

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

Issue #782023

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

July/August 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!

Summer Picnic	August 2, 2023
Village Green Golf Outing	August 17, 2023
SCN Picnic	August 24, 2023
Ice Cream Social	September 15, 2023
50 th Anniversary Celebration	October 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

Reservations can be made NOW ONLINE at
<https://schedulesplus.com/ashtabula>

2023 ACCOA Center for Active Living GOLF SEASON IS HERE

Check out what we have scheduled this year!

Please Join Us on the Third Thursday of the Month!
9 holes, cart, lunch, beverage, & prizes
In addition, you can opt to play skins (\$8/team)
and enter the 50/50 drawing (6/\$5.00)
All outings will be "shot gun" start at 9:00 am

MAY 18: Andover Golf Course - \$21
5762 Route 7 South, Andover

JUNE 15: Maple Ridge Golf Course - \$23
8921 Center Rd, Austinburg

JULY 20: Hickory Grove - \$23
1490 fairway St, Jefferson

AUGUST 17: Village Green - \$23
7048 N. Main S., North Kingsville

SEPTEMBER 21: Hickory Grove - \$23
1490 fairway St, Jefferson

For more information, reserve a spot for yourself
or your team by the Monday prior to the outing
call Lisa at (440)998-6750

Please have team captains collect all the
money and turn it in all at once...
See you there!



Annual Summer Picnic

Date: Wed., August 2, 2023

Time: 4:30 pm

Dinner: 5:45 pm

Burgers, hotdogs, macaroni salad,
fruit salad, baked beans, beverage
and dessert.

Place: Saybrook Township Park

Entertainment: 7pm Blues Project

\$1 - newsletter subscribers
non subscribers \$10.00
if there are any available seats

RESERVATIONS REQUIRED BY:
Friday, July 28, 2023

BRING A CHAIR
Eat in only/no to go.



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 credit for that activity's registration fee. Should you cancel an activity, you registered for, that has a registration fee, for the activity you will not receive credit 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!

Bonita Hayes	7/3
Gloria Campbell	7/6
Alfred Savarn	7/6
Elke Wellmann	7/6
Tom Beall	7/7
Larry Carlson	7/14
John Kanne	7/14
Evelyn Moore	7/14
Bill Anderson	7/15
Sara Wetzel	7/16
Susan Edwards	7/17
David Rich	7/20
Dean Rich	7/20

Marvin Paden	7/22
Ronald Verdi	7/22
Barbel Baginski	7/24
Nancy Malnar	7/24
Kathleen Ray	7/24
Debra Sharp	7/25
William Niemi	8/1
Judy Brown	8/2
Ginger Verdi	8/2
Nancy Kanne	8/4
Cherie Laylin	8/4
Rose Frey	8/5
Dorthea Westbay	8/9

John Kozel	8/10
Jeanne Ball	8/12
Joan Malkie	8/17
Janice Hurst	8/19
Mary Ellen Pelyhes	8/21
Carol Billig	8/22
Elizabeth Bradley	8/22
Larry Moore	8/22
Chrstopher Willett	8/27
Anthony Bowser	8/28
Ginger Lekan	8/28
Judy Long	8/28
Rosalie Britton	8/31

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

Friday, July 28, 2023 at 230pm

RSVP by July 21, 2023

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

Friday, August 25, 2023 at 2:30pm

RSVP by August 18, 2023

Cupcakes, Ice Cream and Beverage

Are you friends with any of the July or August birthday peeps?

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

Chautauqua Experience One Day Trip - August 14th \$110 per person

- 8:15am - Depart from the Key Bank Parking lot
- A 45 minute stop at Webb's Candy Factory.
- 11:00am - Lunch Cruise on the Maryville Chautauqua Belle
- 1:00pm - Westfield Grape Discovery Center for wine tasting and to learn about concord grapes and their value to this area. We will also enjoy a culinary experience with Chef Tim.
- 5:45pm - Return to Key Bank Parking Lot about
- Seating is limited to 21 guests.
- \$55.00 due when you make your reservation.
- The balance due by July 28, 2023.
- Exact times may vary.
- Sorry no refunds



To secure your seat please stop by the
ACCOA Center for Active Living
4148 Main Avenue, Ashtabula
Or call 440-998-6750 for more information



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 50% deposit is required by Sept. 1, 2023.
- The balance paid in full by Oct. 2, 2023.
- \$4/pp will be collected upon departure for driver tip.

