MAYOR TIM DEGEETER, CITY OF PARMA
TONY VANNELLO, SERVICE DIRECTOR
ERIN LALLY, DIRECTOR

THE CENTERLINE

DONNA SMALLWOOD ACTIVITIES CENTER

FEBUARY 2026



You are **ALWAYS** welcome here!

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DONNA SMALLWOOD ACTIVITIES CENTER

7010 Powers Boulevard
Parma, OH 44129
Phone: **(440) 885-8800**

For adults ages 55+
Open Monday – Friday

7:30 a.m. – 3:30 p.m.

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Dear Friends,

We rang in the new year dropping a big pierogi to kick off our city's bicentennial, and now we are gearing up for Paczki Day, which lands on Tuesday, Feb. 17 this year. (Parma is the self-proclaimed Paczki Capital of Ohio.) As always, Rudy's Strudel & Bakery has planned a big celebration and anticipates an early-morning line. Owner Lidia Trempe collaborated this year with Malley's Chocolates to create a chocolate-toffee filled paczki powdered with Malley's signature colors: green and pink. Ward 2 Councilwomen Debbie Lime and I will be presenting Paczki Day proclamations to Rudy's, as well as Colozza's Bakery, Krakow Deli, and Breads and Beyond Bakery that day.

Also in February, I will hold my annual State of the City when I update residents about what our administration achieved the prior year and big 2026 projects on deck. For the fourth year in a row, local broadcaster Dick Russ will interview me. The presentation will be at 6 p.m., Wednesday, Feb. 25 at our new Ridgewood Golf Club & Event Center. I am looking forward to giving my first State of the City at this beautiful new venue. We will be discussing infrastructure, recreation amenities, safety services, the local economy and, of course, the city's bicentennial.

It has been a brutal long winter so far. We appreciate the Donna Smallwood Activities Center helping senior residents who need transportation, meal assistance or a warm retreat from the cold. We ask residents to be patient as we deal with snowstorms and below-freezing temperatures. Our plow drivers work around the clock on shifts to clear roads during and after snowstorms, but with more than 500 lanes of road, it is a herculean task that takes time. For updates about parking bans and emergency notices, everyone should get Ready Notify alerts. Registration is easy at **www.cuyahogacounty.us/ready.** Users can choose to receive messages via text, a call or both. For those who can't register online, please call Cuyahoga County's Ready Notify at (216) 443-5700.

Stay warm and safe,
Parma Mayor Tim DeGeeter



Mayor
Tim DeGeeter

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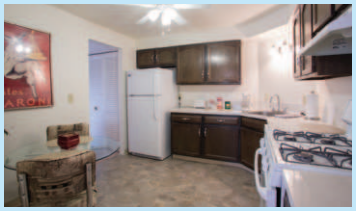
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WORD OF THE YEAR

Monday, Feb. 9th

12:30 p.m.

The Word of the Year is a word you choose that you want to live by or amplify throughout the year. Erin will discuss how to choose and live your word of the year. You can give this some thought before you attend and be prepared to discuss your choice.

Sample Words of the Year

Patience • Joy • Honesty • Safe

Free • Humility • Peace

VALENTINE'S DANCE

Friday, February 13

1 – 3 p.m.

Featuring Tony Midea & The Avanti Band

The theme is "Bring Your Valentine" Invite a sweetie — family, friends, and neighbors welcome!

Tickets $5 at the front counter or day of the dance.

STORYTELLERS

Friday, Feb. 13th &

Thursday, Feb. 26th

10 a.m.

Share your story. Storytellers will be an open discussion where participants follow prompts like "Tell us something you want us to know about you" and "What did you do before you retired" and stories about your lives. Storytellers is a talk and listen program. All are welcome!

WE LOVE OUR VOLUNTEERS LUNCH

Invitation Only

Friday, Feb. 27th

12:30 p.m.



FEBRUARY NOTES FROM CITY HALL

February may be short, but it's busy. Thank you to everyone who came out for January's birthday celebration — I had a blast singing, cutting cake, and hearing your stories. We're making it a tradition: birthday cake and a quick celebration on the third Tuesday of every month. For February, that's Tuesday, Feb. 17, right after lunch. If you're a February birthday (or just love cake), please join us.

Snow, Streets, and Safety

Our Service Department is watching the forecasts closely. When snow hits, please give plows room, keep cars off the street when possible, and clear sidewalks so neighbors, mail carriers, and school kids can get around safely. If you work with a plow service, remind them not to push snow back into the street — it refreezes and becomes a hazard. If you spot a trouble area or pothole, share the cross street and a nearby address with the Service Department so crews can find it fast.

