SSC EXPRESS

OCTOBER • NOVEMBER
DECEMBER 2026

EVENTS • HEALTH & WELLNESS • EDUCATION • SUPPORT • *FUN!*

A GOLDEN FALL FINALE

Experience
Patriotic Wellness,
Holiday Cheer & 50 Years of Impact!

Celebrate a joyous season as we wrap up a historic year!



A 2026 Highlight was honoring our former Center directors in June:
Joyce Vega Drotos (1976 - 1978),
Joanne Kane (1980 - 2002)
& Nancy Likens (2002 - 2020).

Highlights Inside

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Christmas Party..Back Pg

Stars, Stripes & Senior Wellness Expo

Empowering the GOLDEN Years!

FRIDAY, OCTOBER 9th
10 am – 1 pm

See page 11 for exciting details!



The Wadsworth Older Adults Foundation
Wadsworth, Ohio

Help Us Reach 1776!

If every member buys just one $10 *"12 Days of Christmas"* ticket, we will hit our patriotic goal of 1,776 tickets!

Support the SSC... see page 3 for details.



50th Anniversary

SOPREMA

Senior Center & Cafe

OF WADSWORTH

Center Hours: M-F: 8:30 am - 4:00 pm
Cafe Hours: M-F: 7:30 am - 2:00 pm
(330) 335-1513

617 School Drive • Wadsworth, OH 44281 • ssc@wadsworthcity.org • www.wadsworthcity.com/SopremaSeniorCenter

Golden News



FRESH LOOK, FALL EXPO & A GOLDEN GOAL

Can you spot the difference? We have upgraded the newsletter to a new design platform...let us know what you think! Please RSVP for any programs you plan to attend to help us prepare and keep you informed. Don't miss our **PATRIOTIC Senior & Caregiver Expo** on **Friday, Oct. 9!** Find the exciting details on ***page 11***. Head into the holiday season with many festive opportunities to celebrate with us, including ways to give back. The WOAF's **12 Days of Christmas Fundraiser** directly supports the SSC & helps keep membership free for anyone 55+. If each member buys at least one $10 ticket, we'll exceed our goal and make the perfect ending to our ***50th Golden Anniversary year!***

Warm Golden Wishes, *Lori, Tammy & Amy*



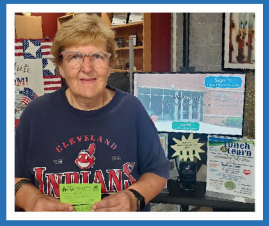
HIGHWAY TO HAPPINESS 2026 ROYAL BALL VIDEO UPDATE!

The viral sensation has hit over 24 million world-wide views & seniors celebrated with **SHE Did It Videography** in August. Stay tuned for more updates!



CHECK IN AND WIN!

Check in at a lobby kiosk each day you're at the SSC & be entered to win one of 2 Cafe gift cards drawn each month (thanks **WOAF**)! Your check-in also helps staff track attendance. (Just visiting? Check in for that too!)





Congrats to recent winners Debbie & Jim!

HOLIDAY closures

The Soprema Senior Center AND Cafe will be closed on the following dates:

VETERANS DAY: Wednesday, November 11
THANKSGIVING: Thurs & Fri, November 26 & 27
CHRISTMAS: Thurs & Fri, December 24 & 25
NEW YEARS DAY: Friday, January 1

AARP Foundation VOLUNTEERS NEEDED

TAX-AIDE

Friendly and service-oriented people are needed to join our local AARP Tax-Aide volunteer team! In addition to tax preparers, they need people who can provide technical & communication assistance, as well as program leaders. All training is provided. Learn more about this meaningful opportunity here: **www.aarpfoundation.org/TaxaideVolunteer**. If interested in volunteering with this program, email Tammy at **treddish@WadsworthCity.org** and she will connect you with the local team leader.

CAFÉ CORNER

SOPREMA CAFE

Operated By
Medina County Senior & Adult Services

Open to the Public for Breakfast & Lunch!
Monday - Friday 7:30am - 2:00pm*

***CAFE is CLOSED: Mon., Oct. 12 (all day) & Fridays, Oct. 23 & Nov. 6 until 11:30**

The Flavors of Fall are Here!

Warm up with homemade soups, new lunch specials, seasonal desserts, fall flavored coffees *& more!*

SSC MEMBERS
Enjoy a FREE hot coffee or tea or 50% off iced coffee with any purchase by showing your member keytag!



Friendly help needed behind the counter & to help Cafe staff with various tasks. Stop in and ask for Jessica!

Like & Follow on Facebook: MCSAS Soprema Cafe

Scan this QR Code with a phone camera to buy $10 12 Days of Christmas ticket(s) or make a donation:

So Many Great Reasons to Support the

WADSWORTH OLDER ADULTS FOUNDATION (WOAF)

WOAF is the 501 (c)(3) non-profit organization dedicated to supporting the programs, services, and evolving needs of the Soprema Senior Center. Vital contributions include:



- **Nutritional Support:** Funding for the Soprema Cafe & the Lunch Voucher Program
- **Modern Technology:** Equipment such as the SSC's kiosk MySeniorCenter check-in system, hybrid/Z**oom** programming capabilities, and tech upgrades
- **Life Enrichment:** Supplemental funding for year-round events and programming
- **SSC Enhancements**: Includes the pavilion, front awning & patios, & furniture upgrades
- **Free Access:** Financial backing to keep annual memberships free for anyone 55+
- **Senior Advocacy:** Unwavering dedication to meeting needs & enhancing lives of older adults

How to support the WOAF: One-time or recurring tax-deductible gifts are always welcome via cash, check, or online (via website or QR code above). **12 DAYS OF CHRISTMAS**: Through December 10, stop by the SSC or go online to purchase YOUR $10 ticket(s) for a chance to win while giving back!

GIVINGTUESDAY
DECEMBER 1, 2026

Giving Tuesday is celebrated worldwide on the first Tuesday after Thanksgiving, To support the Soprema Senior Center on this day, consider making a tax-deductible gift to the WOAF or purchase extra **12 Days of Christmas** tickets. **Thank you for making a difference!**

Stay in the "know" with the latest SSC happenings, photos & announcements! Like & Follow on Facebook: **Wadsworth Older Adults Foundation**

Thanks to everyone who came to the August Casa Del Rio Fundraiser: *$700 was raised!*

Each sponsor generously gave $500 for gift cards to be purchased from local businesses.

12 Days of Christmas Gift Card Raffle

THANK YOU TO OUR SPONSORS!



"WE TAKE BUYERS HOME EVERYDAY"
HOWARD HANNA
KAREN THOMPSON 330-697-8372
ANNETTE CANNONE 330-806-8848

"Mom Knows Medicare"
Stacey Ries
RIES & COMPANY, LLC
Licensed Sales Agent/Owner
330-583-5035
stacey@riesandco.com
www.RiesAndCo.com

THE VILLAGE OF St. Edward AT WADSWORTH

SENIOR Helpers
Senior Care, Only Better.