Sorry no refunds

Active-ities Game Night

(arcade like games to encourage movement and practice balance)

Thursday, August 31, 2023

At 1:30pm

Sign up by 8/24/23

Tech Tutor at the Center

Tuesday, July 25, 2023

Tuesday, August 22, 2023

fourth Tuesday of the month

at 2:30 pm

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



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

July 25, 2023 at 1:30pm

Daughters of Erietown by Connie Schultz—set in 1957 in Ohio, this novel tells of Brick, Ella and their daughter Samantha. It highlights the issues facing working class families and their communities.

August 22, 2023 at 1:30pm

Still Life by Louise Penny—Chief Inspector Armand Gamache of the Surete du Quebec and his team of investigators are called in to the scene of a suspicious death in a rural village south of Montreal.

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

Breakfast CLUB

9:30 - 10:30

Wednesday, July 26, 2023

Menu: Eggs, Fruit and Toast

Wednesday, August 30, 2023

Tater Tot Casserole

AT THE SENIOR CENTER

\$1.00 ACCOA NEWSLETTER SUBSCRIBERS

non newsletter subscribers \$6.00

Pre-pay & Eat in only - Sorry no refunds

Reservations are required by 8/23/23

Blood Pressure Screenings

Every Wednesday at 11:00am

Wed., August 16th

Wed., September 13th

Wed., October 25th

Glucose & Cholesterol
 Screening

Wed., Aug. 2nd & 30th at 11:00am

Wed., October 11th at 11:00am

Movie and Popcorn

True Spirit

Fri., Sept. 1, 2023 at 1:30 pm

16 year old Jessica Watson dreams of becoming the youngest person to circumnavigate the globe non-stop and unassisted, she must sail alone and not dock the boat at any port along the way. The journey is estimated to take 200 days, she must cross the equator and all meridians of longitude. Her team consists of her parents, siblings, and her coach Ben Bryant a former competitive sailor.

RSVP by 8/25/23

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>

Wiley Insurance

LEADING YOU IN THE RIGHT DIRECTION SINCE 1984



440-599-7559

888-232-2452

Medicare Supplements

Medicare Advantage

Prescription Plans

Life Insurance

Dental/Vision

NO COST CONSULTATION!

www.awileyinsurance.com

Movie and Popcorn

Free Showing of the
 Ashtabula Train Disaster
 Fri., Aug. 4, 1:30-4:00 PM
 Register by July 28, 2023

It was the deadliest and most notorious bridge failure of the 19th Century and a transforming event in American History. It happened December 29, 1876, during a raging blizzard. An all-iron railroad bridge collapsed sending one of the most luxurious trains ever to ride the rails, train No.5 - The Pacific Express, plummeting 70ft into a frozen river. Of the 170 people that were onboard, only 75 survived, most with serious injuries. Of the 95 who perished, 47 were identified, 48 were unidentifiable.

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

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.**



A CANTERBURY FEAST Friday, October 6, 2023

The original Medieval Musical Comedy. All new mystical and magical evening at the longest running dinner theater in the USA where Knaves & Wenches take you back to 1492 and not only perform, but also serve your meal! All "a la" no utensils.

Cost: \$78.00 includes transportation to and from the theater, a Medieval Musical Comedy show and dinner. Bus will leave the Center parking lot at 5:15pm and return approximately 10:30pm.

\$39 due when you make your reservation the balance is due in full by September 1, 2023.

Sorry no refunds

Are Medicare calls out of hand?



Is your phone ringing off the hook? Are you receiving calls prior to 8 am or after 9 pm? On the DNC list but still getting calls?



Wiley Insurance
(440) 599-7559

August 30, 2023 at 10:00 am

Find out how to file complaints about the sales and scam calls and texts you receive. And learn how you may be able to reduce the number of unwanted calls and texts you get.