Warm Home Checklist

February is peak furnace season. Swap a fresh filter, test your smoke and carbon-monoxide detectors, and keep space heaters three feet from anything that can burn. Space heaters should plug directly into the wall — never a power strip. If you or a neighbor needs help with utility costs or weatherization, the Senior Center staff can point you to assistance programs and reputable local resources.

Tax-Time Help

1099s and other forms are arriving. Keep a simple "tax folder" on the counter so everything lands in one place. The Senior Center will share dates for volunteer tax-prep assistance — watch the bulletin board and monthly calendar for sign-ups.

Scam Watch

Unfortunately, scams spike around tax season and Valentine's Day. Red flags: anyone asking for payment by gift card or wire; texts about "missed deliveries" or "account warnings" with links; surprise calls claiming a grandchild is in trouble. Hang up, look up the official number, and call back. If it feels off, it probably is — our Police non-emergency line is a good sounding board.

Heart Month = Move a Little More

February is American Heart Month, and the Center's balance, stretch, and chair-exercise classes are a friendly way to stay steady on your feet. Ask about transportation options for medical visits, groceries, and Center activities if you need a ride — staying connected makes winter shorter.

A Personal Note

At my house, my twin girls are campaigning for extra sprinkles on the next birthday cake, and our dog Rosie is convinced every snow pile is a personal invitation. Those small moments—warm soup, a good laugh, a safe walk—add up to what makes Parma feel like home.

What Should We Cover In March?

Contractor tips before spring projects? Brush pickup? Charitable giving you can trust? Drop a note for me at the Senior Center front desk and I'll include answers next month.

Stay warm, stay steady, and I'll see you — and our February birthday crew — on Tuesday, February 17. Save me a corner piece!



Council President
Vito DiPierro

BUS TRIP SURVEY

Over 30 members responded and provided wonderful suggestions of places to visit this year. Clearly, we love great places to eat! This year, we will be doing restaurant reviews for age-friendly businesses so thank you in advance for participating!

1. **Merwin's Wharf** – We'll be going back for sure!
2. **Hartville, Amish Country** – A favorite every year!
3. **Goodtime III**
4. **Grandpa's Cheese Barn,** Amish Country
5. **Das Schnitzel Haus,** Parma

Followed closely by:

Olive Garden, Parma

Clementine's Victorian Restaurant, Olmsted Falls

The Clubhouse, Parma Heights

Gene's Place, Cleveland (West Park)



BUS TRIPS

Sign-up at the Front Counter

MATINEE OF "GUILTY PLEASURE" AT THE CASSIDY THEATRE

Sunday, Feb, 22nd
Meet at 1:30 p.m. | Show 2 p.m.

Featuring one of our members Martin Stancik

Tickets $15/pp ($10/ticket paid by the PCOA). You can buy your ticket at the front counter and meet us there in the lobby at **1:30 p.m.**

Cassidy Theatre is located in the back of the Greenbriar Commons accessed at 6200 Pearl Road, and there is handicapped accessible seating. If you need a ride, please let us know and we will accommodate you.

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Quick Financial & Estate Planning Readiness Check:

- ☐ Do you have a current will or trust?
- ☐ Are your beneficiary forms updated?
- ☐ Is your investment strategy aligned with your retirement goals?
- ☐ Have you planned for healthcare costs in retirement?
- ☐ Are you minimizing taxes on retirement distributions and your estate?
- ☐ Do you have a plan for potential long-term care expenses?

If you didn't check every box, it's time for a conversation. Schedule your complimentary strategy session today!

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10150 W. Sprague Road, Parma, Ohio 44130

