



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

November - December 2017

Program Registration Begins:

Tuesday, October 24 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

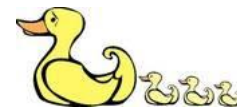
Special Events: Fall 2017



Getting Your Ducks in a Row

Program Partner: Serenity Hospice

Information on Living Wills & Health Care Power of Attorney



Many people avoid planning for the future but they know they should "Get to It" We will tell you where to start and how to get your ducks in a row.

A review of what is Power of Attorney for Healthcare, Living Will, a DNR and explain how important it is for your family to know your final wishes.

Monday, November 20 1:00pm

Stow Senior Center No Fee

Pre-register by calling:

Stow Parks & Recreation Department 330-689-5100



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

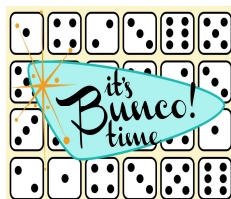
If you have questions please call the

Stow Parks & Recreation Department

330-689-5100

Kathy McConnell

Recreation Supervisor
City of Stow Parks & Recreation



Bunco Party

Program Partner: Brookdale 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! Join us if you have never played before or if you have played the game elsewhere. The game is 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.

The winners will get prizes for accomplishments such as the highest score, the lowest score, or the most buncos.

Coffee, Tea & Desserts

Thursday, December 7 3:00pm Fee: \$5.00

Stow Senior Center Limited Seating - Register Early!

Pre-Register at Stow Parks & Recreation Department

Healthy Sleep Seminar

Program Partner: Humana



Good sleep matters to your health and well being. Poor sleep patterns often result in problems with memory, concentration, depression, increased blood pressure, stroke, diabetes and weight gain.

Join us as we discover how much sleep we need, the stages of sleep, common sleep challenges and tips for a better nights sleep.

Friday, January 5 10:00am

Stow Senior Center No Fee: Pre-registration required
Pre-Register at Stow Parks & Recreation Department 330-689-5100
Limited Seating - Register Early!

Active Senior Adult Special Events & Programs

Cookies in the Kitchen with Chef Sarah



Want to take some home baked and decorated Christmas cookies without all the fuss and mess? Chef Sarah Mentzer will bake up the cookies for us and provide all the supplies to help us decorate the cookies for the holidays. Take home a dozen delicious vanilla or chocolate sugar cookies. We will set up the table with buttercream and royal icing in a variety of colors and all the sprinkles and sugar toppings for you to create your cookie creations. Join the fun as we enjoy Coffee/Tea & samples!

Friday, December 15 10:00am

Stow Senior Center Fee: \$6.00
Pre-Register at Stow Parks & Recreation Department
Limited Seating - Register Early!



Holiday Classics Luncheon

Program Partner: Bath Creek Estates



A great way to capture the spirit of the holidays! Join us for a hearty lunch and the delightful music of entertainer, Judy Brown. Judy will entertain you with all the *Holiday Classics* you know and love. We will also add in some festive giveaways and zany actions to add to the event! Sign up with friends or come alone we will all be together to enjoy the fun!

*Menu: Meat Loaf, Mashed Potatoes & Gravy,
Oven Roasted Zucchini & Squash,
Fruit Topped Cheesecake, Coffee or Tea.*

Monday, December 18 12:00pm

Stow Senior Center Fee: \$8.00
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

November -	Isaly's	Stow
December 15	Bob Evans	Stow
January 19	Wally Waffle	Tallmadge



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

from Stow City Hall Parking Lot
Park near center of lot

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

Oak & Embers Twinsburg
Mon., November 13 Or Weds., November 15

Honeymoon Grill Coventry
Mon., December 11 Or Weds., December 13

Slyman's Tavern Beachwood
Mon., January 8 Or Weds., January 10



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 for title of movie at registration.

Monday, November 20 4:30 pm

Monday, January 22 4:30pm

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

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
& 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



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 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.

Stow Players - Community Theatre

Senior Citizen Performances

Heritage Barn - Silver Springs Park (5238 Young Rd Entrance)

These special performances are Open to All Senior Adults
Tickets are No Cost to the Senior Performance dates only



Limited Ticket Availability - Limit 4 tickets per performance -

Please be ready to list names/ phone numbers of all who receive tickets.

Senior Performance tickets will be available at:

Stow Parks & Recreation Department Beginning Weds., November 1

And The Winner Is... Thurs., November 9 8:00pm A comic story of a self obsessed movie star, who meets a tragic end before his big win!

