



# 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 2017

Program Registration Begins:

**Wednesday, April 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

#### Senior Adult Programs

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

**www.FunInStow.com**

# Special Events: Spring 2017




**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

*Kathy McConnell*  
Recreation Supervisor  
City of Stow Parks & Recreation



## Off to the races...

### Kentucky Derby Luncheon



*Program Partner: Altercare of the Western Reserve - Stow*

Our celebration of the annual "Run for the Roses". Come celebrate Derby Day a bit early by placing your funny money bet at our version of the famous horse race for a chance at fun & prizes! Wear your best Derby Hat to celebrate the day at Churchill Downs as we hear the call to the races and sing *My Old Kentucky Home!*

Lunch Menu: Traditional Kentucky Burgoo Stew, Roll, a slice of Derby Pie and Virgin Mint Juleps!

**Friday, May 5 12:00pm** Stow Senior Center  
Fee: \$8.00 Pre-Register - Limited Seating

### Brown Bag Auction



*Program Partners: Harbor Light Hospice & Altercare of the Western Reserve*

What's in the bag? You could go home with a great prize or a dud; but the fun you will have is a sure thing!

Bid on a number of items that are hidden within a bag or box with the provided funny money. You won't know what's inside until you open it. It may be a winner or a loser...who knows! Extra auction money may be earned by answering a few questions or completing an activity. Your money adds up as you complete some fun challenges for more buying power!

*Menu:*  
Old Carolina BBQ Pulled Pork Sandwich, Coleslaw, Chips & Beverage

**Friday, May 26 12:00pm** Stow Senior Center Fee: \$8.00  
Pre-Register - Limited Seating



### Eat This Not That



*Program Partner: Humana Market Point*

You can eat out and still enjoy a healthier meal. Explore how to give unhealthy restaurant meals a makeover and learn simple swaps you can make while eating out to help you feel your best. Local restaurant samples of healthy alternatives will be available for you to try. Discover how easy is to swap foods with healthier alternatives.

**Monday, June 26 3:30pm** Stow Senior Center  
No Fee but pre-registration is required  
Contact Stow Parks & Recreation Department to reserve a seat.

# Active Senior Adult Special Events & Programs

## 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 2 Munroe Falls - Meadow Loop Trail - **No Bus**
- May 9 Cascade Valley - Overlook Trail
- May 16 Liberty Park - Maple Loop Trail
- May 23 Ohio & Erie Canal Towpath - Big Bend
- May 30 F.A. Seiberling Nature Realm - Rock Garden

Additional Information Stow Parks & Recreation: 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**

<b>May 19</b>	Eddie's	Stow
<b>June 16</b>	Perkins	Hudson
<b>July 21</b>	Stow Nut	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!**

**Lunch** **35° Brix** Green  
 Mon., May 15 or Weds., May 17

**Dinner\*** **Canton Brewing Co.** Canton  
 Tues., June 20

**Dinner\*** **Rusty Bucket** Solon  
 Mon., July 24



## 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 is planned & prepared by Stow Munroe Falls High School Culinary Arts students from *Joshua's Café*. Dinner is Pot Luck  
 Call for title of movie at registration.

**Monday, May 8 4:30 pm**

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



## Probate Seminar

*Program Partner: Summit County Probate Court*

Discover the ins and outs of  
*Probate & Estate Administration.*

What you can do now and into the future to protect your assets and how it impacts you and your loved ones. Ask Judge Elinore Stormer your individual questions to shed light on how to best take care of your financial and personal pre-arrangements.

**Friday, May 19 1:00pm No Fee**

Stow Senior Center Call to reserve a seat  
 Pre-Register by calling Stow Parks & Recreation Dept.



## 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 and Entertainment. Wear comfortable clothing & tennis shoes.

**Thursday, August 31 Fee: \$24 includes lunch**  
**Stow Bus Departs: 10:00am Return: 3:00pm**

Pre-register Early! - Limited tickets

# 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**  
**May 2 - 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** Judy Watkins

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** Judy Watkins

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:

**Purchase an Exercise Punch Card:**

\$10.00 for 8 classes or \$2/class

or *Current Silver Sneakers*

*Members May participate*

*at No Cost w/ 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 May-October**  
Depart Stow City Hall Parking Lot:  
10:30am in May & 9:15am in June

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

**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



## 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. Wear shoes that will slide well on a wooden floor.

**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., May 8 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

## 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., June 19  
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



## 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



## 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 12 & June 9 )

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

For Appointments Call:

Sue Petrof, LMT 330-414-8882



THIS SPACE IS  
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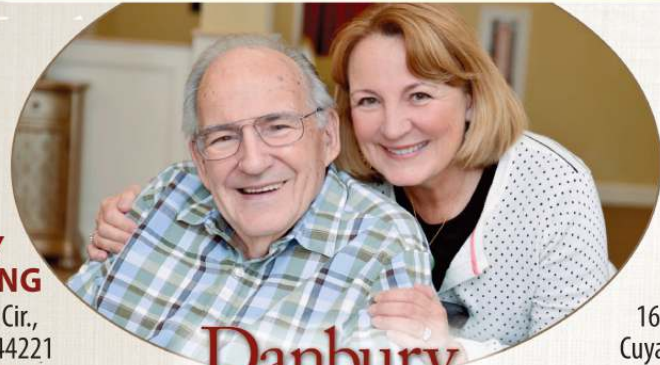
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**330-686-7100**

**4285 Kent Road • Stow, OH 44224**



## Stow Community Garden

**Come Grow with Us!** Garden Location: 5027 Stow Rd  
(Across from Silver Springs Lodge)



Grow your own veggies, flowers, meet friends & enjoy the outdoors!



