



# 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**

## September -October 2017

Program Registration Begins:

**Tuesday, August 29 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: Summer 2017



## Digital Photo Workshop

Instructor: Mitch Crawford

Photo's capture your life memories. Digital photography has made it so much easier to take great photos, but sometimes all the bells and whistles get a bit confusing.

Have all your questions answered by Mr. Mitch Crawford. Simple techniques on how to use your digital camera or camera on your phone plus learn photo composition, what the various camera modes are and what they mean. Learn how to download your photos to print them at home or at the store. Ask your individual questions too!

**Friday, September 15 10:00am** Stow Senior Center  
No fee - Call to Pre-register. Limited Seating



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



## Price is Right Luncheon

Program Partner:  
Visiting Angels Living Assistance Services

**Come on Down!**... You are the next contestant for fun and prizes! Enjoy an afternoon of game show hilarity as we present our version of this popular game show. Contestants are selected from the audience for their chance to win a prize. Games: Plinko /Hi Lo /3 Strikes /Cliff Hanger & More!

Menu: Pizza, Penne Pasta, Wings, Breadsticks & Beverage

**Friday, September 22 12:00pm**  
Silver Springs Lodge 5027 Stow Road Fee: \$9.00  
Pre-Register at Stow Parks & Recreation Department  
Limited Seating - Register Early!



## Fall Fling Dance

Program Partner: Stow Glen Retirement Village

Dance the night away or simply sit back and enjoy the sounds of this entertaining live musical performance with the ever popular "**Gene Fiocca Band**" Always a wonderful evening out for all at Silver Springs Lodge. Great music, dancing + appetizers & beverages.



**Friday, October 13 6:30pm - 9:30pm**  
Silver Springs Lodge - Open to All Adult Ages  
Fee: \$11 / person (Pre-sale Only - No tickets at door)  
Pre-Register at Stow Parks & Recreation Department at Stow City Hall



# Active Senior Adult Special Events & Programs

## Lots of Locks



## Ohio & Erie Canal Story

Program Presenter:  
Summit County Historical Society

The story of the Ohio & Erie Canal shaped Ohio and continues to impact this area today. Relive the excitement of the old canal days with a photographic presentation of the history of the canal from the opening in 1825 to the fateful end with the Great Flood of 1913. Learn how the canals were built, life on a canal boat and more of this colorful time in Ohio history.

*Canal Coffee, Tea, Canal Mud Treats!*

**Friday, October 6 1:30pm**

Stow Senior Center Fee: \$3.00

Pre-Register at Stow Parks & Recreation Department  
Limited Seating - Register Early

## Pallet Sign Painting Workshop

Program Partner:  
Altercare of the Western Reserve /  
Harbor Light Hospice / Home Instead /  
Gables of Hudson / Attentive Home Health Care



What is a Pallet Sign Painting Class?

A fun & easy art experience that will allow you to create an eye-catching custom rustic sign! Get on Board... and join this easy and entertaining workshop where you will be guided through the



process to complete your own customized sign for your home or to give as a gift.

Choose your own stain and paint colors then have fun distressing and assembling the sign while enjoying the evening with friends!

Choose either the:

Last Name/Initial Sign or the Simply Blessed sign.

**Monday, October 16 10:00am**

Stow Senior Center Fee: \$15.00

Pre-Register at Stow Parks & Recreation Department  
Limited Seating - Enroll with friend or come on your own!

## 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**

**September 15** Tip Top Stow

**October 20** Your's Truly Hudson

**November 17** Isaly's 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**

from Stow City Hall Parking Lot

Park near center of lot

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

**Courtyard Café** Brecksville

Mon., September 18 Or Weds., September 20

**Moxie** Beechwood

Mon., October 23 Or Weds., October 25

**Oak & Embers** Twinsburg

Mon., November 13 Or Weds., November 15



## 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, September 25 4:30 pm**

Fee: \$7.00 includes dinner at Stow Senior Center

Pre-Registration is required.

# Sports, Fitness & More Programs

On-Going Programs & Classes for Active Senior Adults

## Pickleball

*Fastest Growing Sport in the Nation!*  
Silver Springs Park - 5027 Stow Rd  
Our Tennis Courts have Pickleball lines!  
Easy to learn & addictively fun.  
Pickleball combines the elements of tennis, badminton & ping pong!

The rules are easy to learn in a short time.  
Pickleball is a fast-paced, competitive yet social game that is played with a paddle and a plastic ball on a court half the size of a tennis court.

Active Senior Adult & Adult Play Only.

**Tuesdays & Thursdays 6pm - 8pm**  
**Through October 31**

(\$10 fee paid at court for a seasonal player card - (Correct Change please)

*Beginners* are asked to attend Thursdays at 6:00pm for an overview of the rules.

Equipment available at first time to learn the sport, players then provide their own paddle for future play.