Embassy Healthcare
think embassy

SENIOR HEALTHCARE
by Jim Richison

HEALTH INSURANCE OPTIONS

BERKSHIRE HATHAWAY HomeServices
Stouffer Realty
Jennifer Abbo, Realtor

12 Days of Christmas Gift Card Raffle

TO BENEFIT THE SOPREMA SENIOR CENTER

EACH $10 TICKET ENTERS THE PURCHASER INTO A DRAWING FOR ONE OF 23 PRIZES CONTAINING GIFT CARDS TO LOCAL BUSINESSES!!

PRIZE VALUE $200 EACH
FINAL PRIZE $400 VALUE!

WINNING TICKETS DRAWN WEEKDAYS NOV. 30 - DEC. 10
LIVE ON WADSWORTH RADIO 97.1 AT 8:45AM
WINNERS WILL BE CALLED. *SEE BELOW FOR FINAL DRAWINGS:*



Final 12 Days Drawings & Emily Dorland Concert
Fri., December 11 at Noon

The final 12 Days winners will be drawn, followed by a holiday concert by Emily Dorland! Enjoy a $5 ham lunch special from the Soprema Cafe (Thanks **WOAF**!). *Please RSVP.*



RSVP For ALL Programs & Events!

SOUPer SPOOKY Warm Wishes HALLOWEEN Party

Friday, October 30

12 Noon

Enjoy a free soup lunch catered by the Soprema Cafe & sponsored by the HANDS Foundation! Learn how this organization generously helps seniors.

Treat Bags courtesy of Medina Center for Rehab & Nursing

Show your Halloween spirit & come in costume.

RSVP by Oct. 16 for a Ghoulish good time & a warm surprise!

VETERANS RECOGNITION CEREMONY

Thursday, Nov. 12th

2 pm

Veterans from all years & branches are invited to be recognized and celebrated during a special ceremony sponsored by Remembrance Hospice.

Refreshments will be provided by Wags & Wiggles.

Please RSVP by calling the SSC with the veteran's name and branch of service.

HONORING ALL WHO SERVED

THANKSGIVING with the FIRST THANKSGIVING program

Treat yourself to a delicious turkey lunch special in the Soprema Cafe w/ FREE dessert sponsored by WOAF.

Enjoy golden sounds of yesterday performed by singer/saxophonist Curtis Chamberlin. Sponsored by: BUCKEYE Hospice and Palliative Care

1:15pm: Stay for John Burke's presentation of 'The First Thanksgiving' story & find out what is fact or fiction! Discover the history of Chief Massasoit, Samoset & Squanto along with what became of the Wampanoag Tribe.

Seating in Cafe & Activity Room

RSVP

FRIDAY, NOVEMBER 20 12 pm

Sounds of the SEASON

See Page 3 for Emily Dorland's Holiday Concert

MUSIC IN THE CAFE

Grand Concert Pedal Harp by Marcia Landry.



Mon. Dec. 14 11:30 am

Lever Harp by Pam Root



Tues. Dec. 22 11:30 am

WMS 8TH GRADE BAND

Friday, Dec. 18 11:45 am

RSVP

A special Holiday Concert w/ Christmas carols from the Wadsworth Middle School 8th Grade Band under the direction of Scott Formhals. Singing along is encouraged!

FIRE & EMS LEVY INFO

CITY OF WADSWORTH — A COMMUNITY UNMATCHED SINCE 1814

MONDAY, OCTOBER 5 2pm

Join Wadsworth's Public Safety Director Dan Chafin and Fire Chief Robert Lindner to hear educational information about the proposed Fire and EMS levies on the November ballot. Learn about current call trends and forecasts, as well as updates on current and future equipment needs for the departments. Feel free to bring questions!

SCAM SQUAD

SCAM SQUAD MEDINA COUNTY

WEDNESDAY, OCTOBER 21 2pm

Recognize the red flags of a scam, various types of up-to-date scams, and how YOU can better protect yourself from being scammed. Tom Condosta with the Scam Squad of Medina County will captivate attendees with recent cases.

FAIR HOUSING BASICS

WEDNESDAY, OCTOBER 28 2pm

Denise Testa, Medina Co. Director of Planning Services & Fair Housing, will give an overview of local, state, and federal fair housing laws designed to ensure equal access to housing opportunities for all. Learn about protected classes, prohibited discriminatory practices, reasonable accommodations, and the rights & responsibilities of tenants, landlords, housing providers, and the community.

Spread Holiday JOY

GIVING TREE "Be a Santa to a Senior"

FRIDAY, NOV 20 THRU DEC 9

Brighten the holidays for a needy senior with **Home Instead**'s special program. Choose a tag from the Giving Tree in the Cafe & shop for a senior. Return the gift in a gift bag or unwrapped with tag & it will be delivered to a local shut-in or senior in a care facility.

SIGN A CHRISTMAS CARD

NOVEMBER 2 THRU NOVEMBER 30

Write words of cheer on a holiday card(s) at the station in the Cafe or drop off your own (unsealed) to be delivered with holiday meals to home-bound seniors, nursing homes, etc.

SUPPORT THE SSC

Buy your 12 Days of Christmas ticket(S) see page 3!

4 WAYS TO RSVP:

CALL: 330-335-1513

EMAIL: ssc@wadsworthcity.org

IN PERSON: Stop by the front desk

ONLINE: www.MyActiveCenter.com & register your member keytag

REMINDER RSVP

Please RSVP for ALL programs to reserve your spot and for us to keep you updated on any schedule changes.

LEAF RAKING BY WHS

THURSDAY, NOVEMBER 5 by RSVP

NOTE NEW GUIDELINES FOR 2026

- **Do you live within BOTH the Wadsworth City limits *AND* Wadsworth City School District?**
- **Are you aged 70+ & a member of the SSC?**

The WHS Class of 2027 will rake immediate yards for eligible senior citizens (see above) & deposit leaves on the tree lawn for removal by City crews during regular leaf pickup. ***Dog waste must be removed or the yard will not be raked.*** This service takes place during school hours & you don't need to be home.

Call the SSC by OCTOBER 15 to register (or until full). Spots are very limited.



UNDERSTANDING CARE OPTIONS

LUNCH & LEARN

Note: The Cafe is closed this day.

MONDAY, OCTOBER 12 12pm

Sponsored & presented by **Arbors at Fairlawn**, learn about care options, including the differences between skilled nursing, rehabilitation, long-term care, respite care, and assisted living and what to consider when choosing the right level of support. Enjoy lunch, ask questions, and feel more confident navigating a care journey for yourself or a loved one. **RSVP by October 9.**

GUIDE PROGRAM

LUNCH & LEARN

MONDAY, NOVEMBER 16 12pm

Do you know someone that has dementia, lives in their own home or independent living, and is on Medicare (with no advantage plan)? Come learn about the GUIDE Model (Guiding an Improved Dementia Experience), presented by Benjamin Rose Institute & includes lunch sponsored by **Right at Home**. This new program provides comprehensive care coordination & respite service for those with dementia and their caregivers at no out-of-pocket cost. **RSVP by November 4.**

FUN, CRAFTS & GAMES...