February 2026 WRAAA Menu

Western Reserve Area Agency on Aging

Monday	Tuesday	Wednesday	Thursday	Friday
Menu Approved by: *Ann Stahlheber, MS, RDN, LD*		Choice of : 1% Milk, Buttermilk, or Calcium Fortified Juice *=Take Temperature of Milk and all food proceeded by an asterisk.		
2 *Chicken Breast 3 oz *Sweet Potatoes ½ c *Broccoli ½ c W.G. Biscuit 2 oz Sliced Apricots ½ c ALT = CS RB	3 *Stuffed Peppers 6 oz w/Sauce 2 oz *Mashed Potatoes ½ c *Green Beans ½ c 2 Whole Grain Wheat Fresh Grapes 1 c ALT = CBG T	4 *Swedish Meatballs 3-1 oz w/Gravy 2 oz. /*Noodles ½ c *Peas ½ c *Cauliflower ½ c Whole Grain White Peaches ½ c ALT = CF TR	5 *Sliced Ham 3 oz w/ Pineapple Glaze *Scalloped Potatoes ½ c *Mixed Vegetables ½ c 2 Whole Grain White Chunky Applesauce ½ c ALT = CBG TR	6 *Roasted Turkey Breast 3 oz *Gravy 2 oz. *WG Stuffing ½ c *Butternut Squash ½ c Whole Grain Wheat Orange Cranberry Juice ½ c ALT = CF RB
9 *Chicken Cordon Bleu 6 oz *Mashed Potatoes ½ c *Gravy 2 oz *Buttered Beets ½ c W.G. Dinner Roll 2 oz Apple Juice 4 oz ALT = CS RB	10 *Beef Stew 8 oz *Lima Beans ½ c *Buttered Sliced Carrots ½ c Whole Grain Biscuit 2 oz Banana ALT = CBG TR	11 *Stuffed Cabbage 6 oz w/Sauce 2 oz *Mashed Potatoes ½ c *Corn w/ Red Peppers ½ c 2 Whole Grain Wheat Orange ALT = CF T	12 *BBQ Chicken, 3 oz *Macaroni and Cheese ½ c *Sweet Potatoes ½ c *Spinach ½ c Lemon Juice 1 PC Whole Grain White Peaches ½ c ALT = CBG TR	13 *Meatballs 3-1 oz *Marinara Sauce 2 oz *Antigua Blend ¾ c Whole Grain Hagie Roll 2 oz Pears ½ c ALT = CF TR
16 **PRESIDENT'S DAY** **Site Closed**	17 *3 oz Corned Beef Mustard 1 PC Cabbage and Carrots ½ c Roasted Red Potatoes ½ c 2 WG Rye Applesauce ½ c ALT = CS TR	18 *Baked Fish 4 oz Tartar Sc 1 PC, Lemon Jc 1 PC *Brown Rice ½ c *Carrots ½ c, Peas ½ c Whole Grain Wheat Banana ALT = CF RB	19 *Grilled Chicken Breast 3 oz With Alfredo sc 2 oz *W.G. Pasta ½ c, *Broccoli ½ c Whole Grain Dinner Roll 1 oz Fresh Orange Apple Juice ½ c ALT = CBG T	20 *2-2 oz Stuffed Shells w/ *Marinara Sauce 2 oz *Spinach ½ c, 1 PC Lemon Juice *Lima Beans ½ c Whole Grain Garlic Toast 2 oz Fresh Grapes 1 c ALT = CF RB
23 *Chicken Stir Fry 3 oz *Brown Rice ½ c *Oriental Blend ½ c *Green Peas Whole Grain White Mandarin Oranges ½ c ALT = CS RB	24 *Hamburger 3 oz Ketchup 2 PC * Seasoned Potato Wedges ½c *Baked Beans ½ c Whole Grain Bun 2 oz Sliced Pears ½ c ALT = CBG TR	25 *Chicken Stew 8 oz *Corn w/ Red Bell Peppers ½ c *Peas and Carrots ½ c Corn Bread, 2 oz Orange, 1 ea ALT = CF RB	26 *Salisbury Steak 3 oz *Mushroom Gravy 2 oz *Mashed Potatoes ½ c *Mushrooms ½ c 2 Whole Grain White Sliced Apricots ½ c ALT = CBG T	27 *Cheese Ravioli 6 oz *Marinara Sauce 2 oz *California Blend ¾ c Dinner Roll 2 oz Applesauce ½ c ALT = CF RB

Western Reserve Area Agency on Aging - 2026

Default Alternate Menu choices are shown at the bottom of each daily menu: "T" = Tuna, "TR" = Turkey, "RB" = Roast Beef, "V" = Cheese

ALT CS=Chicken Salad w/Croissant, ALT CBG = Spring Lettuce Salad w/Chicken Breast, ALT CF = Chef Salad W Lettuce, Ham, Egg, Cheese

TAMMY MEADE

As many of you may know, Tammy Meade, our Activities Coordinator, is undergoing difficulties with her health and will be recovering from surgery and undergoing treatment. She is expected to take a medical leave of absence until she is ready to return to work. As many of you also know, she is spirited and strong. She wants you to all know that your kind thoughts and uplifting prayers mean the world to her and that she is grateful for them all!



PAINT W/ SARA

Wednesday, Feb. 11th & 25th

12:30 p.m.
$3/Class

Sign-up at the front counter.





QUILTING BEES

Thursday, Feb. 5th at 12:30 p.m.

Thursday, Feb. 12th at 10 a.m.

KNIT, CHAT, CROCHET

Thursday, Feb.
5th, 12th, 19th, & 26th

12:30 p.m.

CRAFT W/CATHY: SHAMROCK WREATH

Monday, Feb. 23rd

12:30 p.m.

ACTIVITIES CALENDAR

FEBRUARY 2026

Lunch served daily at 11:30 a.m.
Sign-in begins at 11 a.m.

Events in red are special for the month. Sign-up at the front counter.