Sign up by 8/23/23

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>

WE ♥ BLACK CATS



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



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

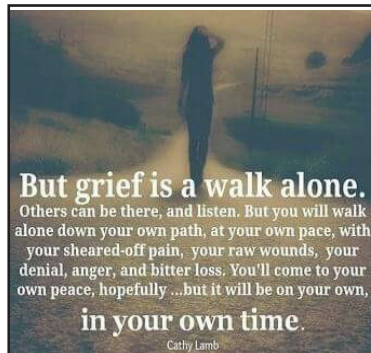
Reservations are required one week prior to the event and can be made by calling 440-998-6750 or online at <https://schedulesplus.com/ashtabula>

Cards & Games

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

DATE	TIME	ACTIVITY
Tuesday, July 25, 2023	1:00 PM	Pinochle
Wednesday, July 26, 2023	1:30 PM	Wii Bowling
Thursday, July 27, 2023	1:00 PM	Pinochle
Thursday, July 27, 2023	1:30 PM	LRC (Bring 12 nickels)
Friday, July 28, 2023	1:30 PM	Birthday Games
Tuesday, August 1, 2023	1:30 PM	Rummikub Card Game
Tuesday, August 1, 2023	1:00 PM	Pinochle
Thursday, August 3, 2023	1:30 PM	UNO Flip
Thursday, August 3, 2023	1:00 PM	Pinochle
Tuesday, August 8, 2023	1:00 PM	Pinochle
Wednesday, August 9, 2023	1:30 PM	Wii Bowling
Thursday, August 10, 2023	10:30 AM	Phase 10
Thursday, August 10, 2023	1:00 PM	Pinochle
Friday, August 11, 2023	1:30 PM	Pokeno (Bring 2 rolls of pennies)
Tuesday, August 15, 2023	10:30 AM	Fact or Fiction
Tuesday, August 15, 2023	1:00 PM	Pinochle
Wednesday, August 16, 2023	1:30 PM	Wii Bowling
Thursday, August 17, 2023	1:00 PM	Pinochle
Friday, August 18, 2023	2:00 PM	Seminar
Tuesday, August 22, 2023	10:30 AM	Chicken Foot
Wednesday, August 23, 2023	1:30 PM	Wii Bowling
Thursday, August 24, 2023	1:00 PM	Pinochle
Friday, August 25, 2023	1:30 PM	Birthday Games
Tuesday, August 29, 2023	10:30 AM	Game of Things
Tuesday, August 29, 2023	1:00 PM	Pinochle
Wednesday, August 30, 2023	1:30 PM	Wii Bowling
Thursday, August 31, 2023	1:00 PM	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>



But grief is a walk alone.
Others can be there, and listen. But you will walk alone down your own path, at your own pace, with your sheared-off pain, your raw wounds, your denial, anger, and bitter loss. You'll come to your own peace, hopefully ...but it will be on your own, in your own time.
Cathy Lamb

Grief Group Wed., July 26th at 5pm. Host: Joslin Seeds

Open to the public.

All types of loss will be represented and welcomed. Including pet loss. You do not ever have to share. There is no certain way to be here. Some people listen every week

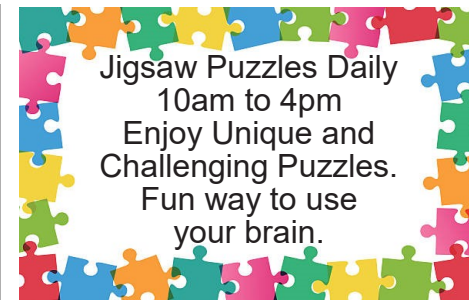
and some talk off. It is a place for you to share your loved one with others. To know that other people are struggling too. Maybe make a connection that makes you feel less alone. Maybe it's just a place to go because you lost your companion. Feel free to bring photos, mementos, music- whatever you want 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. Don't be worried or embarrassed.

What is said in the room stays in the room. There is no fee to join us.
There is no church affiliation. See you soon!



