:00am Cards 1:00pm Blanketeers @OT	28 9:15am Yoga Stretch 9:30am Bowling @SKB 10:15am Sr Strength  6:00pm Pickleball	29 6:00pm Trip: Akron RubberDucks	30

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





## Bee Hive - The 60's Musical

Hanna Theatre - Cleveland

A lively jukebox celebration of the women musicians who made the 60s truly memorable! Chart-toppers & Aqua Net-glistening coiffures in this groovy retro-revue highlights songs from the Supremes, Aretha Franklin, Janis Joplin & many more. Sing along & relive one of music's truly golden eras.

**Date:** Weds., May 16 **Fee** \$30.00  
**Depart:** 12:00pm **Return:** 4:30pm



## Walnut Creek

**Shopping Spree** Amish Country

Bring your shopping bag for a day at Walnut Creek Market, a Cheese House, Carlisle Gifts, Yoder's Hardware & Coblentz Candies. Plus lunch stop at Der Dutchman Restaurant. (additional)

**Date:** Fri., June 1 **Fee** \$24.00  
**Depart:** 8:00am **Return:** 5:00pm

## Salute to America Cleveland Orchestra

Blossom Music Theatre

Great patriotic music, fireworks and entertainment for the whole family! Blossom's traditional, star spangled celebration with the Blossom Festival Band. Seats are under the roof.

**Date:** Tues., July 3 **Fee** \$27.00  
**Depart:** 7:00pm **Return:** 11:00pm



## Canal Boat Ride

Canal Fulton



A ride on the horse drawn St. Helena Canal Boat learn the history of the Ohio & Erie canal. Dinner: Boca Grande Restaurant (additional)

**Date:** Thurs. May 24 **Fee** \$32.00  
**Depart:** 1:00pm **Return:** 8:00pm

## Porthouse Theatre

Summer Musical Theatre



### All Porthouse Trips

**Depart:** 1:00pm **Return:** 4:30pm  
**Fee:** \$29 / Theatre trip

### Anything Goes - Sun. June 24

A hilarious tale of a ship full of singing & dancing sailors, gangsters & showgirls.

### Next To Normal - Sun. July 15

Winner of multiple Tony Awards & a Pulitzer Prize. A powerful musical story of a family's struggles as they navigate the ins & outs of bipolar disorder, grief, marriage & adolescence.

### Oklahoma! - Sun. August 5

A spirited rivalry between local farmers & cowboys provides the backdrop for the romantic love story of Curly & Laurey as the new state is founded.



## Carousel Adventure



Tour the Carousel Works factory where artists still hand carve beautiful carousel horses and more. Visit an amazing working carousel to see their work in action... jump on board if you like!

Lunch at City Grille (additional)

**Date:** Weds., May 30 **Fee** \$24.00  
**Depart:** 9:00am **Return:** 4:30pm

## Akron Rubber Ducks

Indians AAA Team Akron



We'll take you out to the Ball Park to see the game + enjoy a Hot Dog, Chips and a Coke (included). Seats along third base side give a great view of the entire ball park. Bring your family! Fireworks after the game too!

**Date:** Fri., June 29 **Fee** \$29.00  
**Depart:** 6:00pm **Return:** 11:00pm

## Farmer's Market

at Crocker Park Westlake



Lots of fresh foods to choose from at this popular producers only Farmer's Market located at Crocker Park with 35+ vendors. Lunch (additional) at Brio. Bring a cooler if you like

**Date:** Sat., July 28 **Fee** \$12.00  
**Depart:** 8:00am **Return:** 2:30pm



## Federal Reserve

**Bank Tour** Cleveland

A guided tour of this stunning landmark building - the vault door weighs 10 tons & lobby has a gold leaf domed ceiling. Behind the scenes of the US Central Bank with the history and workings of a Federal Bank. Photo ID required at trip. Lunch stop at Hodges additional.

**Date:** Thurs., August 16 **Fee** \$29.00  
**Depart:** 9:00am **Return:** 5:00pm

## Nautica Queen

**Luau Cruise**



Cleveland Lake Erie Harbor.

Enjoy a special Lake Erie cruise & buffet lunch (included). Lake views & music of the islands on this Luau Cruise. The ship is always in site of the shoreline but with great views all around. (Stairs)

**Date:** Thurs., August 23 **Fee** \$39.00  
**Depart:** 10:00am **Return:** 3:30pm

## Stow Parks & Recreation Department : Program Policy

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**  
**May - June 2018**  
**Stow Parks & Recreation Department**  
**3760 Darrow Road Stow, OH 44224**  
**330-689-5100**  
**Website: [www.FunInStow.com](http://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](http://www.FunInStow.com)** Look under: Senior Adult Programs

**Upcoming Programs...**



**Keep Your Senses Sharp!**

May 14 pg. 2

**Bunco Party**

June 15 pg. 3



**Soup & Salad - Team Games!**

June 18 pg. 2



**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 (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.