MONDAY	TUESDAY
02 8 a.m. – Move w/Mary Kay 9 a.m. – Fitness after 50 w/Mary Kay 10 a.m. – Sunshine Singers 10:15 a.m. – Adapted Jazzercise 12:15 p.m. – Chair Volleyball 12:30 p.m. – Support Group	**03** 8 a.m. – Move w/Mary Kay 9 a.m. – Fitness after 50 w/Mary Kay 10 a.m. – Sunshine Singers 10:15 a.m. – Adapted Jazzercise 12:15 p.m. – Chair Volleyball 12:30 p.m. – Support Group
09 8:15 a.m. – Chair Yoga w/Vickie 10 a.m. – Sunshine Club 10 a.m. – BINGO w/Broadview Multicare 10 a.m. – Line Dancing w/Eleni 11 a.m. – SS Classic w/Jeanne 12 p.m. – Pinochle 12:30 p.m. – Word of the Year w/Erin	**10** 8 a.m. – Move w/Mary Kay 9 a.m. – Fitness after 50 w/Mary Kay 10 a.m. – Sunshine Singers 10:15 a.m. – Adapted Jazzercise 12:15 p.m. – Chair Volleyball 12:30 p.m. – Support Group
16 **CLOSED** 	**17** 8 a.m. – Move w/Mary Kay 9 a.m. – Fitness after 50 w/Mary Kay 10 a.m. – Sunshine Singers 10:15 a.m. – Adapted Jazzercise 12:15 p.m. – Chair Volleyball 12:30 p.m. – Support Group
22 2 p.m. – Matinee of "Guilty Pleasure" at the Cassidy Theatre (Bus Trip) **23** 8:15 a.m. – Chair Yoga w/Vickie 10 a.m. – Line Dancing w/Eleni 10 a.m. – Nature Pam 11 a.m. – SS Classic w/Jeanne 12 p.m. – Pinochle 12:30 p.m. – Craft w/Cathy	**24** 8 a.m. – Move w/Mary Kay 9 a.m. – Fitness after 50 w/Mary Kay 10 a.m. – Sunshine Singers 12:15 p.m. – Chair Volleyball 12:30 p.m. – Support Group

ACTIVITIES CALENDAR

WEDNESDAY	THURSDAY	FRIDAY
04 8:15 a.m. – Fitness After 50 w/Vickie 9:15 a.m. – Gentle Chair Exercise 11 a.m. – SS Classic w/Jeanne 12 p.m. – Walk 15 w/Chris 12:15 p.m. – Trivia w/Jeanne 1 p.m. – Senior Strength	**05** 9 a.m. – Knit, Chat, Crochet 10 a.m. – PCOA Board Meeting 10:15 a.m. – Adapted Jazzercize 12:15 p.m. – Chair Volleyball 12:30 p.m. – Quilting Bees 12:30 p.m. – Cardio Drumming	**06** 8:15 a.m. – Fitness After 50 w/Vickie 11 a.m. – SS Classic w/Jeanne 12 p.m. – Pinochle 12:30 p.m. – BW ILR 1 p.m. – Raisin' Canes
11 8:15 a.m. – Fitness After 50 w/Vickie 9:15 a.m. – Gentle Chair Exercise 10 a.m. – Donuts w/Dudes MEN TALK "The Old Neighborhood" 11 a.m. – SS Classic w/Jeanne 12 p.m. – Walk 15 w/Chris 12:15 p.m. – Trivia w/Jeanne 12:30 p.m. – Paint w/Sara 1 p.m. – Senior Strength	**12** 9 a.m. – Knit, Chat, Crochet 10 a.m. – Quilting Bees 10:15 a.m. – Adapted Jazzercize 12:15 p.m. – Chair Volleyball 1 p.m. – Parma Area Senior Veterans	**13** 8:15 a.m. – Fitness After 50 w/Vickie 10 a.m. – UHPMC Blood Pressure Checks 11 a.m. – SS Classic w/Jeanne 12 p.m. – Pinochle 1 p.m. – Raisin' Canes
18 8:15 a.m. – Fitness After 50 w/Vickie 9:15 a.m. – Gentle Chair Exercise 11 a.m. – SS Classic w/Jeanne 12 p.m. – Walk 15 w/Chris 12:15 p.m. – Trivia w/Jeanne 1 p.m. – Senior Strength	**19** 9 a.m. – Knit, Chat, Crochet 10 a.m. – State Representative Sean Brennan 10:15 a.m. – Adapted Jazzercize 12:15 p.m. – Chair Volleyball 12:30 p.m. – Cardio Drumming	**20** 8:15 a.m. – Fitness After 50 w/Vickie 10 a.m. – Gaming w/PCSD 11 a.m. – SS Classic w/Jeanne 12 p.m. – Pinochle 1 p.m. – Raisin' Canes
25 8:15 a.m. – Fitness After 50 w/Vickie 9:15 a.m. – Gentle Chair Exercise 10 a.m. – Heart Health 11 a.m. – SS Classic w/Jeanne 12 p.m. – Walk 15 w/Chris 12:15 p.m. – Trivia w/Jeanne 12:30 p.m. – Paint w/Sara 1 p.m. – Senior Strength	**26** 9 a.m. – Knit, Chat, Crochet 10 a.m. – Storytellers w/Erin 10:15 a.m. – Adapted Jazzercize 12:15 p.m. – Chair Volleyball 12:30 p.m. – Pedal Power	**27** 8:15 a.m. – Fitness After 50 w/Vickie 10 a.m. – Music BINGO w/Kenny G 11 a.m. – SS Classic w/Jeanne 12 p.m. – Pinochle 1 p.m. – Raisin' Canes