SNAP-Ed focuses on good nutrition, stretching food dollars, living physically active lifestyles, and engaging partners to build healthier communities. This helps to ensure the healthy choice is the easiest choice to make where people live, work, shop, play, eat, and learn.

July 11 at 11:00
July 18 at 11:00
August 1 at 11:00



Happy Travelers News
Next Meetings:
August 21, 2023 at 6:00 p.m.
at the Center for Active Living
Check out all the up coming trips!
Happy Traveler dues will be collected, \$15.00.

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>

Dehydration and heat stroke are two very common heat-related diseases that can be life-threatening. Join Tom Hall from Primary Health Network Tuesday, July 25th at 1:30pm to learn about the factors that contribute to dehydration and heat stroke, how to tell the difference, and how to prevent them.

White Turkey Drive In
AUGUST 23RD LEAVE AT NOON
Old-timey stop for comfort foods including turkey sandwiches, burgers, hot dogs & root beer floats.
\$1.00 to ride the bus, meal on your own
Sign up by 8/16/23

NEW PROGRAM SUGGESTIONS

Is there any interest in bringing a program for jewelry making, Zumba, sign language, gardening, cooking, foreign language, , karate or crafts. We would also be looking for instructors! Classes can be scheduled around your schedule.
Let Lisa know.

tops CLUB INC. **Take Off Pounds Sensibly**

Meets Thurs., Mornings
At the Center
Weigh In Time: 10:00am
Program Start Time: 10:15am
NEW MEMBERS WELCOME

Fitness Corner

Tuesday & Thursday

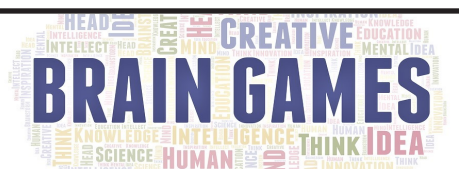
9am - Walk Aerobics:
with Sara Wetzel - a high energy workout, but easy for beginners to start out at their own pace.

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.



Can you solve these tricky brain teasers?
From brain-busting riddles to fun quizzes, and puzzles will certainly keep you entertained.
Wednesday, Aug. 23, 2023
Wednesday, Sept. 20, 2023
10:00am to 11:30am

Socials and Food

EAT IN ONLY—NO TAKE OUT

DATE	TIME	ACTIVITY/COST	SIGN UP BY
Tue, Jul 25, 2023	3:00 PM	Hot Fudge Sundae	7/24/2023
Wed, Jul 26, 2023	3:00 PM	Pie & Coffee	7/24/2023
Thu, Jul 27, 2023	3:00 PM	Wine & Cheese	7/24/2023
Tue, Aug 1, 2023	3:00 PM	Surprise Dessert	7/25/2023
Thu, Aug 3, 2023	3:00 PM	Watermelon Treat	7/27/2023
Tue, Aug 8, 2023	3:00 PM	Grilled Cheese \$1 - newsletter subscribers \$6 - non subscribers	8/1/2023
Fri, Aug 11, 2023	3:00 PM	Pizza, Pop Trivia \$1 - newsletter subscribers \$3 - non subscribers	8/4/2023
Tue, Aug 15, 2023	3:00 PM	Lemon Meringue Pie	8/8/2023
Wed, Aug 16, 2023	3:00 PM	Strawberry Short Cake	8/9/2023
Thu, Aug 17, 2023	3:00 PM	Vanilla Custard	8/10/2023
Fri, Aug 18, 2023	3:00 PM	Dessert after Upper Crust	8/11/2023
Tue, Aug 22, 2023	3:00 PM	Root Beer Floats	8/15/2023
Tue, Aug 29, 2023	3:00 PM	Garlic Parmesan Pasta \$2 - newsletter subscribers \$7- non subscribers	8/22/2023

We will be **CLOSED**
TO OBSERVE
Labor DAY
September 4th
2023

PLEASE SAVE:

Your old newspapers, egg cartons, and Styrofoam coolers the kind medication gets shipped to you in. If you have any of these items, please bring them to the center and we will make sure they get to where they need to go.

