

THE ACCOA NEWS CENTER FOR ACTIVE LIVING

"We're not aging, we're actively living..."

www.accoacenterforactiveliving.com

Hours: 8:30 am - 4:30pm

Monday through Friday

4148 Main Ave
Ashtabula, Ohio 44004
(440) 998-6750

Issue #10112024

October/November 2023

Services Available

Bill Pay - Pay all your bills in one place
Shuttle Rides - Let us take you to the store
Prescription Assistance - Let us help you afford your Prescriptions.
Exercise - Gentle Yoga
Education - Guest speakers to keep you current on the latest health trends.
Nurse - A nurse comes weekly to do blood pressure and glucose screenings.
Room Rental - We have multiple rooms.
Computer Tutor - Internet & Phone Classes

THINGS TO WATCH FOR!

Brants Apple Orchard	October 4, 2023
A Canterbury Feast	October 6, 2023
Haunted House Restaurant	October 13, 2023
Halloween Party	October 27, 2023
Friends Giving	November 22, 2023
Christmas Party	December 8, 2023
Noon Years Party	December 29, 2023
Valentines Day 2024	February 2024
St Patties Day 2024	March 15, 2024
Good Friday 2024	March 29, 2024
Mothers Day Tea Party	May 10, 2024

Reservations are required one week prior to the event and can be made by calling 440-998-6750 or online at <https://schedulesplus.com/ashtabula>



The Smith Team
ACCOA's 2023 Golf Champions

Tech Tutor at the Center
Tuesday, October 24, 2023
Tuesday, Nov. 28, 2023
fourth Tuesday of the month
at 2:30 pm

Susan from the Ashtabula Library will be here to assist you "one on one" with cell phone and tech questions and concerns.

Movie and Popcorn

Missing

Wed. Nov. 1st at 1:30 pm
After June's mother disappears while on vacation with her new boyfriend, June tries to find her using all the latest technology at her fingertips to try and find her before it's too late. However, her digital sleuthing soon raises more questions than answers. RSVP by 10/27/23

Movie and Popcorn

The Christmas Chronicles

Fri. Dec. 1st at 1:30 pm
The story of sister and brother, Kate and Teddy Pierce, whose Christmas Eve plan to catch Santa Claus on camera turns into an unexpected journey that most kids could only dream about. RSVP by 11/29/23

Activity Registration Information

ACCOA Center for Active Living offers various types of in-person and virtual programming to keep members engaged and connected. Mask requirement for in-person activities are based on current CDC, Governor and local Health Department guidelines. Due to social distancing guidelines, in-person activities will have a limited number of participants, so please sign up early to reserve your seat.

To register for any activity you can visit <https://schedulesplus.com/ashtabula> or call 440-998-6750. If you are unable to register online, or have difficulties please contact us.

ACCOA Center for Active Living Refund Policy

If an activity is canceled by ACCOA, which had a registration fee, you will receive a refund for that activity's registration fee. Should you cancel an activity, you registered for, that has a registration fee, you will not receive a refund for the registration fee unless there is a waiting list and/or ACCOA is able to fill your place at the activity/program.

Birthdays of the Month

It's a BIG Birthday Bash!

Wishing you a year of amazing moments and reasons to smile. Happy Birthday!

Lisa Haase	10/1	Ruth Hlinovsky	10/26	Olive Jones	11/9
Ellen Weir	10/2	Linda DiCamillo	10/27	R. Earl Simmons	11/9
Melodie Phelps	10/2	Marcia Tolles	10/27	Judy Perkins	11/13
Millie Rapose	10/7	Janice Cook	10/30	Bernadette Izzi	11/14
Terry Heath	10/7	Judy Frasure	10/30	Shirley Rohm	11/17
Raymond Fortune	10/11	John Eaton	10/31	Leonard Deneen	11/18
Donna Ocilka	10/14	Linda Lemponen	11/3	Lyn Rocco	11/18
Anne Ray	10/18	Ricky Ball	11/3	Linda Caudill	11/21
Margaret Tomlinson	10/18	Janice Oros	11/6	Judy Pallutch	11/26
Charalene Kimble	10/19	Magaret Distler	11/7	Carol Shinabery	11/27
Kathy Caudill-Smith	10/20	Twila Lucero	11/7	Jacqui Braund	11/28
David Peek	10/22	Jayne Crawford	11/9	Jennie Reed	11/28
Howard Stewart	10/22	John Bruckman	11/9	Brenda MacNaughton	11/30
Jenny Howes	10/24	Norma Massena	11/9	Margaret Ketchem	11/30