YMCA CLASSES AT THE CENTER

DAY	TIME	CLASS	INSTRUCTOR	DESCRIPTION
MON	8:15AM	**CHAIR YOGA**	VICKIE	For those looking to do yoga but cannot lie on the floor. Improve your flexibility, strength, coordination and balance along with relaxation techniques.
MON WED FRI	11 AM	**SILVER SNEAKER CLASSIC**	JEANNE	A total body conditioning exercise program for the upper and lower body designed to increase muscular strength, range of movement and activities for daily living. Balls, bands and weights are used.
TUES	8 AM	**MOVE W/ MARY KAY**	MARY KAY	Aerobic dancing for a great, fun, cardio workout to build strength and endurance.
TUES	9 AM	**FITNESS AFTER 50**	MARY KAY	Chair. Standing chair range of movement exercise combined with balls, bands and weights for a total body workout. Cardio, muscle strength and endurance.
WED FRI	8:15 AM	**FITNESS AFTER 50**	VICKIE	Chair. Standing chair range of movement exercise combined with balls, bands and weights for a total body workout. Cardio, muscle strength and endurance.
WED	9:15 AM	**GENTLE CHAIR EXERCISE**	VICKIE	Slow controlled chair and standing chair exercise that also incorporates balls, bands, and weights for a gentle paced exercise program.
WED	12 PM	**WALK 15**	CHRIS K	A walking workout incorporating a variety of moves like side steps, knee lifts, kicks, squats etc., with arm movements for a total-body workout that is equivalent to walking 3 miles.

The Y Exercise Machine Room, Open 7:30 a.m. – 3 p.m.

Treadmills, bikes and strengthening equipment to stay in shape along with a library full of books you can read here or take home with you anytime.

Happy February from the "Y"! Hopefully it will be a warmer and less snowy month than January was. The power of positive thinking ... I know it works for a lot of things, but I'm not too sure about the weather in Cleveland. One thing I am sure of is that cold snowy days don't keep people away from working out; I would say attendance increases right after January 1st and continues growing through spring. In fact, over 23,000 people visited our YMCA in 2025. Our Membership here at the Smallwood Activity Center / Ridgewood YMCA keeps growing steadily. Even people who lost their Silver Sneakers gym membership through their insurance company stayed with us because of all the activities offered here. There is something for everyone. That says a whole lot for this facility. A preview of 2026 YMCA trips will be coming out shortly. One day scenic trips, possible overnighters, gambling get aways and a big one week trip to a great location usually in September. So much to look forward too! We all need to keep busy! Keep social for your mind, movement and exercise for your body and love in your heart for all! Happy Valentine's Day from Jeanne at the "Y".



Jeanne Sutyak
Active Older Adults Coordinator

EXERCISE CLASSES

We recognize not everyone has a YMCA membership through insurance, so we offer these classes, open to all.

LINE DANCING w/ELENI
This is a pre-pandemic class!
Mondays at 10 a.m.

ADAPTED JAZZERCISE
w/Patty and Inner Peace Cleveland
Tuesday & Thursday at 10:15 a.m.

CARDIO DRUMMING
w/Nate from Rec2Connect
Thursdays (see calendar)
Registration Required

SENIOR STRENGTH w/DOUG
Wednesdays at 1 p.m.



UHPMC BLOOD PRESSURE CHECKS
Friday, Feb. 13th
10 a.m.

HEART HEALTH
February is American Heart Month. Learn more.
Wednesday, Feb. 25th
10 a.m.

PEDAL POWER
Thursday, Feb. 26th
12:30 p.m.

BWILR W/TOM BENSON THE BIRTH OF FLIGHT: THE WRIGHT BROTHERS STORY

Friday, Feb. 6th

12:30 p.m.

SUNSHINE CLUB: HANDMADE CARDMAKING W/SHARON

Wednesday, Feb 9th

10 a.m.

BINGO W/BROADVIEW MULTICARE

Monday, Feb. 9th

10 a.m.