RSVP For ALL Programs & Events!

CRAFT WITH JOY

SELECT MONDAYS & TIMES

Enjoy making a fun craft with **Remembrance Hospice**. All supplies provided. Please RSVP, space is limited.

OCT 19 @ 12:30: Hanging Ghost
NOV 9 @ 11:00: Fall Gnome
DEC 21 @ 12:30: Terracotta Painted Snowman w/accessories

WADSWORTH LIBRARY FUN

2ND THURSDAYS 1pm

Enjoy a new craft each month AT the SSC, led by **WPL** Staff. (Check out samples at front desk!)

OCT 8: Fall Cutting Board
NOV 12: Christmas Gnome craft
DEC 10: Cookie Cutter Ornament

CRAFTS w/ WINDFALL

2ND TUESDAYS 10am
OCT 13, NOV 10, DEC 8

Join our friends from **Windfall** for a new fun craft each month in the Cafe. All supplies are provided.

THROUGH THE DECADES MOVIE MATINEE

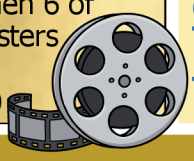
2ND MONDAYS 1pm
AT Wadsworth Public Library

To celebrate the SSC's 50th & WPL's 100th anniversaries in 2026, enjoy movies from every decade! Snacks are "to-go" to enjoy after show.

OCTOBER 12 *2000's film*
Snacks by **Health Insurance Options**
When an aging womanizer and his young girlfriend arrive at her family's beach house, they find her mother also plans to stay. (PG-13)

NOVEMBER 9 *2010's film*
Snacks by **Gardens of Western Reserve**
An aspiring actress and a dedicated jazz musician fall in love while chasing their dreams in LA. (PG-13)

DECEMBER 14 *2020's film*
Snacks by **Gardens of Western Reserve**
Nobody is ready for the mayhem & surprises that ensue when 6 of the town's worst youngsters disrupt their yearly Christmas pageant.(PG)



CRAFTS with MARILYN

SELECT DATES 10am OR 11am
(RSVP w/Time Choice)

Space is limited & supplies are generously donated. Must RSVP for a time, no walk-ins please.

THURS, OCT 22: All about Fall
MON, NOV 16: Christmas Swag or Wreath
TUES, DEC 29: Snowflakes

NEW YEARS EVE

THURS, DEC 31 10:30 - 1:30

Enjoy FREE dessert with any Cafe lunch purchase thanks to **Copley Health Center** & **WOAF**.Write your favorite SSC memory at the special station in the Cafe to celebrate the ending to our 50th Anniversary year! Ring in the new year with sparkly giveaways (while supplies last).

SENIORS w/SENIORS LUNCH

SELECT WEDNESDAYS 11am
OCT 21, NOV 25, DEC 9

Purchase your lunch in the Cafe & sit at the reserved table for engaging conversation with new WHS seniors each month!

SEWING SENIORS

1ST & 3RD THURS. 9:30am
OCT 1 - DEC 3

Class projects are creative, trending and useful. Materials are supplied thanks to **WOAF**. Interested? Email the SSC now to be put on the new January class list, as space becomes available. Join the fun!

CLAIRE'S CRAFTY FRIENDS

FRIDAYS 12pm ***No Class 10/9***

Bring your current needlework or other projects & enjoy fun fellowship!

SSC BINGO



FRIDAYS 10am
Bingo Auction 12/4

Bingo Bucks are back! Enjoy the game on 3 big screen TVs while called & led by SSC Volunteers. Win other prizes from Professional Friend sponsors too.

UKULELE PRACTICE

2ND & 4TH MONDAYS 10am

Do you play the ukulele? Bring yours & join the fun playing with this friendly & inviting group. All skill levels are welcome!

PAPERCRAFTING 101

SELECT FRIDAYS 1pm
OCT 16, NOV & DEC 4
4TH MONDAYS 1pm
OCT 26, NOV 23, DEC 28

An additional day each month has been added to enjoy the art of creating beautiful, handmade cards in easy to learn steps led by volunteer Lee. All materials provided.

FEEL GOOD BINGO

WED, OCTOBER 28 12pm

Learn signs & symptoms of depression through a fun game of Bingo (yes, there will be prizes!) led by Cindy McQuown with Cornerstone Psychological & Counseling Services. (Private depression screenings will be available for anyone interested after the game.)

MAKE ME HAPPY HOUR

FRIDAYS 12pm (On Zoom)

Join the fun with Host Cindy McQuown! RSVP for the Zoom link & topics at: SSC@wadsworthcity.org

CARDS & OTHER GAMES



RSVP or drop in!
Please check in at the kiosk before playing.
New players always welcome!

BRIDGE Thursdays @ 11am
BUNCO Mondays @ 1:30pm
CANASTA Tuesdays @ 9am
CHESS Wednesdays @ 10am
DOMINOES* Wed's @ 1pm
*Mexican Train Version

EUCHRE Tuesdays @ 1:30pm
HAND & FOOT Thurs. @ 1pm
MAH JONG Thursdays @ 9am
PINOCHLE Mondays @ 9am





DIABETES SUPPORT

1ST MONDAYS 1pm

Live healthy with diabetes!

Educational support group for those living with diabetes &/or supporting others. Lu Ann Beavers-Willis, retired RN & certified diabetes educator will lead on these topics:

OCT 5: New Diabetes Care info from the National Diabetes Conference. Free gifts!

NOV 2: Sleep Issues & Effects

DEC 7: Holiday Stress & Coping: Bring a copy of favorite holiday recipe.

PLANT POWERED PLATES

MON, NOV 2 10am - 12pm

Jane with **The Practice of Green** is back and ready to inspire and "Kickstart your Health" with this intriguing cooking class. Learn how nutrients promote or discourage disease and get tips for making healthful eating habits, all while learning and taste-testing new recipes! Class size is limited, RSVP.

ACCESS THE ARTS

Art is good for your health!

Boost brainpower, reduce stress & find connection with this new partnership!

ART & HARMONY

1ST WEDNESDAYS 11:30am

Expressing yourself with art or music! Materials & instruments are provided for each class and generously sponsored by **Access the Arts**. RSVP, space is limited:

OCT 7: Fall Acrylic Painting *led by Leslie Conder*

NOV 4: African Drumming & Handbells *led by Jo Oklessen*

DEC 2: Winter Theme Acrylic Painting *led by Leslie Conder*

BONUS CLASS

Tuesday, December 8 3pm

African Drum Circle with a message of hope, resilience & unity *led by Olugbala Manns.*

DIGITAL ART CLASS

2ND TUESDAYS 11am

OCT 13, NOV 10, DEC 8

Learn how to create a digital piece of artwork using Procreate software and tablets, provided & sponsored by **Access the Arts**. Instructor Elli Bloom will provide step-by-step instruction. Spots are limited.

MEDICAL EXPERTS

In Person & Zoom **RSVP!**

TABLE TALK W/ DR PATEL

TUES, NOVEMBER 10 Noon

"Eye Health"



Dr. Rachel Patel with **Wadsworth Community Health Care** will discuss the latest on eye health.