Please join us for a birthday party to honor our friends who have October birthdays!!

Friday, October 13th 2023 at 2:30pm

Friday, November 17th 2023 at 2:30

RSVP BY 11/9/2023

Cupcakes, Ice Cream and Beverage

Are you friends with any of the birthday peeps?

Give them a call and wish them Happy Birthday!!!



HAPPY TRAVELERS

SPECIALIZING IN DAY & EXTENDED TRIPS

WE STILL HAVE SEATS ON THESE THREE TRIPS!

These trips are going, however there are a few seats available.

October 24th - Seneca Allegany Casino. Bus will leave from the Key Bank Parking Lot at 8:30 am and return at 5:30 pm.

Includes: round trip motor coach transportation, \$10.00 Food Credit, \$20.00 Free Slot Play. *\$53/person paid in full* at time of reservation. No refunds.



Thursday, Nov. 16th, 2023

\$95.00 per person

Includes coach transportation to and from the Croatian Lodge, Branson Country Christmas Show featuring the Ozark Jubilee and a nice Lunch.

Details:

- Bus will depart from the Key Bank parking lot at 10:15am and return about 4:00pm.
- To reserve a seat \$55.00 deposit is required at time of reservation.
- The balance paid in full by November 1, 2023.
- \$4/pp will be collected upon departure for driver tip.
- Sorry no refunds



November 28th & 29th
Lancaster, PA trip. Includes

Two days One Night

Round trip motorcoach transportation, one-night accommodations in Lancaster, a full breakfast, scrumptious Amish feast, Sight and Sound production of Miracle of Christmas, Orchard visit, shopping and more.

- Minimum of 43, max 50 people.
- \$335/per person.
- \$175.00 deposit due by when you make your reservation
- \$160.00 balance paid in full by Nov. 1, 2023.
- Sorry no refunds after September 30th.

For more information call: 440-998-6750

For More Information Call 440-998-6750.

Next Travel Club Meetings: October 16, 2023

November 20, 2023 at 6:00pm

Reservations are required one week prior to the event and can be made by calling 440-998-6750 or online at <https://schedulesplus.com/ashtabula>

DO YOU OWN YOUR OWN HOME?
ARE YOU OVER 60 YEARS OLD?
DO YOU NEED HELP WITH MINOR HOME REPAIRS?

The Center for Active Living can help you with home maintenance. We can install grab bars, replace fixtures, perform minor plumbing, minor electrical, minor carpentry, and odd jobs. We will supply the labor and time you supply the materials.

Current wait time is minimal

Call 440-998-6750 to schedule an appointment.

Funded by the Ashtabula County Senior Services Levy.



Book Club

Join Susan, from the Ashtabula County Public Library
Tuesday, October 24, 2023 at 1:30 pm

Assaulted Caramel by Amanda Flower

Bailey King, a chocolatier, moves to help run her grandparents candy shop. When a man is found dead in the kitchen, Bailey becomes the prime suspect.

Tuesday, November 28, 2023

All Around the Town by Mary Higgins Clark

Laurie Kenyon, a 21 year old student, is accused of murdering her English professor. She has no memory of the crime but her fingerprints are at the crime scene.

Bring your book with you!

Medical Equipment Lending

Need a walker or wheelchair?

We have all kinds of medical equipment for rent. You can borrow for a small deposit! When you return the equipment, your deposit will be returned to you!



Some items available:

Wheelchairs, Walkers, Rollators, Bedside Commodes,
Shower Chairs & Raised Toilet Seats.