DONUTS W/DUDES MEN TALK "THE OLD NEIGHBORHOOD"

Wednesday, Feb. 11th at 10 a.m.



STATE REPRESENTATIVE SEAN BRENNAN

Thursday, Feb. 19th

10 a.m.

GAMING W/PARMA CITY SCHOOL DISTRICT

Thursday, Feb. 19th

10 a.m.



NATURE PAM: MESA VERDE

Monday, Feb. 23rd

10 a.m.



MUSIC BINGO W/KENNY G

Friday, Feb. 27th

10 a.m.

Medicare Advantage Open Enrollment Period

From January 1st through March 31st each year, individuals enrolled in a Medicare Advantage (Part C) plan have a special opportunity to make a one-time change. During this Open Enrollment Period, you can switch to a different Medicare Advantage plan or return to Original Medicare (Part A and Part B) with the option to join a standalone Medicare Part D prescription drug plan.

This period is an important time to review your current coverage and ensure it meets your health and budget needs for the year.

If you have any questions or need assistance exploring your options, you can contact the Ohio Senior Health Insurance Information Program (OSHIIP) at 800-686-1578 for personalized guidance. Alternatively, you may schedule an appointment with Liz, who can assist you directly with reviewing your Medicare options and making informed decisions.

Resident Services: Senior Safe-at-Home Program

The program offers at least one emergency personal pendant necklace and one live voice emergency monitoring station at a reduced rate, or at no cost, for an eligible disabled senior resident. An eligible participant must be age 65 or older and medically disabled, earn less than $42,600 per year and live alone. Applications available year-round.

Resident Services: Home Improvement Program

Grants are offered to offset the cost of qualified interior and exterior home improvements provided to owner-occupied, low/moderate income single-family households. Examples include roofing, plumbing, electrical and furnace replacement. Income limits apply. Applications available April 1, 2026.

Tax Help

Free and Low-Cost Tax Preparation Resources (Especially for Seniors)

IRS Volunteer Programs (Free)

- **IRS Volunteer Income Tax Assistance (VITA)** – Offers free basic tax return preparation for qualifying individuals (generally lower income).
- **Tax Counseling for the Elderly (TCE)** – Focused on taxpayers age 60 and older, especially helpful for pensions, retirement income, and Medicare/IRA considerations.

Cleveland
1240 Ninth St. Cleveland, OH 44199
Mon – Fri: 8:30 a.m. – 4:30 p.m.
Call for Appointment: (844) 545-5640

AARP Foundation Tax-Aide (Free for Seniors)

- Free tax preparation and counseling, with a focus on taxpayers age 50+ and low to moderate income.
- No AARP membership required.
- Many sites operate in community centers, libraries, or senior centers each tax season.
- For a site near you, use the AARP Tax-Aide Locator or call 1 (888) 227-7669.

Cuyahoga EITC Coalition & Local Programs

- The Earned Income Tax Credit (EITC) Coalition provides free tax prep help to eligible residents (typically under certain income thresholds).
- Contact 2-1-1 or the Coalition directly to schedule appointments.
- EITC Coalition: Tax Sites https://www.refundohio.org/tax-sites
  - We provide FREE tax preparation services at all locations!
  - Individuals and families earning up to $69,000 qualify for our no cost tax prep services.
  - Many of our sites will prepare multiple years of tax returns, although separate appointments may be required.

Community Organizations

To Schedule an Appointment at our Tax Sites located at Step Forward, you will need to call the direct lines noted below:

- Step Forward Central, located at 1801 Superior Ave., 4th floor, Cleveland, OH 44114. This is a **Drop-Off Only** location. To schedule an appointment at this location, call (216) 357-2621.
- Step Forward East, located at 763 East 200th Street, Euclid, OH 44119. To schedule an appointment at this location, call (216) 268-1600.
- Step Forward West, located at 6886 Pearl Road, Middleburg Hts., 44130. To schedule an appointment at this location, call (216) 353-5853.

To Schedule an Appointment at the Tax Site located Parma Snow Library, you will need to register through the Scheduler Phone: (216) 293-7200 or online at: https://cuyahogaeitc.itfrontdesk.com/appointment/?clientCode=CUYAHOGA
Appointments are limited and fill fast.



Elizabeth Fulkroad, L.I.S.W.-S
Human Service Specialist

Cuyahoga County Public Library | February 2026

As winter gears up and the holidays have wound down, there is no better time to relax. Curl up with a good read, gather the family to watch a movie, or drift off with your favorite author. Come visit your local library branch and see what we have to make this shortest of months be the best time to rejuvenate.