SUMMA HEALTH CHAT

WED, NOVEMBER 18 10am

"Arthritis"



Dr. Robert Crawford, orthopedic specialist with **Summa Health**, will educate on arthritis.

TOBACCO & AGING

MON, DECEMBER 21 10am

It's never too late to quit smoking! **Medina Co. Health Department** health educators will share the latest nicotine health impacts on the body and brain, the benefits of tobacco cessation, the changing landscape of vaping and other modern nicotine products and answer questions. Walk away with available resources for quitting or to share with others.

WITS WORKOUT

1ST & 3RD TUESDAYS 2pm

Join Erin from OSU Extension for this fun "brain workout" class! Enjoy activities, word games, puzzles, etc., that keep the brain healthy. Come to all classes or just one!

LINE DANCING

2ND & 4TH TUESDAYS 9am

Line Dancing can improve balance, help ward off dementia & improve muscle strength! Learn some fun new moves with volunteer, Pam. No experience needed!

HEARING SCREENINGS

WED, NOV 4 9am-1pm

By Appointment

Terry McIlvaine, audiologist with **Hearing Life**, will offer free hearing screenings & answer questions. Call to schedule your appointment.

GENTLE EXERCISE CLASS

WEDNESDAYS 10am

NOV 18 CLASS MEETS AT 11AM

Cindy, retired Arthritis Association Instructor, leads this workout with a mixture of sitting and standing, along with a touch of humor!

HEALTH CHECKS

1ST & 3RD TUESDAYS 12 - 1pm

The WHS Diversified Medical Technology students check blood pressure & offer optional height, weight & BMI screenings in the Cafe.

HEALTHY LIVING w/HUMANA

3RD WEDNESDAYS 1pm

(In Person & Zoom)

Senior Healthcare by Jim will share a new healthy living topic each month:

OCT 21: Seasonal Allergies

NOV 18: Using Tech to Stay Connected

DEC 16: Aging Happily

BIRTHDAY PARTY

4TH MONDAYS 1pm

OCT 26, NOV 23, DEC 28

Celebrating another year is good for your health! If you have an October, November or December birthday, let us celebrate with you during your birth month! Enjoy cake from the Soprema Café & a card from the SSC. You just might meet your birthday twin or new friend! **RVSP**.

YMCA WALKING TRACK

MONDAY/WEDNESDAY/FRIDAY NOON - 2pm

TUESDAY/THURSDAY 9am - 11am

Center members without a **YMCA** membership can enjoy the Wadsworth Y's indoor walking track weekdays during these select hours. **SSC Members: Register at the SSC front desk the first time walking to get a walking sticker for your keytag. Then check in and out at our lobby kiosk EVERY time you walk.** Thank you!

LEARN SOMETHING NEW...

RSVP For ALL Programs & Events!

HOME SAFETY PRESENTATION

THURS, OCT 29 10am

Ben Smith with **Heartland Home Security** will educate about deterring, delaying, and defending your home against potential intruders. He will provide practical solutions to increasing the security profile of your home along with an update on local crime statistics.

BIBLE STUDY

TUESDAYS 9:30am

The **Salvation Army of Wadsworth** will help you experience the joy of God with weekly Bible Study lessons designed to inspire, challenge, and strengthen your walk with God. Each week is a complete lesson in itself, so you can join in at anytime.

THE FIRST THANKSGIVING

FRI, NOVEMBER 20 1:15pm

Step back in time to the First Thanksgiving, as told by speaker John Burke. Discover what REALLY happened, what is fact vs. fiction, along with foods actually served. Learn the oral history of Chief Massasoit, Samoset & Squanto and what ultimately happened to the Wampanoag Tribe.

NOTE: *This program is part of our Thanksgiving Party (see page 4). Feel free to come early for the turkey lunch special and music or come just to enjoy this historical program.* **Seating available in both the Cafe & by simulcast in the Activity Room.**

WIG ONE-ON-ONE

WED, OCTOBER 14 by Appt

9:30am - 12:30pm

Ready for a makeover without the comittment? Enjoy a fun one-on-one 30-minute session with Kim while trying on wigs in different colors & styles. It's a chance to experiment, laugh, and maybe discover your next favorite look!

GENEALOGY CLASS

FRIDAYS 2pm ***No Class 10/9***

Work on establishing your family tree! RSVP and volunteers from the Wadsworth Ward of the Church of Jesus Christ of Latter-Day Saints will offer one-on-one assistance.

ARMCHAIR TRAVEL

MON, NOV 30 12:30pm

Sit back & relax as Steve from **Sand Run Travel** takes you on a trip to the country of Japan! He will be sharing personal pictures and tales from his very recent trip.

SELF DEFENSE CLASS

MON, NOVEMBER 2 2:30pm

Learn practical self-defense skills that help build confidence and personal safety. Instructors from **Street Protect Principle** will focus on teaching realistic, easy to learn techniques. Leave feeling more prepared and empowered!

COFFEE W/ A COP

WED, OCTOBER 7 11am



Join Wadsworth Police Chief Dorland and other officers in the Cafe for great casual conversation and FREE coffee courtesy of the **WOAF**.

COOKING WITH BEV

TUES, OCTOBER 27 2:30pm

Bev with **Altercare** is back with her final class of the year to share a delicious new recipe! Bring your appetite & learn something new. Space is limited, please **RSVP**.

GARDEN CHAT

w/OSU Master Gardner Volunteers

SELECT TUESDAYS 11am

Enjoy the following programs:

OCT 27: Winterizing Garden Tools

NOV 24: Garden Games: Mix of bingo, jeopardy, cards, education, fun & PRIZES!

SENIOR BOOK CHAT

4TH THURSDAYS 1pm

Join **Wadsworth Public Library** staff at the Soprema Senior Center for lively chats each month. Call WPL at 330-334-5761 to reserve books. Didn't finish? Still come!

OCT 22: **The Correspondent** by Virginia Evans

NOV 19: **Twice** by Mitch Albom

DEC 17: **The Christmas Sisters** by Sarah Morgan

BEGINNER MAH JONG LESSONS

3 week session

WEDNESDAYS 1pm - 3pm

OCTOBER 14, 21 & 28

Learn to play this tile-based game of skill, strategy, and luck that is great for your brain! Volunteer Patty will instruct how to play. RSVPs are REQUIRED to reserve your spot. Please plan to attend all 3 classes. Limited spots.

POETRY OPEN MIC

SELECT THURSDAYS NOON

OCT 22, NOV 19, DEC 17

Poetry is an opportunity for expressing the lyrics of the soul. Join volunteer Sylvia for an informal time to enjoy poetry. Have the opportunity to share your own poetry or just listen to others.

TECHNOLOGY SUPPORT

WHS TECH ASSISTANCE

1ST FRIDAYS 12:15PM:
OCT 2, NOV 6, DEC 4

SELECT WEDNESDAYS 9:15AM:
OCT 14, NOV 18, DEC 9

WHS Business Entrepreneurship Class students are BACK! Under the direction of teacher Larry Kaufman, they will offer one-on-one assistance with your phone, tablet, laptop, etc.