Call 440-998-6750 for more information



Reservations are required one week prior to the event and can be made by calling 440-998-6750 or online at <https://schedulesplus.com/ashtabula>

ACCOA Center for Active Living Pumpkin Decorating Contest!

Tuesday, October 31, 2023

You are invited to participate in ACCOA's
1st Annual Pumpkin Decorating Contest!

Bring your decorated pumpkin to ACCOA (4148 Main Avenue, Ashtabula)
on **Monday, October 30, 2023 by 4:00 PM.**

Judging will take place by ACCOA seniors on

Tues., October 31, 2023 between 11:00am & 2:00 PM.

Winners will be announced at 3:30pm

Good luck and happy decorating!



The Rules:

1. The main part of each entry must be a pumpkin or a member of the pumpkin family.
2. Pumpkins may not be carved or hollowed out.
3. Pumpkins may not be larger than 2'x2'x2'.
4. Pumpkins, objects and materials used to decorate pumpkins may not be reclaimed until after the contest, under any circumstances. Pumpkins can be picked up at ACCOA after 9:30am on 11/2/23 and by 3:00pm on 11/3/23.
5. Objects, paper and materials of any kind may be pinned or glued to pumpkins. Participants may also draw or paint on their entries or dress them up. Again, **DO NOT** carve or hollow out your pumpkin.
6. ACCOA reserves the right to dispose of any pumpkin that starts to rot during the contest period.
7. All entrant's should write their name, phone number and title of their pumpkin on the **BOTTOM** of the pumpkin in a permanent marker.
8. No pre-purchased pre-decorated pumpkins will be allowed to enter the contest.
9. Prizes will be awarded for: "Most Original" "Funniest" and "Scariest."
10. No electrical device may be used as part of any entry.
11. Each entry must have a title.
12. One entry per person/business only.
13. Entries will be judged according to the following criteria
 - originality
 - quality of the work
 - suitability of the title



Some Helpful Tips -- Choose a firm pumpkin, with no blemishes, and make sure the stem is firmly attached. Use acrylic paint if you wish to paint your pumpkin. First wash your pumpkin under running water. Store your pumpkin in a cool, dry and well-ventilated place, protected from frost. Use a glue gun and straight pins to attach decorations to your pumpkin

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Blood Pressure Screenings

Wed., October 25th at 11:00am

Thurs., October 26th at 10:00am

Wed., November 22nd at 11:00am

Thurs., Nov. 30th at 10:00am

Wed, December 20th at 11:00am

Glucose & Cholesterol Screening

Wed., October 11th at 11:00am

Wed., November 8th at 11:00am

INVITE A FRIEND

Invite your friends to attend the Center for Active Living. They must be 55 years of age or older and be willing to have FUN and meet new people.

Subscribe to our newsletter. It provides you with all the activities, programs and trips that we offer. The annual fee is \$10.00.

We would be happy to answer any questions they may have.

DISCLAIMER: While we make every effort to provide accurate and complete information in ACCOA's newsletters, we are "PERFECTLY IMPERFECT" and cannot guarantee that there will be no errors. Occasionally, it is possible that an event date, day, time or "register by" date may be incorrect. Therefore, as a standard of practice, registration cut-off dates will be a minimum of seven (7) days prior to the scheduled event. At times it may be necessary to make the registration cut-off date earlier to accommodate caterers or order supplies.

ASHTABULA COUNTY TRANSPORTATION SYSTEM



440-992-4411

Seniors age 60 and over
Ride the bus "FREE"

WITH A SENIOR LEVY PASS

Monday-Friday: 10:00 a.m. - 2:00 p.m.

Saturday: 10:00 a.m. - 4:00 p.m.

Call 994-2032 for details.

Funded in part by
ODOT, FTA, Other Local Sources,
and Senior Services Levy

FREE SENIOR TRANSPORTATION

Are you 60 or older and live in
Ashtabula?

Do you need a ride to the store?
Do you or someone you know
need assistance accessing food
or supplies?