Babes in Toyland Thurs., December 7 7:30pm
Meet the characters of Mother Goose Land in this family comedy.

The Spitfire Grill Thurs., January 25 8:00pm
A musical depicting a young woman's journey in rural small town.

Ripcord Thurs., March 8 8:00pm Bristol Place Assisted Living
is a dangerous place as two residents battle it out to see who reins!

Recreation Programs & Health Services

On-Going Programs & Classes for Active Senior Adults



Santa's Mailbox

Kids love to receive a letter from the jolly old elf. But Santa needs a little help this time of year! Become a Letter Elf by helping sort, record and return pre-written Santa letters.



Senior Elves meet on Mondays at 9:30am at the Stow Senior Center
Contact Stow Parks & Recreation 330-689-5100 to ask to be an elf!

Santa's Mailbox on Display at Stow City Hall
November 10 - December 15

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., November 13
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

League 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., December 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

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

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:
(November 10 & December 8)
10:30am - 12:30pm by Appt.
at the Stow Senior Center

For Appointments Call:

Sue Petrof, LMT 330-414-8882

Stow Munroe Falls High School Senior Class Play Arsenic & Old Lace - Free Senior Citizen Performance

A comedy romp revolving around the Brewster family, including two spinster aunts who have taken to murdering lonely old men by poisoning them with a glass of elderberry wine laced with arsenic. Add more crazy family members for a suspenseful laugh out loud play.



Friday, November 17 9:30am No Fee / No Registration
At the Stow Munroe Falls High School Auditorium

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, November 21 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, November 6 - 12:00pm

Menu: Roasted Turkey, Baked Candied Yams, Mix Veggies, French Baguette, Pumpkin Pie, Dessert & Beverage

Speaker: Historian, David Gates: "The Many Hats of WWII"

Monday, December 4 - 12:00pm

Menu: Roast Beef, Baby Gold Yukon Potatoes, Roasted Veggies, Holiday Cookie, Dessert & Beverage

Entertainment: Violinist Mary Beth Ions "Up Close & Personal"

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
- 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

November 2017

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 11:00am Cards 6:00pm Trip Hunchback Hanna	2 9:15am Yoga Stretch 9:30am Bowling@SKB 10:15am Sr Strength 1:00pm Brain Games	3	4
5 Daylight Savings Time 	6 12pm Sunshiner Luncheon @ Stow Glen Retirement Village	7 9:15am Cardio Fit 10:15am Sr Yoga 12:30pm Mah Jongg 3:15pm Line dancing	8 11:00am Cards 1:00pm Blanketeers	9 9:15am Yoga Stretch 9:30am Bowling @SKB 10:15am Sr Strength 12pm Health Screens 1:00pm Bingo 8:00pm Stow Players	10 Veterans Day 8:30am Trip Grove City Chair Massage Appointments	11
12	13 Foot Care Appointments 10:30am Lunch Bunch	14 9:15am Cardio Fit 10:15am Sr Yoga 12:30pm Dominoes 3:15pm Line Dancing	15 10:30am Lunch Bunch 11:00am Cards	16 9:15am Yoga Stretch 9:30am Bowling @SKB 10:15am Sr Strength 1:00pm Brain Games	17 9:00am Bfast Buddies High School Play 9:30am	18
19	20 1:00pm Living Wills & Power of Attourney 4:30pm Popcorn Movie  	21 9:15am Cardio Fit 10:15am Sr Yoga 12:30pm Mah Jongg 3:15pm Line Dancing 7pm Sr. Commission	22 11:00am Cards 1:00pm Blanketeers	23 Sr Center Closed 	24 Senior Center Closed	25
26	27 8:30am Trip: Pine Tree Barn	28 9:15am Cardio Fit 10:15am Sr Yoga 12:30pm Dominoes 3:15pm Line Dancing	29 11:00am Cards	30 9:15am Yoga Stretch 9:30am Bowling @SKB 10:15am Sr Strength		