SANDY'S PICKS

***Door-To-Door Bookstore* by Carsten Henn** – "When elderly bookseller Carl Kollhoff, who delivers books to special customers after closing time, unexpectedly loses his job, he forms an unlikely friendship with a nine-year-old girl who encourages him and his friends to embrace the power of books and rebuild their bonds with one another."

***The View From Lake Como* by Adriana Trigiani** – "After a painful divorce and family upheaval in working-class Lake Como, New Jersey, draftswoman Jess Baratta flees to Carrara, Italy, where artistic ambition and new relationships reshape her understanding of love, loyalty and personal fulfillment."

PROGRAMS: PARMA-POWERS BRANCH

6996 Powers Boulevard, Parma Ohio 44129
(440) 885-5362

An Evening with Ella Fitzgerald – Adults
Thursday, February 5 | 7 – 8 p.m.
Join us for an evening with "Ella Fitzgerald" as Debra Rose of Women in History brings Ella's songs and history to life.

Inkscape Basics – Adults
Monday, February 9 | 1 – 3 p.m.
Learn how to create a vector design using this free open-source editor comparable to Adobe Illustrator.

Author Jenna Blum
Thursday, February 12 | 7 – 8 p.m.
Join us when author Jenna Blum visits to discuss her latest novel, *Murder Your Darlings*.

Songs Across the Decades
Tuesday, February 17 | 7 – 8 p.m.
Join us as singer Holly Prather presents a medley of songs from the 1920s through the 1960s.

Legal Aid Society – Brief Advice Clinic
Saturday, February 21 | 10 – 11 a.m.
Have a legal question? Legal Aid has answers!

God and Your Brain – Adults
Monday, February 23 | 7 – 8 p.m.
Explore the effects that God and faith have on humans from a neurological perspective.

PROGRAMS: PARMA-SNOW BRANCH

2121 Snow Road, Parma Ohio 44134
(216) 661-4240

Mobile Pantry – Free, fresh produce distribution
Tuesday, February 3 | 3:30 – 5 p.m.
Cuyahoga County Public Library is collaborating with the Greater Cleveland Food Bank to distribute free, fresh produce to those in need.

Yoga for Adults
Friday, February 6 | 10 – 11 a.m.

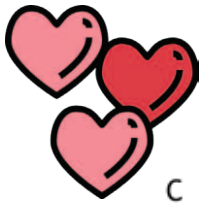
Classic Love Stories: Royalty & Hollywood
Monday, February 9 | 7 – 8 p.m.
Julie Koenig, of Royally Amused, will share real life love stories of Hollywood and Royal couples.

Author Daniel Coyle – In Conversation with Dan Moulthrop of Cleveland City Club
Thursday, February 12 | 7 – 8 p.m.
Ticketed Event: $30 + Fees

Author S. A. Cosby
Wednesday, February 18 | 6:30 – 7:30 p.m.
Join us when author S. A. Cosby visits to discuss *Time for a Change*, his latest book for young readers in the Rhythm of Time series, co-authored by Questlove.

Therapeutic Art for Parent Bereavement - Expressive Group Art Making for Parents
Monday, February 23 | 6 – 7 p.m.
Join an art therapist from UH Connor Whole Health for a therapeutic art group.

Author Jon Meacham
Thursday, February 26 | 7 – 8 p.m.
Ticketed Event: $35 + Fees



Valentine's Word Search

C V T O O O T H D Z E G K J S A A T F W I I O O
P A M C R T J O X I T Q F U W K B H H E M O N Z
I I Q D F X X W Y W P W D A N C E S U Y Y E I I
H W Q B F H W E Q P I U L E F U Z Z G L Z F D T
S C J T O F O M S E K N C V P X H Q S P K B I L
D H M R V Y L B E E F N N O F V D M J Z X W U A
N B S T W Q F R H C S R P L N V N C Y P M U O T
E J L Q H C W R Y X V O S L V R E E W J L H H Q
I Y I Q P K L K I E J H R Q L N I Q O I X D V X
R B I E E C T D Y E P I N K Y B R D D J F E A I
F Z S I A N S C M O N D A U D U F R V S F R L S
S K T R G E A H O G K D N T A E L M O V I E E X
P F R N T V G K Q V I Q V T Y X R Q G Y K R N E
G O J A M M O Z S T S V R U G F I F O G R Q T W
W U D M W P H M B B S G T Z X E G C R T A O I I
A R T R F L B C V Q A R C C H M L O H V E S N R
I K X P C C A N D Y R O A T U Q G O S A B X E B
T E T A L O C O H C B M X P A L R K G V Y I O Z
T J E E O E T Q F W Q A O H K W N I R Y D V X B
N S C G J J U Y I V G N K Y T I O E U L D B S U
B U M Q F V V I U Y P C H E A R T S C T E B K F
I K K R A J S V M A X E Y M F Y K X M N T X T B
B U D S T E U Q U O B V F D H V S E I B X B G I
U T E M M E E Z M A P R S Y Y X F S R E W O L F

girlfriend
chocolate
dances
movie
hugs

teddy bear
bouquets
dates
heart
love

friendship
flowers
arrow
cupid
red

boyfriend
cookies
candy
pink

valentine
romance
roses
kiss



My fellow Seniors!