TECH CAFE w/MCBDD

SELECT MONDAYS 11am

OCT 26, NOV 23, DEC 14

Bring your curiosity and stop by Sarah's table in the Cafe as she brings new gadgets each month to explore! She can also help answer tech questions you may have with your own devices.

MONTHLY CAREGIVER SUPPORT GROUPS

GENERAL CAREGIVER SUPPORT

1ST TUESDAYS 12:15pm (includes lunch)

OCTOBER 6:
PART 1: "*Major Nursing Home Contract Issues*" by Elder Law Attorney w/Palumbo & Sweet

NOVEMBER 3:
PART 2: "*Nursing Home Bill of Rights & the Law*" by Elder Law Attorney w/Palumbo & Sweet

DECEMBER 1:
"*Laughter is the Best Medicine*" by Brian O'Connell

PARKINSON'S CAREGIVER SUPPORT

3RD TUESDAYS 12:15pm (includes lunch)

OCTOBER 20:
"*Parkinson's DIsease: Past, Present & Future*" presented by Right at Home

NOVEMBER 17:
"*Nuplazid*" presented by Acadia Pharmaceutical

DECEMBER 15:
"*Laugh Lines: Because Life is Better w/Laughter*" by Buckeye Hospice & Palliative Care

The two caregiver support groups above offer opportunities to meet other caregivers and get practical tips and advice on a variety of topics. They are both available to attend **in person or on Zoom** and require advance RSVP. Registered caregivers (loved ones welcome too!) are treated to lunch followed by a special program at 1:00. To register as a caregiver, email us at **ssc@wadsworthcity.org** or call and ask for staff. We look forward to welcoming you! ***Please RSVP 2 weeks in advance for the lunch if possible.**

ALZHEIMER'S CAREGIVER SUPPORT

1ST THURSDAYS 1pm
OCT. 1, NOV. 5, DEC. 3
Greater East Ohio Chapter of the Alzheimer's Association facilitators Susan & Jean lead this monthly group for anyone caring for a loved one facing any type of memory loss. Walk-ins welcome.



Registered Caregivers are VIP Guests: Enjoy the Caregiver VIP Room starting at 9am. Enjoy the main Expo then return to complete an evaluation for a free gift!

MED. CO. ASSISTANCE

3RD THURSDAYS 2pm By Appt
OCT 15, NOV 19, DEC 17
Medina County Senior & Adult Services will offer in-person help with services & benefits. Call or stop in to schedule your 30 minute appointment.

ASK A FINANCIAL ADVISOR

WED, DEC 2 1 - 4pm By Appt
Schedule a free 20-minute session with Gina Betti of **Edward Jones** for expert advice on investments, long-term care, tax-reduction strategies, or a second opinion on your financial plan.

BANKER'S CORNER

4TH MONDAYS 11:30am
Have a banking question? Visit the **First Financial** table in a corner of the Cafe and talk to representatives from their Wadsworth office.

GRIEF SUPPORT GROUP

SELECT THURSDAYS 2pm
OCT 22, NOV 19 & DEC 17
There is no time limit on grief after losing a loved one. Laura with **Crossroads Hospice** leads this meaningful monthly support group.

MEDICARE 101

In person or Zoom

2ND MONDAYS 3pm
OCT 12, NOV 9, DEC 14
Concerned or confused about Medicare? Stacey Ries, of **Mom Knows Medicare**, can help you navigate with this educational seminar. (No products or sales offered.)

WHAT VETERANS DAY MEANS TO ME

WED, NOVEMBER 18 2pm
Army Veteran Don Truex will speak on the sacrifice that families make when their loved one gives their life for the freedoms we enjoy in America.

BLIND TRUTH

1ST WEDNESDAYS 1pm
OCT 7, NOV 4 & DEC 2
Ed leads this monthly support group for those experiencing low vision &/or their loved ones.

ASK AN ATTORNEY

2ND TUESDAYS 1 - 4 By Appt
Call for your free 20 minute appointment with Jeanette Mullet-Meisel elder care attorney with **Ohio Heritage Law**.

MEDICARE ASSISTANCE

OCT 19 - DEC 7
By Appt Only
MONDAYS 12 - 3pm
WEDNESDAYS 9am - 12pm
Walk-In appointments available during Expo in Media Room!
It's time for a Medicare benefits check-up! Book your one-on-one appointment with one of our trained OSHIIP (Ohio Senior Health Insurance Information Program) volunteers during Open Enrollment (Oct. 15 - Dec. 7), which is the only period you can make changes.

COMMUNITY RESOURCES...

St. Vincent de Paul Society — Updated Pantry Hours

FINANCIAL & FOOD PANTRY
MONDAY & THURSDAY
6:00PM – 7:30PM

NEW TUESDAY
FOOD PANTRY ONLY
10:00AM – 11:30AM
Food only – no financial services



Everyone is welcome!
No appointment needed.

SACRED HEART CHURCH
260 BROAD STREET
Lower Level of the Parish Center
(Corner of Broad Street and Humbolt Street)

We're here to help!

MEALS on WHEELS of Wadsworth, Inc.

330-335-6156

MCPT Medina County Public Transit

330-723-9670

UNITED WAY SUMMIT & MEDINA 2-1-1

Get Connected. Get Answers.

FOOD DISTRIBUTION

10:30 am – 12:00 pm
MONTHLY
OCT 22 ➤ NOV 24 ➤ DEC 22
280 Grandview Ave
Wadsworth 44281
Bring a Picture ID
Empty Trunk
Stay in your Car

FEEDING MEDINA COUNTY
330-421-4816
In Partnership with Akron-Canton Regional Foodbank, Wadsworth City Schools and the City of Wadsworth

Monthly Pop-Up DRIVE-THRU FOOD DISTRIBUTION

No appointment needed!

THE SALVATION ARMY Wadsworth

330-335-2327

2nd FRIDAYS:
OCT. 9
NOV. 13
DEC. 11



Location:
527 College St
Wadsworth
11:00 - 1:00
Please do not arrive before 10:30a
OPEN TO ANYONE
Please bring Photo ID

COMMUNITY LEGAL AID

Call our HelpLine:
1 (800) 998-9454
Apply online 24/7:
www.communitylegalaid.org/apply

FREE LAUNDRY

3rd & 4th Wednesdays
6 - 8PM
College Street Laundry
504 College Street, Wadsworth
Sponsored by: SVDP Wadsworth

- First Come, First Served
- 2 Laundry Machines per Family
- Laundry Detergent & Softener provided if needed

neighborhood bridges Wadsworth (nbW), assists those in need, including older adults. If you live in Wadsworth with a specific need, reach out to Lori or Tammy at the SSC. Follow at: neighborhoodbridges.org/community/wadsworth-oh.

be KIND WADSWORTH
neighborhood bridges

The Giving Place

donating that makes a difference

Thank you GIVING FOUNDATION for your continued generosity to the SSC!
Shop or Donate Items:
1095 North Court St. in Medina

Wadsworth Community Radio.com 97.1 FM

Tune in every 1st Tuesday at 8:15am to hear Center staff give our latest news LIVE on Wadsworth Community Radio 97.1 FM.