### New Gardener Registration / Switch Plots

**Saturday, May 13th 9:00am - 10:30am Stow City Hall**

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

## 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

## 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 16 7:00pm**  
Tammy Denton, Chairperson

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

## Care & Share



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

Meet the Last Monday of the following months:

January - April  
August - October  
1:00 pm - 3:00pm

Stow Senior Center  
3968 Darrow Road

## Notary Services

No Appointment Required - No Fee

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

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



## The Stow Sunshiners

are an active social group of senior adults who invite you to become a member of their group. Enjoy a monthly catered luncheon with entertainment and good fellowship! Stow Sunshiner's President: 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, May 1 - 12:00pm

Menu: Meatloaf, Baked Potato, Roasted Zucchini & Squash, + Dessert & Beverage

Speaker: *Signs & Sounds of Spring* Mary Lou Jubin

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

Menu: Spaghetti with Meatballs, Garlic Toast, Sicilian Mixed Vegetables+ Dessert & Beverage

Entertainment: Eileen & Friends Sing Along

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

## May 2017

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<b>1</b> 12pm Sunshiner Luncheon @ Stow Glen Retirement Village	<b>2</b> 9:00am Bus: Hoover Historical Ctr 9:15am Cardio Fit 9:30am Striders Hike 10:15am Sr Yoga 12:30pm Mah Jongg	<b>3</b> 11:00am Cards	<b>4</b> 9:15am Yoga Stretch 9:30am Bowling@SKB 10:15am Sr Strength 1:00pm Brain Games 3:30pm Line Dance	<b>5</b> 12:00 pm Kentucky Derby Party 	<b>6</b>
<b>7</b>	<b>8</b> Foot Care Appointments  4:30pm Popcorn Movie	<b>9</b> 9:15am Cardio Fit 9:30am Striders Hike 10:15am Sr Yoga 12:30pm Dominoes	<b>10</b> 11:00am Cards  1:00pm Blanketeers	<b>11</b> 9:15am Yoga Stretch 9:30am Bowling @SKB 10:15am Sr Strength 12pm Health Screens 1:00pm Bingo 3:30pm Line Dance  6:00pm Bowling Banquet	<b>12</b> 9:30am Sunshiner Board Mtg  Chair Massage Appts.	<b>13</b>  12:00pm Bus: Something Rotten
<b>14</b>	<b>15</b> 10:30am Lunch Bunch	<b>16</b> 9:15am Cardio Fit 9:30am Striders Hike 10:15am Sr Yoga 12:30pm Mah Jongg  7:00pm Sr Commission	<b>17</b> 10:30am Lunch Bunch  11:00am Cards	<b>18</b> 9:15am Yoga Stretch 9:30am Bowling @SKB 10:15am Sr Strength 1:00pm Brain Games 3:30pm Line Dance	<b>19</b> 9:00am Bfast Buddies  1:00pm Probate Seminar	<b>20</b>
<b>21</b>	<b>22</b> Bus: 8:00am Fort Steuben	<b>23</b> 9:15am Cardio Fit 9:30am Striders Hike 10:15am Sr Yoga  12:30pm Dominoes	<b>24</b> 11:00am Cards  1:00pm Blanketeers	<b>25</b> 9:15am Yoga Stretch 9:30am Bowling @SKB 10:15am Sr Strength 1:00pm Bingo 3:30pm Line Dance	<b>26</b>  12:00pm Brown Bag Auction Luncheon	<b>27</b>
<b>28</b>	<b>29</b> 	<b>30</b> 9:15am Cardio Fit 9:30am Striders Hike 10:15am Sr Yoga	<b>31</b> 8:30am Bus Kingwood Gardens  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