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

CROCHETING WITH JACKIE

Every other Thursday at 1:00pm

August 3rd, 17th & 31st

Sept. 14th & 28th

Join us to learn to crochet small, meaningful items to be placed in random locations throughout our communities for anyone to find (kinda like the rocks, but with crochet items). We could include thoughtful words of encouragement to accompany our creations to brighten the finder's day.

COLORING CLUB

10:00am

Wed., Aug 16th & Sept. 13, 2023

Get out of the house and enjoy the company of others while having fun coloring.

Bring your own coloring supplies or use ours.

Magazine & Personal Photo Vision Boards

August 15, 2023 at 1:30 pm

A vision board is a collection of pictures, magazine clippings, words, and quotes that visually affirm your goals and important things in your life. Bring copies of photos of people, pets and things that are important to you.

Sign up by 8/8/2023

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>

Arts & Crafts

YES YOU CAN

Tole Painters

Mondays 9:30 to 11:30 am.

\$2.00 (plus materials).

Instructor: Rosemary Peck



TUESDAY'S - 5PM
AT THE CENTER
NEW PEOPLE ARE
WELCOME

BRING A DISH TO SHARE

Sharpie Tie Dye Shoes

Tuesday, August 8th at 10:30am

You will need

White Canvas Shoes

(I found some at Walmart for \$15.00)

Cost: 5.00 newsletter subscribers

\$10.00 non subscribers

add \$15.00 plus your shoe size if you want us to pick up a pair of shoes for you.

Sign up and pay by 8/4/2023



LET'S MAKE GREETING CARDS!

August 22, 2023 at 1:30 pm

\$2.00 - newsletter subscribers

\$10.00 - nonsubscribers

All supplies and instruction are included.

You will leave this class with two greeting cards & envelopes, ready to give or drop in the mail.

Sign up by August 15, 2023



HAPPY TRAVELERS SPECIALIZING IN DAY & EXTENDED TRIPS

August 9th – Captains Game. Includes round trip transportation, admission to the Captains Game, \$10 meal voucher. The bus will depart from the Center at 10:15am and return about 4pm. Limit to 11 people. \$49.00/per person. Paid in full by August 1st. Sorry no refunds.

August 14th – Chautauqua Region. Includes round trip transportation, steamboat ride, lunch, wine tasting at the Grape Discovery Center, Webb's Chocolate Factory. Limit to 20 passengers. The bus will leave the Key Ban parking lot at 8:15am and return at approximately 6pm. \$110/per person. \$55.00 at time of reservation balance of \$55.00 paid in full by July 28, 2023. 10 open seats. Sorry no refunds.

September 19th, 20th, 21st – Finger Lakes Region. Includes round trip motorcoach transportation, two-night accommodations, two expanded continental breakfasts, two scrumptious dinners, admission to Letchworth State Park and tour, wine tasting, Musical Production, Colonial Bell Canal Lock Cruise, Admission to Sonnenberg Gardens & Mansion, shopping, historical tour, casino, Limited to 50 people \$625.00/per person. \$325.00 due by July 31st with the balance of \$300.00 paid in full by August 12, 2023. Sorry no refunds after July 31st.

October 6th – A Canterbury Feast. Includes round trip transportation, a Medieval Musical Comedy show and feast. Knaves & Wenches take you back to 1492 and not only perform, BUT also serve your meal! All "a la" no utensils. Drink Hail at "The Feast"! Limit to 11 people. The bus will leave the Center parking lot at 5:15pm and return at approximately 11pm. \$78.00/per person. \$39.00 due August 14th with the balance of \$39.00 paid in full by September 1, 2023. Sorry no refunds after August 14th. Sorry no refunds after August 14th.

October 13th – Haunted House Restaurant in Cleveland for Brunch. Van will leave the Center at 8:30am and return about 1:30pm. Includes round trip transportation, brunch, beverage and gratuity, fun and dancing at the restaurant. After brunch we will stop at Sweetie Candy Company (purchases on your own). Limit to 20 passengers. \$58/per person. \$30.00 deposit due by August 1st with the balance of \$28.00 paid in full by September 1st. Sorry, no refunds after August 1st.