MEDINA PERSONAL CARE PANTRY

Wadsworth Seniors:
In need of personal care items? See SSC staff before the 15th of each month to fill an order form from MPCP for needed items. $5 fee covered by WOAF.

Medina County Senior & Adult Services (MCSAS)

offers services & supports to older adults to help them live independently & safely within their own home and community.

330-723-9514
www.mcsas.org

- Adult Protective Services
- Public Assistance/Short Term Case Mgmt
- Home Delivered Meals
- Restaurant Vouchers (Soprema Café)
- Medina County Transit Subsidies
- Aging in Place (see bottom of this page)
- Compassion in Action Volunteer Help

Services made possible from Title III funding provided by the WRAAA through the Ohio Department on Aging & support from the Medina County Human Services Levy.

SCAM SQUAD

MEDINA COUNTY
1-877-SCAM-550

330-722-9368
Medina County Veterans Service Office

ALTERNATIVE PATHS

AlternativePaths.org
(330) 725-9195
Behavioral Health Services

AGING IN PLACE: Habitat for Humanity & MCSAS Partner for Home Repairs for Seniors
Have a need? Eligible homeowners aged 60+ with a need for home repairs & modifications to help stay at home - call MCSAS.

CALL, EMAIL OR STOP BY IN PERSON TO RSVP FOR PROGRAMS & EVENTS!

Stars, Stripes & Senior Wellness...

50th Anniversary
SOPREMA
Senior Center & Cafe

Senior & Caregiver Expo

Empowering the GOLDEN Years!



Saluting our Family Caregivers as VIPs:

Visit the Caregiver VIP Room from 9am-10am for Refreshments & Activities.

Stop in anytime during the Expo to register for a Free Gift!

Funded by:
Wadsworth Older Adults Foundation & a Family Caregiver Grant from the Western Reserve Area Agency on Aging

Land of the Free...
Door Prizes & Giveaways

Home of the Healthy...
FLU & COVID Vaccines from MCHD

Star-Spangled...
Lunch Specials in Soprema Cafe

Red, White & Blue...
Medicare Checkups by OSHIIP Volunteers

March through...
100+ Vendors

The Wadsworth Older Adults Foundation
W
Wadsworth, Ohio

Free Bag *courtesy of* Summa Health

ALL Community Center Parking Lots are OPEN!

Free to Attend!

FRIDAY, OCTOBER 9th

10 am - 1 pm

330-335-1513
617 School Drive

Wadsworth Community Center Field House

In partnership with Summa, WCS & Wads. YMCA

SSC@WadsworthCity.org

CALENDARS...

RSVP For ALL Programs & Events!

OCTOBER

Monday	Tuesday	Wednesday	Thursday	Friday
Walking Track 12:00 - 2:00	*Walking Track* 9:00 - 11:00	*Walking Track* 12:00 - 2:00	*Walking Track* 9:00 - 11:00	*Walking Track* 12:00 - 2:00
PLEASE RSVP TO RESERVE A SPOT IN SSC PROGRAMS! *ASTERISKS (*) DENOTE PROGRAMS OFFERED BOTH IN PERSON & ZOOM*	Invite a Friend to enjoy the Cafe!	*VISIT OUR WEBSITE & ONLINE NEWSLETTER FOR MORE DETAILS:* www.WadsworthCity.com/SopremaSeniorCenter	1 Mah Jong 9:00 Guided Autobiography 9:30 Sewing Seniors 9:30 Bridge 11:00 Hand & Foot 1:00 Alzheimer's Caregivers 12:00	2 Bingo 10:00 Claire's Crafty Friends 12:00 Make Me H.H.(Zoom) 12:00 WHS Tech Assist 12:15 Genealogy 2:00
5 Pinochle 9:00 Chronic Disease (3of6) 9:30 Bunco 1:30 Diabetes Support 1:00 Fire & EMS Levy Info 2:00	6 Canasta 9:00 Bible Study 9:30 Watercolor 10:00 Health Checks 12:00 General Caregivers* 12:15 Euchre 1:30 Wits Workout 2:00	7 Chess 10:00 Gentle Exercise 10:00 Coffee w/ a Cop 11:00 Art & Harmony 11:30 Blind Truth 1:00 Mexican Train Dominoes 1:00	8 Mah Jong 9:00 Guided Autobiography 9:30 Bridge 11:00 Hand and Foot 1:00 Wadsworth Library Fun 1:00	9 Senior & Caregiver Expo 10am - 1pm
12 Pinochle 9:00 Chronic Disease (4of6) 9:30 Ukulele Practice 10:00 Lunch & Learn: Understand Care Options 12:00 Bunco 1:30 Movie at Wads. Library 1:00 Medicare 101* 3:00 *Soprema Café Closed Today*	13 Canasta 9:00 Line Dancing 9:00 Bible Study 9:30 Crafts w/ Windfall 10:00 Digital Art 11:00 Ask an Attorney- by Appt 1:00 Euchre 1:30	14 WHS Tech Assist 9:15 Chess 10:00 Gentle Exercise 10:00 Wig One-on-One - by Appointment 9:30 Beginner Mah Jong (1of3) 1:00 Mexican Train Dominoes 1:00	15 Mah Jong 9:00 Guided Autobiography 9:30 Sewing Seniors 9:30 Bridge 11:00 Hand and Foot 1:00 County Assist-by appt. 2:00	16 Bingo 10:00 Claire's Crafty Friends 12:00 Make Me H.H. (Zoom) 12:00 PaperCrafting 101 1:00 Genealogy 2:00
19 Pinochle 9:00 Chronic Disease (5of6) 9:30 Medicare - by appt. 12:00 Craft w/ Joy 12:30 Bunco 1:30	20 Canasta 9:00 Bible Study 9:30 Watercolor 10:00 Health Checks 12:00 Parkinson's Caregivers* 12:15 Euchre 1:30 Wits Workout 2:00	21 Medicare - by appt. 9:00 Chess 10:00 Gentle Exercise 10:00 Seniors w/ Srs Lunch 11:00 Beginner Mah Jong (2of3) 1:00 Healthy Living w/ Humana* 1:00 Mexican Train Dominoes 1:00 Scam Squad 2:00	22 Mah Jong 9:00 Guided Autobiography 9:30 Crafts w/ Marilyn 10 or 11 Bridge 11:00 Poetry Open Mic 12:00 Hand and Foot 1:00 Senior Book Chat 1:00 Grief Support 2:00	23 Bingo 10:00 Claire's Crafty Friends 12:00 Make Me H.H. (Zoom) 12:00 Genealogy 2:00 *Café Open Lunch Only 11:30*
26 Pinochle 9:00 Chronic Disease (6of6) 9:30 Ukulele Practice 10:00 Tech Café w/MCBDD 11:00 Banker's Corner 11:30 Medicare - by appt. 12:00 Bunco 1:30 Monthly Bday Party 1:00 Paper Crafting 101 1:00	27 Canasta 9:00 Line Dancing 9:00 Bible Study 9:30 Garden Chat* 11:00 Euchre 1:30 Cooking w/ Bev 2:30	28 Medicare - by appt. 9:00 Chess 10:00 Gentle Exercise 10:00 Feel Good Bingo 12:00 Beginner Mah Jong (3of3) 1:00 Mexican Train Dominoes 1:00 Fair Housing Basics 2:00	29 Mah Jong 9:00 Guided Autobiography 9:30 Home Safety Presentation 10:00 Bridge 11:00 Hand and Foot 1:00	30 SOUPer Spooky Warm Wishes Halloween Party 12:00 Bingo 10:00 Claire's Crafty Friends 12:00 Make Me H.H. (Zoom) 12:00 Genealogy 2:00