We can assist you with
transportation for essential
items. Call 440-998-6750 to
schedule an appointment.

- ◆ By appointment only,
- ◆ Seating is limited.
- ◆ Social distancing observed.
- ◆ Rides must be scheduled or canceled at least 48 hours in advance.
- ◆ If you forget to cancel you could be responsible for a \$5 cancellation fee.

Cards & Games

Join us for Cards Daily 10:00am to 4:00pm

Date	Time	Activity
Tuesday, October 17, 2023	1:00pm	Pinochle
Tuesday, October 17, 2023	1:30pm	Trash
Thursday, October 19, 2023	1:00pm	Pinochle
Thursday, October 19, 2023	1:30pm	Kings in the Corner
Tuesday, October 24, 2023	1:00pm	Pinochle
Tuesday, October 24, 2023	1:30pm	Trivia
Thursday, October 26, 2023	1:00pm	Pinochle
Tuesday, October 31, 2023	1:00pm	Pinochle
Wednesday, November 1, 2023	1:00pm	Pinochle
Thursday, November 2, 2023	1:00pm	Pinochle
Friday, November 3, 2023	1:30pm	Trivia
Tuesday, November 7, 2023	1:30pm	What's on your phone
Wednesday, November 8, 2023	1:00pm	Pinochle
Thursday, November 9, 2023	1:00pm	Pinochle
Wednesday, November 15, 2023	1:00pm	Pinochle
Wednesday, November 15, 2023	1:30pm	Wii
Thursday, November 16, 2023	1:00pm	Pinochle
Thursday, November 16, 2023	1:30pm	Skip Bo
Wednesday, November 22, 2023	1:00pm	Pinochle
Tuesday, November 28, 2023	1:30pm	Chinese Checkers
Wednesday, November 29, 2023	1:00pm	Pinochle
Wednesday, November 29, 2023	1:30pm	Wii
Thursday, November 30, 2023	1:00pm	Pinochle

Reservations are required one week prior to the event and can be made by calling 440-998-6750 or online at <https://schedulesplus.com/ashtabula>

Grief Group
 Wed., October 25 at 5pm
 Wed., November 29 at 5pm.
 Host: Joslin Seeds
 Open to the public.
 All types of loss is welcomed.
 Including pet loss. You do not ever have to share. Some people listen and some talk. It is a place for you to share your loved one with others. To know that other people are struggling too. Maybe make a connection that makes you feel less alone. Maybe it's a place to go because you lost your companion. Feel free to bring photos, mementos, music- whatever you want to share of your life or loved ones. You might leave feeling unencumbered. Maybe you say things you've never said. Maybe you feel like your loved one is less gone to you. We are not affiliated with a particular church or religion. What is said in the room stays in the room. There is no fee to join and there is no church affiliation.
 See you soon!

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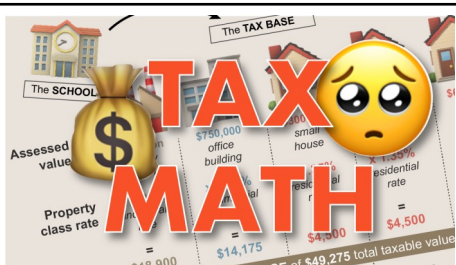
Hair Cuts
 Haircuts will be offered the last Wednesday of the month. David has generously offered his hair cutting skills. Donations are appreciated.
 Wednesday, Oct. 25, 2023
 Wednesday, Nov. 29, 2023
 Wednesday, Dec. 27, 2023
 10 AM—12 PM

LET'S PLAY BINGO!

EVERY MONDAY-1:00PM TO 4:00PM
 Unless Monday is a holiday, then we play on Wednesday

EVERY FRIDAY MORNING - 9:30 AM TO 11:30 AM
NO BINGO 10/27/2023

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There are over 40 Levies on the November 2023 Ballot!

Do you understand the four types of levies? Additional, Renewal, Replacement, and Renewal with an Increase.

Do you know how these levies are going to affect your taxes?

Please join us as County Auditor David Thomas explains the difference between the types of levies and how to calculate mills.