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

December 2017

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 Trip: Dickens Village	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 11:00am Cards	7 9:15am Yoga Stretch 9:30am Bowling @SKB 10:15am Sr Strength 1:00pm Brain Games 3:00pm Bunco Party 	8 Trip 9:30am Hower House Chair Massage Appts	9
10	11 10:30am Lunch Bunch	12 9:15am Cardio Fit 10:15am Sr Yoga 12:30pm Dominoes 3:15pm Line Dancing	13 10:30am Lunch Bunch 11:00am Cards 1:00pm Blanketeers @OT	14 9:15am Yoga Stretch 9:30am Bowling @SKB 10:15am Sr Strength 12pm Health Screens 1:00pm Bingo	15 9:00am  Bfast Buddies	16 Trip: 1:00pm Severance Hall
17	18 Hearing Screens By Appointment  12:00pm Holiday Classics Luncheon	19 9:15am Cardio Fit 10:15am Sr Yoga 12:30pm Mah Jongg 3:15pm Line Dancing	20 11:00am Cards	21 9:15am Yoga Stretch 9:30am Bowling @SKB 10:15am Sr Strength 1:00pm Brain Games	22	23
24	25 	26  All City Buildings Closed for the Holidays	27 11:00am Cards	28 9:15am Yoga Stretch 9:30am Bowling @SKB 10:15am Sr Strength 1:00pm Bingo	29	30
31						

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



Grove City Shopping

Pennsylvania



Bargain filled Grove City Outlets. Bring your gift list & shop the variety of stores at this large outlet mall. No sales tax adds to the great deals! Wander the stores + grab a bite to eat at the food court. (additional) Plus receive a coupon book for extra savings at many of the stores. (Walking)

Date: Fri., November 10 **Fee** \$21.00
Depart: 8:30am **Return:** 5:00pm

Hower House

Akron



This Italianate Victorian Mansion, built in 1871 by Akron Industrialist John Henry Hower is filled with unique treasures and furnishings.

Enjoy a behind the scenes docent led tour of this beautiful home decorated for the holidays. After the tour a stop for lunch at Bricco in downtown Akron (additional).

Date: Fri., December 8 **Fee** \$19.00
Depart: 9:30am **Return:** 2:00pm

Pine Tree Barn

Wooster / Orrville



Always a popular trip for the quaint shops & lovely lunch at the Pine Tree Barn, beautifully decorated for the holidays. Lunch additional. (Stairs at Pine Tree) Extra shop stop at J.M. Smucker's Store in Orrville

Date: Mon. November 27 **Fee** \$24.00
Depart: 8:30am **Return:** 3:30pm



Date: Weds. November 29
Fee \$24.00
Depart: 8:30am **Return:** 3:30pm

Severance Hall Holiday Concert

Cleveland



Celebrate the holidays with the Cleveland Orchestra in this annual offering of music for the season. The Cleveland Orchestra Chorus is world renowned for this spectacular performance amidst the yuletide beauty of Severance Hall.

Date: Sat., December 16 **Fee** \$84.00
Depart: 1:00pm **Return:** 5:30pm

Dickens Victorian Village

Cambridge



A Victorian costumed guide will step on board to transport us back in time. Visit the quaint decorated downtown of Cambridge with holiday lights and characters who line the street. Enjoy a Queen's Tea & full buffet at the Cambridge Country Club. (included)

Date: Fri., December 1 **Fee** \$56.00
Depart: 9:00am **Return:** 4:30pm

Dinner Out at the Hart Mansion

Minerva



Treat yourself to a night out at a restored Victorian Mansion. This elegant upscale restaurant has delicious food and great ambience. (Dinner attire: No tennis shoes or t-shirts.)

Date: Weds., January 17 **Fee** \$12.00
Depart: 3:00pm **Return:** 7:30pm

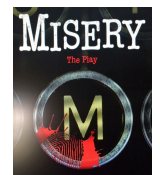


The excitement and energy of this amazing theatrical show will leave you breathless. Irish traditional music and dance with a modern flare!

Date: Sat., February 17 **Fee** \$68.00
Depart: 12:00pm **Return:** 4:30pm

Misery Hanna Theatre

Cleveland



The award winning Stephen King play features Paul Sheldon, a writer famous for Victorian-era romance novels who finds himself the captive of his "greatest fan" after an car accident. The demented fan forces Paul to write a new novel modifying the story to suit the ending she hopes to read – no matter what it takes!

Date: Weds., February 21 **Fee** \$30.00
Depart: 12:00pm **Return:** 4:30pm

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
November - December 2017
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

Upcoming Programs...

Healthy Sleep Seminar pg. 2



Holiday Classics Luncheon pg. 3



Cookies in the Kitchen pg. 3

Bunco Party 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 (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.