NOVEMBER

Monday	Tuesday	Wednesday	Thursday	Friday
Walking Track 12:00 - 2:00	*Walking Track* 9:00 - 11:00	*Walking Track* 12:00 - 2:00	*Walking Track* 9:00 - 11:00	*Walking Track* 12:00 - 2:00
2 Pinochle 9:00 Plant Powered Plates 10:00 Medicare - by appt. 12:00 Bunco 1:30 Diabetes Support 1:00 Self Defense Class 2:30	3 Canasta 9:00 Bible Study 9:30 Watercolor 10:00 Health Checks 12:00 General Caregivers* 12:15 Euchre 1:30 Wits Workout 2:00	4 Hearing Screenings - by appt. 9:00 Chess 10:00 Gentle Exercise 10:00 Art & Harmony 11:30 Blind Truth 1:00 Mexican Train Dominoes 1:00 Medicare- by appt. 1:30	5 Mah Jong 9:00 Guided Autobiography 9:30 Sewing Seniors 9:30 Bridge 11:00 Alzheimer's Caregivers 1:00 Hand and Foot 1:00	6 Bingo 10:00 Claire's Crafty Friends 12:00 Make Me H.H.(Zoom) 12:00 WHS Tech Assist 12:15 PaperCrafting 101 1:00 Genealogy 2:00 *Café Open Lunch Only 11:30*
9 Pinochle 9:00 Ukulele Practice 10:00 Craft w/ Joy 11:00 Medicare - by appt. 12:00 Bunco 1:30 Movie at Wads. Library 1:00 Medicare 101* 3:00	10 Canasta 9:00 Line Dancing 9:00 Bible Study 9:30 Crafts w/ Windfall 10:00 Digital Art 11:00 Table Talk w/ Dr. Patel* 12:00 Ask an Attorney- by Appt 1:00 Euchre 1:30	11 Center & Café Closed for Holiday HAPPY VETERANS DAY	12 Mah Jong 9:00 Bridge 11:00 Hand and Foot 1:00 Wads. Library Fun 1:00 Veterans Recognition Event 2:00	13 Bingo 10:00 Claire's Crafty Friends 12:00 Make Me H.H.(Zoom) 12:00 Genealogy 2:00 Walking Challenge Reveal 2:00
16 Pinochle 9:00 Crafts w/ Marilyn 10 or 11 Lunch & Learn: GUIDE Program 12:00 Medicare - by appt. 12:00 Bunco 1:30	17 Canasta 9:00 Bible Study 9:30 Watercolor 10:00 Health Checks 12:00 Parkinson's Caregivers* 12:15 Euchre 1:30 Wits Workout 2:00	18 Medicare - by appt. 9:00 WHS Tech Assist 9:15 Chess 10:00 Gentle Exercise 11:00 Summa Health Chat* 10:00 Healthy Living w/Humana* 1:00 Mexican Train Dominoes 1:00 What Veterans Day Means to Me 2:00	19 Mah Jong 9:00 Sewing Seniors 9:30 Bridge 11:00 Poetry Open Mic 12:00 Hand and Foot 1:00 Senior Book Chat 1:00 County Assistance-by Appt. 2:00 Grief Support 2:00	20 Thanksgiving Lunch 12:00 The First Thanksgiving 1:15 Bingo 10:00 Claire's Crafty Friends 12:00 Make Me H.H.(Zoom) 12:00 Genealogy 2:00
23 Pinochle 9:00 Ukulele Practice 10:00 Tech Café w/ MCBDD 11:00 Banker's Corner 11:30 Medicare - by appt. 12:00 Bunco 1:30 Monthly Bday Party 1:00 Paper Crafting 101 1:00	24 Canasta 9:00 Line Dancing 9:00 Bible Study 9:30 Garden Chat* 11:00 Euchre 1:30	25 Chess 10:00 Gentle Exercise 10:00 Seniors w/ Srs Lunch 11:00 Mexican Train Dominoes 1:00	26 Center & Café Closed for Holiday HAPPY THANKSGIVING	27 Center & Café Closed for Holiday
30 Pinochle 9:00 Medicare - by appt. 12:00 Arm Chair Travel 12:30 Bunco 1:30	*PLEASE RSVP TO RESERVE YOUR SPOT IN ANY SSC PROGRAMS, AS SOME HAVE LIMITED SEATING.* RSVP www.WadsworthCity.com/SopremaSeniorCenter	Get your 12 Days of Christmas Gift Card Raffle tickets! *Drawings start Nov. 30th!*		Scan this QR code to purchase WOAF 12 Days Tickets!

CALENDARS ALSO AVAILABLE AT THE SENIOR CENTER & ON OUR WEBSITE!