October 26th at 2:30pm.



Take Off
Pounds Sensibly

Meets Thurs., Mornings
At the Center

Weigh In Time: 9:30am

Program Start Time: 10:00am

NEW MEMBERS WELCOME

Fitness Corner

Tuesday & Thursday

9am - Walk Aerobics:

with Sara Wetzel - a high energy workout, but easy for beginners to start out at their own pace.

10am - Cardio Drumming:

with Sara Wetzel - high-intensity drumming, that incorporates sufficient movement to be a whole body workout while fun enough for anyone to do.

11:00am - Easy Walking:

with Sara Wetzel - a walking in place workout that can be performed standing or sitting to burn calories and work on your cardiovascular system.

Free for newsletter subscribers
Non newsletter subscribers \$5/class

Please wear comfortable, cotton exercise clothing: dress light.

BRAIN GAMES

Can you solve these tricky brain teasers?

Wednesday, Oct. 18, 2023

Wednesday, Nov. 15, 2023

Wednesday, Dec. 20, 2023

Wednesday, Jan 17, 2023

10:30am to 11:30am

Socials and Food

EAT IN ONLY—NO TAKE OUT

Date	Time	Activity
Tuesday, October 17, 2023	3:00pm	Wine and Cheese
Thursday, November 2, 2023	3:00pm	Coffee & Cupcakes
Thursday, November 16, 2023	3:00pm	National Fast Food Day
Tuesday, November 21, 2023	3:00pm	Wine and Cheese
Tuesday, November 28, 2023	3:00pm	National French Toast Day

Breakfast CLUB

9:30 - 10:30

Wednesday, October 25, 2023

Menu: Pancakes and Sausage

RSVP BY 10/18/23

Wed., November 29, 2023

Menu: Eggs & Bacon

RSP BY 11/22/23

AT THE ACCOA

CENTER FOR ACTIVE LIVING

\$1.00 NEWSLETTER SUBSCRIBERS

non newsletter subscribers \$6.00

Pre-pay & Eat in only

Sorry no refunds

Thursday, December 7, 2023
12:30—2:30pm

The Heart Strings Orchestra from the Art Center directed by Dr. Carol Linsenmeier, will be at the senior center to perform Christmas music for us!

Refreshments will be provided
Please sign up by 11/30/2023

State Representative Sarah Fowler



will be at the Center on
Thurs., Nov. 2, 2023
at 1:30pm

To discuss exciting thing happening in Ashtabula!

Wed., Oct. 18, 2023

At 1:30pm

Raymond Norton

Motivational Speaker from
the Ashtabula County Board
of Disabilities

Jigsaw Puzzles Daily
10am to 4pm
Enjoy Unique and
Challenging Puzzles.
Fun way to use
your brain.

Reservations are required one week prior to the event and can be made by calling 440-998-6750 or online at <https://schedulesplus.com/ashtabula>


Arts & Crafts

Reservations are required one week prior to the event and can be made by calling 440-998-6750 or online at <https://schedulesplus.com/ashtabula>

Finger Painting!
 Tuesday, October 31, 2023
 At 1:30pm

Although many people consider finger painting just a fun activity for kids, it can be a fantastic way for adults to create beautiful art with just as much skill as traditional paintbrushes.

Cookie Decorating
 Wed., November 22, 2023
 at 1:00pm



Sponsored by Lori Slimmer from University Hospital
 Cost: \$1/\$6 (non-subscribers)
 You will leave with three beautifully decorated cookies in a gift box.
 Reservations required by 11/8/23

Santa Gnome
 Wed., Oct. 18, 2023 at 1:30pm



\$1.00 for newsletter subscribers
 \$5.00 for non-subscribers
 Sign up by 10/18/2023

COLORING CLUB
 10:30am

Wed., Oct. 11, 2023
 Wed., Nov. 8, 2023
 Wed., Dec. 6, 2023

Bring your own supplies or use ours.