Continue to the next page



HAPPY TRAVELERS

SPECIALIZING IN DAY & EXTENDED TRIPS

October 24th, 25th, 26th – The Hills of West Virginia Trip. Includes round trip motorcoach transportation, two-night accommodations, two expanded continental breakfasts, Blennerhassett Island, West Virginia Penitentiary, Train Ride, Wineries, Dinner Theater, Shopping, Casino. Limited to 50 people. \$650.00/per person. \$350.00 deposit due by August 21st with the balance of \$300.00 paid in full by September 18, 2023. Sorry, no refunds after August 21st.

November 16th – Branson Country Christmas featuring the Ozark Jubilee at the Croatian Lodge. Includes round trip motorcoach transportation, Branson Country Christmas Show featuring the Ozark Jubilee and a nice Lunch. The bus will depart from the Key Bank parking lot at 10:15am, return about 4:00pm. Limited to 50 people. \$95/per person. To reserve a seat a \$55.00 deposit is required by Sept. 1, 2023. The balance of \$40.00 paid in full by Oct. 2, 2023. \$4/pp will be collected upon departure for driver tip. Sorry no refunds.

November 28th & 29th - Lancaster, PA trip. Includes 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. Limited to 50 people. \$335/per person. \$175.00 deposit due by September 6th with the balance of \$160.00 paid in full by October 6, 2023. Sorry no refunds after September 6th.

For More Information Call 440-998-6750.

Half of the cost of the trip is due at the time of reservation, the balance is due approximately 45 days prior to the trip.

Wednesday, August 9, 2023

\$49.00 per person

Includes: transportation, entrance into the game and \$10 food card. Bus will depart at 10:15am and return about 4pm. Seating is limited to 11.

RSVP by Aug. 3rd. Must be paid in full at the time of reservation.



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>

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.

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.

**Commodity Supplemental Food Program
a Senior Food Assistance Program**

Would you benefit from a FREE box of groceries?
Are you 60 or older?

You may qualify for a free food once a month if your income is below \$1,580 for a single person household or \$2,137 for a two person household. Bring your drivers license & utility bill to the Center for Active Living to see if you qualify.

August Pick Up Date
Tues., August 15, 2023

September Pick Up Date
Tues., September 19, 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!



Like us on
Facebook

Board Members and Director

Ann Wiley, Board President, Ann Wiley Insurance Service
Brenda MacNaughton, Board VP, Jefferson Healthcare Center
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
Brittany Larko, Adoration Home Health and Hospice
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.

UPPER CRUST

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

"UPPER CRUST Lunch Bunch"
Breakwall BBQ
1205 1/2 Broad St, Conneaut,
Friday, August 18, 2023
at NOON

RSVP by
Friday, August 11, 2023

Dessert After Upper Crust at
Center for Active Living
Dessert and Coffee and a little fun
Fri., August 18, 2023 at 2:00 pm
RSVP by Fri, August 11, 2023

Sept. 2023 Upper Crust
Friday, September 22, 2023
Best Friends 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!

Wednesday, August 2, 2023

PINOCHLE TOURNAMENT

Time: 1:30 - 4:00pm

Refreshments will be provided by Western Reserve Hospice.

Prizes for 1st, 2nd and 3rd place.
Limited to 32 players.
Eight tables.

ACCOA Center for Active Living
Reservations are required by Monday, July 31, 2023 and can be made by calling 440-998-6750 or online at <https://schedulesplus.com/ashtabula>
\$3.00 per player to enter tournament.
(will be used to payout 1st, 2nd & 3rd place prizes)

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>

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>



JEFFERSON HEALTHCARE CENTER

A Culture of Care

SPECIALIZING IN:

- Skilled Rehabilitation
- Long Term Care
- On-Site Dialysis
- Secured Dementia Care Unit



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

440-576-0060

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JUST LIKE "HOME SWEET HOME"

Large Private Suites

Private Bath with Walk-In Shower

Flat Screen TV's

Complimentary Phone & Cable Services

Vintner's Café — Open for all residents and visitors

Offering Respite Stays

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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