\*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

## June 2017

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				<b>1</b> 9:15am Yoga Stretch 9:30am Bowling @SKB 10:15am Sr Strength 1:00pm Brain Games 3:30pm Line Dance	<b>2</b>	<b>3</b> 9:30am Bus: Atwood Lake
<b>4</b>	<b>5</b> 12:00pm Sunshiner Lunch @ Stow Glen Retirement Village	<b>6</b> 9:15am Cardio Fit 10:15am Sr Yoga 12:30pm Mah Jongg	<b>7</b> 11:00am Cards	<b>8</b> 9:15am Yoga Stretch 9:30am Bowling @SKB 10:15am Sr Strength 12pm Health Screens 1:00pm Bingo 3:30pm Line Dance	<b>9</b> 10:30am Chair Massage By Appointment	<b>10</b>
<b>11</b>	<b>12</b>	<b>13</b> 9:15am Cardio Fit 10:15am Sr Yoga 12:30pm Dominoes	<b>14</b> 11:00am Cards 1:00pm Blanketeers @OT	<b>15</b> 9:15am Yoga Stretch 9:30am Bowling @SKB 10:15am Sr Strength 1:00pm Brain Games 3:30pm Line Dance	<b>16</b> 9:00am Bfast Buddies 6:00pm Bus: Rubber Ducks Baseball	<b>17</b>
<b>18</b>	<b>19</b> Hearing Screens By Appointment	<b>20</b> 9:15am Cardio Fit 10:15am Sr Yoga 12:30pm Mah Jongg 5:30pm Dinner Bunch	<b>21</b> 11:00am Cards	<b>22</b> 9:15am Yoga Stretch 9:30am Bowling @SKB 10:15am Sr Strength 1:00pm Bingo 3:30pm Line Dance	<b>23</b>	<b>24</b>
<b>25</b> 1:00pm Bus: Porthouse 9 to 5	<b>26</b>  3:30pm Eat This Not That Seminar	<b>27</b> 9:15am Cardio Fit 10:15am Sr Yoga 12:30pm Dominoes	<b>28</b> 11:00am Cards 1:00pm Blanketeers @OT	<b>29</b> 9:15am Yoga Stretch 9:30am Bowling @SKB 10:15am Sr Strength 3:30pm Line Dance	<b>30</b>	

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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



## Something Rotten

Playhouse Square Cleveland

A Broadway Smash Hit! Set in 1595, this hilarious smash tells the story of Nick & Nigel Bottom, two brothers who are desperate to write a hit play. When a local soothsayer foretells that the future of theatre involves singing, dancing and acting at the same time, the brothers set out to write the very first MUSICAL! Laugh out loud funny!

**Date:** Sat., May 13 **Fee** \$71.00  
**Depart:** 12:00pm **Return:** 4:30pm



## Atwood Queen Lake Cruise

Dellroy

A summertime cruise of beautiful Atwood Lake aboard the *Atwood Queen* group pontoon boat. Enjoy the captain's narrated tour of the lake and lovely surrounding homes. Lunch (included) at the Lighthouse Bistro. A shop stop at a bulk food store on way home too!

**Date:** Sat., June 3 **Fee** \$42.00  
Includes Lunch  
**Depart:** 9:30am **Return:** 4:00pm

## A Salute To America

Blossom Music Center

Great patriotic music, fireworks and fun for the whole family! Blossom's traditional, star spangled celebration with the Blossom Festival Band.

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



## Historic Fort Steuben

Steubenville

Fort Steuben was built in 1786 as military fort and base for land surveyors to plot, settle and sell the area then known as the Northwest Territory. The post also served as reinforcement from Indian raids and illegal settlement. A rich history of early colony life; this walking tour will fascinate you. Lunch stop at the Gaslight Restaurant additional.

**Date:** Mon., May 22 **Fee** \$32.00  
**Depart:** 8:00am **Return:** 4:00pm

## Rubber Ducks Baseball

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). This annual trip is always a great time. Seats along third base side give a great view of the entire ball park. Bring your entire family! Fireworks after the game too!

**Date:** Fri., June 16 **Fee** \$23.00  
**Depart:** 6:00pm **Return:** 11:00pm

## Kingwood Gardens

Mansfield



Tour the gorgeous gardens and stunning mansion of Charles Kelly King, CEO of the Akron Brass Co. Built in 1926 you will see beauty at every turn both in the mansion, gardens & greenhouses that fill the grounds. Lunch additional

**Date:** Weds., May 31 **Fee** \$24.00  
**Depart:** 8:30am **Return:** 3:00pm

## Porthouse Theatre

Summer Musical Theatre



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

*9 to 5* - Sun. June 25

Three female co-workers craft a comical plan to get even with their sexist boss.

*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.



### 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.

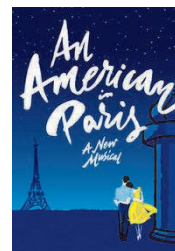
A full refund is given if the Stow Parks & Recreation Department must cancel a trip due to low enrollment or unforeseen circumstances.

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).



## 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



**Stow Senior Adult Programs**  
**May - June 2017**  
**Stow Parks & Recreation Department**  
**3760 Darrow Road Stow, OH 44224**  
**330-689-5100**  
**Website: [www.FunInStow.com](http://www.FunInStow.com)**

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**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**



**Kentucky Derby Lunch** Fri., May 5



**Probate Seminar** Fr., May 19



**Brown Bag Auction** Fri., May 26



**Eat This Not That** Mon., June 26

**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.