## Sr. Cardio Circuit

**Tuesdays / 9:15am** Mya McClain

Aerobic intervals designed to burn fat are alternated with the use of weight/bands in order to sculpt and strengthen. This is a proven combination to sculpt & strengthen. Classes are designed to fit the beginner to the advanced student.

Individuals new to fitness programs are encouraged to come and observe a class at no cost.

## Seated Yoga

**Tuesdays 10:15 am** Mya 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.



## Slow Rollers Biking Group

Active Senior Adults & Friends

**Thursdays Mornings thru October**  
Depart 9:15am

Volunteer Leader: *Bill Dunn*  
Stow City Hall Parking Lot:

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

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

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*

League Play begins in early September

## Beginner Line Dancing



Beginner's Line Dancing is a great way to exercise, build a better memory and have an enjoyable social time. Join instructor, 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.

**Drop In Classes Beginning**  
**September 12**

**Tuesdays, 3:00pm**

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., September 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

## 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., October 16

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



## 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:**

(September 8 & October 13)  
10:30am - 12:30pm by Appt.  
at the Stow Senior Center

For Appointments Call:

Sue Petrof, LMT 330-414-8882





## Stow Sunset Blast

Stow's Community Party to Say So-Long to Summer

**Saturday, September 2 & Sunday, September 3**

3:00pm-10:00pm - No entrance fee - All Ages

**Silver Springs Park - Young Road Entrance**

**Food, Fun, Music & More**

**+ Fireworks (Sunday night)**



## 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, September 11 - 12:00pm

Menu: Chicken Cordon Bleu, Egg Noodles, Roasted Asparagus, Corn Bread, Dessert & Beverage

Speaker: "After The Fire" Stow Fire Department

### Monday, October 2 - 12:00pm

Menu: Beef Bratwurst with Brown Mustard, Mashed Potatoes, Sauerkraut with Apples + Dessert & Beverage

Entertainment: To Be Determined

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

# September 2017

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2 Stow's Sunset Blast @ Silver Springs Park Young Rd
3 Stow's Sunset Blast @ Silver Springs Park - Young Road	4 <b>LABOR DAY</b> 	5 9:15am Cardio Fit 10:15am Sr Yoga 12:30pm Mah Jongg 6:00pm Pickleball	6 11:00am Cards	7 9:15am Yoga Stretch 9:30am Bowling@SKB 10:15am Sr Strength 1:00pm Brain Games 6:00pm Pickleball	8 9:00am Sunshiner Board Meeting Chair Massage Appointments	9
10	11 12pm Sunshiner Luncheon @ Stow Glen Retirement Village Foot Care Appointments	12 Bus: 8:30am Butler Art Museum 9:15am Cardio Fit 10:15am Sr Yoga 12:30pm Dominoes 3:00pm Line Dancing 6:00pm Pickleball	13 11:00am Cards 1:00pm Blanketeers	14 9:15am Yoga Stretch 9:30am Bowling @SKB 10:15am Sr Strength 12pm Health Screens 1:00pm Bingo 6:00pm Pickleball	15 9:00am Bfast Buddies 10:00am Digital Photo Seminar	16
17	18 10:30am Lunch Bunch	19 9:15am Cardio Fit 10:15am Sr Yoga 12:30pm Mah Jongg 3:00pm Line Dancing 6:00pm Pickleball	20 10:30am Lunch Bunch 11:00am Cards	21 9:15am Yoga Stretch 9:30am Bowling @SKB 10:15am Sr Strength 1:00pm Brain Games 6:00pm Pickleball	22 12:00pm Price is Right Luncheon @ SSL	23
24	25 1:00pm Care & Share 4:30pm  Popcorn Movie	26 Bus: 9:00am Portage Princess 9:15am Cardio Fit 10:15am Sr Yoga 12:30pm Dominoes 3:00pm Line Dancing 6:00pm Pickleball	27 11:00am Cards 1:00pm Blanketeers	28 9:15am Yoga Stretch 9:30am Bowling @SKB 10:15am Sr Strength 1:00pm Bingo 6:00pm Pickleball	29	30