Second Annual Senior Care Network Santa Shop
 November 30, 2023
 11:00am to 2:00pm

\$25.00 voucher will be given at the door to use to purchase your Santa Shop Items.
 All items will have prices.
 Spots are limited and you must sign up by November 20, 2023.

FRIENDSGIVING DINNER
 Wed., November 22, 2023
 2:30pm to 5:30pm

At the Center for Active Living
 Cost is \$4 for everyone
 Entertainment: Amy Varkette
 Traditional Thanksgiving dinner will be provided.

RSPV by:
 November 15, 2023



Pumpkin Decorating
 Thurs., October 26, 2023 at 1:30pm

\$1.00 for newsletter subscribers
 \$5.00 for non-subscribers
 Sponsored by University Hospital
 RSVP by 10/19/23

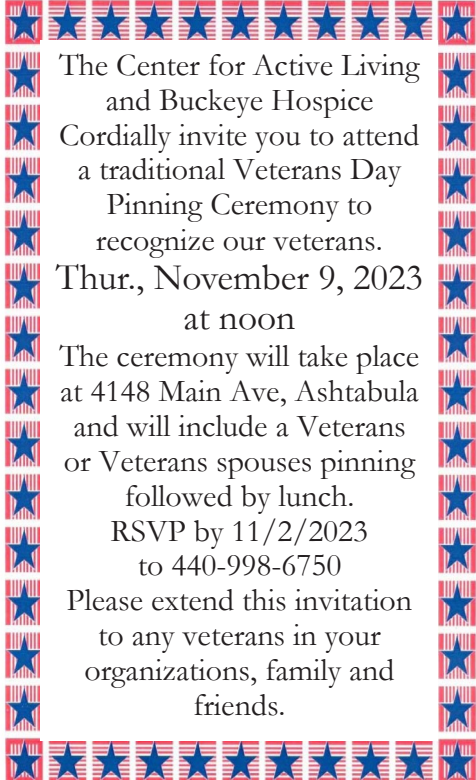


CROCHETING WITH JACKIE
 Every other Thursday at 1pm
 October 12th & 26th
 November 9th


Join us to crochet small, meaningful items to be placed in random locations throughout our communities for anyone to find (kind of like the rocks, but with crochet items).
 FREE - newsletter subscribers
 \$5.00 non - subscribers

Christine from Retired Seniors Volunteer Program
 Will be at the Center on Wed., November 8, 2023 at 1:30pm
 To update you on volunteer opportunities in Ashtabula.
 Refreshments will be provided.

The Center for Active Living and Buckeye Hospice
 Cordially invite you to attend a traditional Veterans Day Pinning Ceremony to recognize our veterans.
Thur., November 9, 2023 at noon
 The ceremony will take place at 4148 Main Ave, Ashtabula and will include a Veterans or Veterans spouses pinning followed by lunch.
 RSVP by 11/2/2023 to 440-998-6750
 Please extend this invitation to any veterans in your organizations, family and friends.



Pine Cone Turkey Craft
 Tues., Nov. 21, 2023
 At 1:30pm - \$1 for all
 RSVP By: 11/14/2023




TUESDAY's at 5PM AT THE CENTER
 JOIN OUR EXPERIENCED QUILTERS AS THEY WORK ON SEPARATE QUILTING PROJECTS.
 NEW PEOPLE ARE WELCOME
 BRING A DISH TO SHARE



YES YOU CAN
 Toile Painters
 Mondays 9:30 to 11:30 am.
 \$2.00 (plus materials).
 Instructor: Rosemary Peck

Free Paper Mache Bowl Craft
 Tues., November 7, 2023 at 1:30pm
 An easy-to-follow
 RSVP by 10/31/2023



Cookie Exchange
 Wed., December 20, 2023 at 2:00pm
 Spots are limited
 You must sign up by December 11, 2023

Reservations are required one week prior to the event and can be made by calling 440-998-6750 or online at <https://schedulesplus.com/ashtabula>

PROHIBITION ENDS AT LAST!

DECEMBER 5, 1933

When the end of Prohibition finally came with the ratification of the 21st Amendment in 1933, America kicked off perhaps the biggest impromptu party the country had ever seen!