DECEMBER

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Walking Track 12:00 - 2:00	*Walking Track* 9:00 - 11:00	*Walking Track* 12:00 - 2:00	*Walking Track* 9:00 - 11:00	*Walking Track* 12:00 - 2:00
VISIT OUR WEBSITE FOR MORE DETAILS: www.WadsworthCity.com/SopremaSeniorCenter	1 Canasta 9:00 Bible Study 9:30 Watercolor 10:00 Health Checks 12:00 General Caregivers* 12:15 Euchre 1:30 Wits Workout 2:00	2 Medicare - by appt. 9:00 Chess 10:00 Gentle Exercise 10:00 Art & Harmony 11:30 Ask Finc'l Advisor-by Appt 1:00 Blind Truth 1:00 Mexican Train Dominoes 1:00	3 Mah Jong 9:00 Sewing Seniors 9:30 Bridge 11:00 Alzheimer's Caregivers 1:00 Hand and Foot 1:00	4 Bingo Auction 10:00 Claire's Crafty Friends 12:00 Make Me H.H. (Zoom) 12:00 WHS Tech Assist 12:15 PaperCrafting **101** 1:00 Genealogy 2:00
12 Days of Christmas Daily Drawings: *Tune into Wadsworth Radio 97.1 each weekday at 8:45 am from Nov. 30 to Dec. 10!*				
7 Christmas Party 9:30 *(By RSVP only - Nov 23)* Medicare - by appt. 12:00 Diabetes Support 1:00 Bunco 1:30	8 Canasta 9:00 Line Dancing 9:00 Bible Study 9:30 Crafts w/ Windfall 10:00 Digital Art 11:00 Ask an Attorney - by Appt 1:00 Euchre 1:30 Art & Harmony 3:00	9 WHS Tech Assist 9:15 Chess 10:00 Gentle Exercise 10:00 Seniors w/ Srs Lunch 11:00 Mexican Train Dominoes 1:00	10 Mah Jong 9:00 Bridge 11:00 Hand and Foot 1:00 Wadsworth Library Fun 1:00	11 Final 12 Days Drawing 12:00 & Emily Dorland Concert Bingo 10:00 Claire's Crafty Friends 12:00 Make Me H.H. (Zoom) 12:00 Genealogy 2:00
14 Pinochle 9:00 Ukulele Practice 10:00 Tech Café w/ MCBDD 11:00 Music in Café (harp) 11:30 Movie at Wads. Library 1:00 Bunco 1:30 Medicare **101*** 3:00	15 Canasta 9:00 Bible Study 9:30 Watercolor 10:00 Health Checks 12:00 Parkinson's Caregivers* 12:15 Euchre 1:30 Wits Workout 2:00	16 Chess 10:00 Gentle Exercise 10:00 Healthy Living w/Humana* 1:00 Mexican Train Dominoes 1:00	17 Mah Jong 9:00 Bridge 11:00 Poetry Open Mic 12:00 Hand and Foot 1:00 Senior Book Chat 1:00 County Assistance-by Appt 2:00 Grief Support 2:00	18 Bingo 10:00 Claire's Crafty Friends 12:00 Make Me H.H. (Zoom) 12:00 Genealogy 2:00 WMS 8th Grade Band Concert 11:45
21 Pinochle 9:00 Tobacco & Aging 10:00 Craft w/ Joy 12:30 Bunco 1:30	22 Canasta 9:00 Line Dancing 9:00 Bible Study 9:30 Music in Café (harp) 11:30 Euchre 1:30	23 Chess 10:00 Gentle Exercise 10:00 Mexican Train Dominoes 1:00	24 Center & Café Closed for Holiday	25 Center & Café Closed for Holiday MERRY CHRISTMAS
28 Pinochle 9:00 Ukulele Practice 10:00 Banker's Corner 11:30 Monthly Bday Party 1:00 Paper Crafting **101** 1:00 Bunco 1:30	29 Canasta 9:00 Bible Study 9:30 Crafts w/ Marilyn 10 or 11 Euchre 1:30	30 Chess 10:00 Gentle Exercise 10:00 Mexican Train Dominoes 1:00	31 Mah Jong 9:00 Bridge 11:00 Hand and Foot 1:00 New Years Eve 10:30-1:30: FREE Dessert w/ any Lunch Purchase in Café	PLEASE RSVP TO RESERVE A SPOT IN ANY SSC PROGRAMS! RSVP *ASTERISKS (*) DENOTE PROGRAMS OFFERED BOTH IN PERSON & ZOOM *

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MEDINA COUNTY VETERANS SERVICE OFFICE

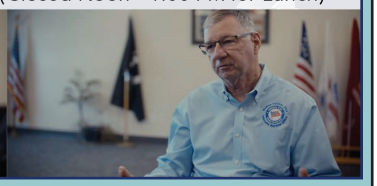
Your Benefits Your Voice Your Advocate

The Medina County Veterans Service Office helps connect veterans with their benefits by assisting with VA claims and offering a variety of holistic, expressive, and recreational programs.
Call to learn more!

Our services are FREE of charge!

The Medina County Veterans Service Office is located at
210 Northland Dr. Medina, Ohio 44256
PH: (330) 722-9368 | Toll Free: (844) 722-3800 | FAX: (330) 722-9378
Office Hours: Monday | Wednesday | Thursday | Friday 8:00AM - 4:00PM
Tuesday 10:00AM - 4:00PM
(Closed Noon – 1:00 PM for Lunch)







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We do not offer every plan in your area, currently we represent 13 organizations which offer 108 products in your area. Please contact Medicare.gov, 1800 MEDICARE or your local SHIP to get information on all of your options.

Does your organization need a newsletter?

We'll cover the printing costs!

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(800) 950-9952 x6401

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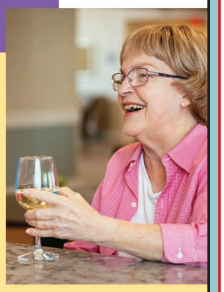

If your loved one needs a little extra help with daily activities, visit the Village of St. Edward. With more assisted living apartments than ever, we provide personalized care and support, 24-hour nurse monitoring and an emergency call system so you can feel confident they're always safe and cared for.

More *peace of mind.*



THE VILLAGE OF St. Edward

VSECOMMUNITIES.ORG

880 MAIN STREET, WADSWORTH, OH 44281

The Wadsworth Older Adults Foundation
Wadsworth, Ohio

Supporting Seniors for Over Forty Years

WadsworthCity.com/SopremaSeniorCenter

Be sure to check out the Older Adults Foundation page in this newsletter!

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Hilliard-Rospert
Funeral Home

Auble Funeral Homes have been serving the Wayne County, Medina County, and surrounding communities for over 100 years. We're thankful to be an important part of these communities and will continue our longstanding legacy of helping families honor their loved ones.

174 North Lyman Street • Wadsworth
330-334-1501
www.aublefuneralhomes.com

Living options available for assisted living, long term care, skilled nursing, and rehabilitation in a compassionate caring environment. Call us today!

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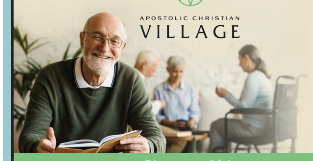

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Health & Rehabilitation

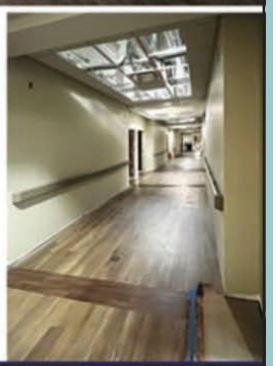
Champion Creek, owned and operated by Ohio based and proud, Foundations Health Solutions, is now taking reservations for Long-Term Care Private Rooms!

Our all Private, 99 bed center, located in Montville Township, Medina County, just south of Medina's historic square, features an array of amenities: En suite Bathrooms;Skilled Nursing & Rehabilitation; Restorative Nursing; Wound Care; IV Antibiotic Therapies; Registered Dietitian; Community Outings and Activities and much more!

We are proud to be Ohio Homegrown, with a strong commitment to our communities we serve, providing a Culture of Care, in addition to exceptional nursing and rehabilitation.







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FOUNDATIONS Health Solutions

Call today to learn about Champion Creek! Contact Sandy Kaczur, Hospital Liaison, at Cell / Text: 440-552-9584 or Email: Sandra.Kaczur@FoundationsHealth.net
Visit our website at www.Champion-Creek.net.
Like us on FB to follow updates re: the center and news

50th Anniversary
SOPREMA
Senior Center
& Cafe

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SSC@WadsworthCity.org | 330-335-1513
www.WadsworthCity.com/SopremaSeniorCenter
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