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 October 2017

Stow Parks & Recreation Department 330-689-5100

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>1</b>	<b>2</b> 12:00pm Sunshiner Lunch @ Stow Glen Retirement Village	<b>3</b> 9:15am Cardio Fit 10:15am Sr Yoga 12:30pm Mah Jongg 6:00pm Pickleball	<b>4</b> Bus:10:00am Hofbrauhaus Tour  11:00am Cards	<b>5</b> 9:15am Yoga Stretch 9:30am Bowling @SKB 10:15am Sr Strength 1:00pm Brain Games  6:00pm Pickleball	<b>6</b> 1:30pm Ohio & Erie Canal Story	<b>7</b> 
<b>8</b>	<b>9</b>	<b>10</b> 9:15am Cardio Fit 10:15am Sr Yoga 12:30pm Dominoes 3:00pm Line Dancing  6:00pm Pickleball	<b>11</b>  11:00am Cards  1:00pm Blanketeers @OT	<b>12</b> 9:15am Yoga Stretch 9:30am Bowling @SKB 10:15am Sr Strength 12pm Health Screens 1:00pm Bingo  6:00pm Pickleball	<b>13</b> Chair Massage Appts  6:30pm Fall Fling Dance @ SSL	<b>14</b>
<b>15</b>	<b>16</b> 10:00am Pallet Painting Workshop  Hearing Screens By Appointment	<b>17</b> Bus: 8:30am Cooper's Mill 9:15am Cardio Fit 10:15am Sr Yoga 12:30pm Mah Jongg 3:00pm Line Dancing 6:00pm Pickleball	<b>18</b>  11:00am Cards	<b>19</b> 9:15am Yoga Stretch 9:30am Bowling @SKB 10:15am Sr Strength 1:00pm Brain Games  6:00pm Pickleball	<b>20</b> 9:00am Bfast Buddies  	<b>21</b>
<b>22</b>	<b>23</b> 10:30am Lunch Bunch	<b>24</b> 9:15am Cardio Fit 10:15am Sr Yoga 12:30pm Dominoes 3:00pm Line Dancing  6:00pm Pickleball	<b>25</b> 10:30am Lunch Bunch  11:00am Cards  1:00pm Blanketeers @OT	<b>26</b> 9:15am Yoga Stretch 9:30am Bowling @SKB 10:15am Sr Strength Bus: 11:00am Wine & Dine -Geneva 1:00pm Bingo 6:00pm Pickleball	<b>27</b>	<b>28</b>
<b>29</b>	<b>30</b>  1:00pm Care & Share	<b>31</b> 9:15am Cardio Fit 10:15am Sr Yoga 3:00pm Line Dancing  6:00pm Pickleball				

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 \*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





**Butler Art Museum of American Art**  
Youngstown



The Butler Institute was the first museum dedicated exclusively to American artworks. Nationally known for its collections, you will get an up close docent led tour to see what makes this museum so special. Works by Winslow Homer, Norman Rockwell and paintings of Native Americans. Lunch at Firebirds Wood Fired Grill (additional)  
**Date:** Tues., September 12 **Fee** \$23.00  
**Depart:** 8:30am **Return:** 3:30pm

**Cooper's Mill Apple Butter & Jelly Factory**  
Bucyrus / Ashland



Apple Butter slow cooked in copper kettles over a wood fire. Jams & jellies made in small batches with no artificial anything! A behind the scenes look at how it's made in this small family owned factory. Lunch at Old 30 BBQ (additional) Plus a stop for award winning ice cream at the Olivesburg General Store. Yum!  
**Date:** Tues., October 17 **Fee** \$28.00  
**Depart:** 8:30am **Return:** 4:30pm

**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



**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).



**Portage Princess Lake Cruise**  
Portage Lakes - Akron

Enjoy a day on the Lake! See the Portage Lakes the way the locals do...on a pontoon boat! The Portage Princess is a large pontoon boat that will guide us through the lakes to view the beautiful homes lining the shores. Lunch stop at the lakeside Smokin' Claw Tavern (additional)  
**Date:** Tues. September 26 **Fee** \$29.00  
(Rain Date Sept 28)  
**Depart:** 9:00am **Return:** 3:00pm

**Wine & Dine Geneva Ferrante Winery & South River Vineyard**



Wine tasting and good food! Let us do the driving as we head north to Geneva visiting Ferrante Winery & Ristorante for dinner & wine (additional). A second stop at the unique small winery of South River Vineyard located in an old church for wine tastings of your choice (additional) Stairs to restrooms.  
**Date:** Thurs., October 26 **Fee** \$18.00  
**Depart:** 11:00am **Return:** 5:00pm

**Hofbrauhaus & Hermit Club Tour**  
Cleveland



Lunch at Cleveland's Hofbrauhaus (additional) featuring traditional Bavarian dishes as well as American favorites. After lunch we will enjoy a guided historical tour of the *Hermit Club*. Founded in 1904, the Hermit Club is the oldest club devoted to amateur performing arts. A dessert stop will follow to the old fashioned *Sweet Moses Soda Fountain & Treat Shop* (additional) in Cleveland's Gordon Square.  
**Date:** Weds., October 4 **Fee** \$15.00  
**Depart:** 10:00am **Return:** 3:30pm



**Hunchback of Notre Dame Hanna Theatre** Cleveland

A soaring musical epic! As the bells of Notre Dame's cathedral sound, Quasimodo, a deformed, bell-ringer observes Paris below. Smitten with a beautiful gypsy girl he seeks love and acceptance in this timeless heartfelt musical tale.  
**Date:** Weds., November 1 **Fee** \$30.00  
**Depart:** 6:00pm **Return:** 10:30pm

**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



**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



**Stow Senior Adult Programs**  
**September - October 2017**  
**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...**

**Fall Fling Dance** pg. 2 

**Price is Right Luncheon** pg. 2 

**Ohio & Erie Canal Story** pg. 3

**Pallet Sign Painting Class** pg. 3 

**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.