Join us for a Cocktail Party in celebration of the end of "prohibition" on

Tuesday, December 5, 2023

2:30 to 4:30pm

RSVP BY: 11/28/2023

Commodity Supplemental Food Program a Senior Food Assistance Program

Pick Up Dates:

Tues., October 17, 2023

Tues., November 21, 2023

Conversation Cafe

JOIN US FOR COFFEE HOUR EVERY

****Monday 10:30am - 11:30am****

Enjoy coffee & conversation as we provide the setting to keep you entertained and explore topics that are of interest to you!

We'll bring the Coffee,
you bring the fun!

Bring a snack to share if you like!

HELP for Heating/Cooling Bills
There is a programs offered by the State of Ohio to help you with your heating and cooling bill.

You may receive financial assistance or efficiency improvements for homes or apartments. If your gross household income from all sources is less than the following amount for the number of members in your household you may qualify:

1 person up to \$21,780

2 persons up to \$29,420

3 persons up to \$37,060

4 persons up to \$44,700

5 persons up to \$52,340

\$7,640 each additional household member.

The Ohio Energy Assistance application is available Now.

Please call the Community Action toll-free at 440-997-5957 for more information.

Get Help With Your Electric Bills

The winter/summer crisis program offers electric assistance to low-income elderly households and individuals with certain medical conditions. Money obtained from the winter/summer crisis program can be used either to:

1. Pay your electric bill.
2. Purchase a new air conditioning unit (if you have not received one in the last 3 yrs.)

To be eligible for the crisis program:

- ◆ A household member must be at least 60 years of age OR have a doctor statement establishing a medical necessity.
- ◆ Cannot have a disconnect notice
- ◆ Be below 200% of the federal poverty level.
- ◆ Do not have to be on PIPP.

Applications are available at
Community Action Agency
440-997-5957.

PLEASE JOIN US FOR A

Christmas Party!

Date: Friday, December 8, 2023

Time: 2:00 pm to 5:30 pm

at ACCOA Center for Active Living
4148 Main Ave, Ashtabula

Entertainment: Dennis Ford - 2:30pm - 3:30pm

Dinner: 4:30pm

Ugly Sweater Contest: most creative, funniest, and the most original ugly sweater.

Cost: \$5.00 for newsletter subscribers

\$10.00 for non subscribers

RSVP By: December 1, 2023

Reservations are required one week prior to the event and can be made by calling 440-998-6750 or online at <https://schedulesplus.com/ashtabula>

DID YOU KNOW THAT YOU COULD PAY YOUR BILLS AT THE CENTER FOR ACTIVE LIVING?

You can make payments to many of the companies that send you a monthly bill including: Electric, Gas, Wireless, Cable/Satellite, Insurance, Credit Cards, Car Loans, Leases and many more!

Right at the Senior Center!
Paying bills in person has benefits.
Receive a receipt as proof of payment.

Pay bills using cash...

Pay multiple bills in one location...

Same day posting...

Bills have a small transaction fee of less than \$2.00

Walk In. Pay Bills. Support your Activity Center, Done.

Center for Active Living

TELEPHONE REASSURANCE PROGRAM

The Telephone Reassurance Program serves seniors and the disabled. Daily/ weekly calls from trained volunteers ensure their health & well being, and help identify concerns before they escalate into more serious hardships.



Call 998-6750 for more information
or to sign up.

Armchair Travel

Will take you to faraway places without leaving home.

Wed. October 25, 2023 at 1:30pm
we will visit Hawaii! A dream destination famous for its white sandy beaches, jaw-dropping natural beauty and aloha spirit.
RSVP BY: 10/25/2023

Tues., Nov. 14, 2023 at 1:30pm
We will visit the history of the Macy's Day parades!
RSVP BY: 11/7/2023

What you can expect:
food or snacks from the chosen country, music, trivia, videos or photographs related to the destination featured.

The Center will be closed on the following dates:

- Friday, November 10, 2023
In Observance of Veterans Day
- Thursday, November 23, 2023
In Observance of Thanksgiving
- Friday, November 24, 2023
Closed
- Monday, December 25, 2023
In Observance of Christmas Day
- Monday, January 1, 2024
In Observance of New Years Day



Like us on
Facebook

Board Members and Director

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Mary Church, Board Treasurer, Ashtabula City
Carissa Allen, Board Secretary, Saybrook Landing
Rev Jeff Stoll, Saybrook United Methodist
Hazel O'Neal, Senior Member
Dawn Dale - Geneva Center for Rehabilitation and Nursing
David Moore - Intrepid USA Home Care
Dr. Celine Pollander, Dr. of Physical Therapy
Lisa Bruckman, Executive Director

FREE Wellness Calls

Could you, or someone you know use a daily friendly check-in call? The Center for Active Living has a program that offers telephone companion calls. Contact the Center for Active Living at 998-6750 to make arrangements to receive a daily call.

Cans for Cats!

Purrlease start saving all of your soda cans, or other aluminum items for recycling!
Your aluminum cans can be dropped off at Monday through Friday 9 am to 4 pm to help support our "Pet Therapy" Program.
PLEASE KEEP THE ALUMINUM CANS SEPARATE FROM THE TIN CANS.



MEDICARE
OPEN
ENROLLMENT
OCT. 15 - DEC. 7

Open to lower premiums, extra benefits?

Friday, October 20, 2023
Wednesday, October 25, 2023
Monday, November 6, 2023
Wednesday, November 15, 2023
Wednesday, November 29, 2023

Walk-In Clinics 2:00pm to 4:30pm

During this time, you can make changes to your health insurance coverage, including adding, dropping or changing you Medicare Advantage and Part D coverage for next year. Stop in one of our walk in clinics for a free review with Toni Tulajew from Ann Wiley Insurance Services.

Reservations are required one week prior to the event and can be made by calling 440-998-6750 or online at <https://schedulesplus.com/ashtabula>

UPPER CRUST

WE MAKE RESERVATIONS BASED ON THE NUMBER OF GUESTS THAT SIGN UP

"UPPER CRUST Lunch Bunch"

Friday, October 20, 2023
at NOON
Kardohelys

1730 W. Prospect Ave. Ashtabula,
RSVP by
Friday, October 13, 2023

Dessert After Upper Crust at
Center for Active Living
Dessert and Coffee and a little fun
Fri., October 20, 2023 at 2:00 pm
RSVP by Fri, October 13, 2023

Reservations are required one week prior to the event and can be made by calling 440-998-6750 or online at <https://schedulesplus.com/ashtabula>

Nov. 2023 Upper Crust
Friday, November 3, 2023
Brighter Horizons Restaurant

Prescription Assistance

This service will help Ashtabula County residents age 60 years old and older to obtain *FREE or low cost* prescriptions from pharmaceutical companies and help navigating through Social Security Part D programs.

Call (440) 998-6750 for an appointment!

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- Specializing in Progressive Rehabilitation & Wound Care

For more information please contact Admissions Director,
 Carissa Allen at: 440-969-1509 or email to callen@saybrook-landing.net
 2300 Center Road, Ashtabula, OH 44004
440-969-1509 PHONE • 440-969-1519 FAX



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There is no doubt that selecting a nursing center can be a difficult process. We take pride in everything we do at Jefferson Healthcare Center and we invite you to take a tour of our facility and meet our caring service team. We truly are a family and wholeheartedly invite you to become a part of ours.

JEFFERSON HEALTHCARE CENTER
 222 East Beech Street, Jefferson, OH 44047

Contact Brenda MacNaughton

Admission Director at bmacnaughton@jefferson-healthcare.net

0690-975-0474



2023

4148 Main Ave.
 Ashtabula, OH 44004-6849
 (440) 998-6750
www.accoacenterforactiveliving.com
program@ashtabuliaseniors.org
 Lisa Bruckman, Director
 Ann Wiley, President

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Meet New People, Make New Friends

Center for
Active Living