We are embarking on a New Year and many things are happening or about to happen. Renovations to our bathrooms will begin soon!

And the other thing that is happening to us all is AI or Artificial Intelligence. It is creeping into our lives at an incredible pace. Not long ago we were commenting on how kids in school could use AI to "write" papers. Now, that is the least of our worries. AI requires microchips and companies are running out of them. The companies that make them can't keep up with the demand and some are limiting purchase only to companies, not to individuals.

What does this all mean for us? Well, your cell phones, tablets and laptops all run on microchips. If the chips are in short supply, the cost of these items is going to go up. Not just those items either. Anything that has an inbuilt computer like smart TVs, ovens, coffeemakers, etc.

It's not all gloom and doom, however.

Amazon's CTO (Chief Technology Officer) just published his "2026 and Beyond" predictions. I'd like to share those with you. There are some good things happening with the evolution of AI.

From Dr. Werner Vogel:

1. Companionship is redefined for those who need it most

Loneliness *has reached epidemic proportions, affecting one in six people worldwide and designated as* ***a public health crisis*** *by the World Health Organization.* ***Social isolation*** *increases death risk by 32%, comparable to smoking, while loneliness increases dementia risk by 31%.*

As MIT researcher Kate Darling discovered, we're biologically hardwired to project intent and life onto autonomous movement, which is why people tend to treat robots more like animals than devices. At Amazon, our Astro team has documented people building genuine relationships with companion robots.

Rather than replacing human caregivers, these robots create a collaborative model where technology and people work together to combat the loneliness epidemic.

2. The dawn of the renaissance developer

As generative AI reshapes how we build software, a familiar trope has reemerged — that developers will become obsolete. But this is not the end of the developer; it's the dawn of the renaissance developer.

Generative AI lets us generate code in seconds, but it doesn't sit in budget meetings where leadership debates cost versus performance. The core attributes of great developers remain constant. Creativity, curiosity, and systems thinking have continued to define the craft throughout every technological revolution.

Developers who thrive in this AI-augmented world must become modern polymaths who understand that systems are living, dynamic environments.

Read Dr. Vogels' tech predictions in full on his blog at: https://bit.ly/VogelBlog

These are only two takeaways from his predictions. If you are interested in more of what he had to say, check out his blog.

In the meantime, think about the robot dogs and cats that came out at Christmas! And stuffed animals that talk! And, the cleaning robot at Walmart!

And, if you want to go back to school or tell your grandkids what to study, tell them to become a polymath, a renaissance developer! We are surely on the brink of a technological revolution. I'd say it would go down in school books but there won't be any books by that time. It'll all be digital!

More later. Be safe out there!



PCOA President
Julia Varley

PARMA AREA SENIOR VETERANS

2026 Meeting Dates

Thursdays 1 – 3 p.m.

February 12
(Featuring PFD Chief Lasky)

March 12

April 9

Membership is $5 annually and can be paid at the meetings or by calling (440) 263-0507.

FOLLOW US ON FACEBOOK AT:
Parma Area Senior Veterans

Join Our Facebook Group

Donna Smallwood Activities Center

Check Out Our YouTube Channel

@ParmaSeniorConnection

CENTER FRONT OFFICE STAFF

Erin Lally, Director ..... (440) 885-8143
elally@cityofparma-oh.gov

Tammy Meade, Senior Coordinator ..... (440) 885-8820
tmeade@cityof parma-oh.gov

Brenda Sneed, Transportation ..... (440) 885-8156
bsneed@cityofparma-oh.gov

Melanie Citino, Meals ..... (440) 885-8140
mcitino@cityofparma-oh.gov

Elizabeth Fulkroad, Human Service Specialist ..... (440) 885-8155
efulkroad@cityofparma-oh.gov

Patti Lummus, Fiscal ..... (440) 885-8011
plummus@cityofparma-oh.gov

Cheryl Erlenmeyer, Data Clerk ..... (440) 328-8595
cerlenmeyer@cityofparma-oh.gov

Lukas George, Data Clerk ..... (440) 723-5898
lgeorge@cityofparma-oh.gov

Adrian Malick, Data Clerk ..... (440) 723-3070
amalick@cityofparma-oh.gov

Jeanne Sutyak, Ridgewood YMCA ..... (440) 842-5200
jsutyak@clevelandymca.org

FREQUENTLY CALLED NUMBERS

Senior Center Main Number ..... (440) 885-8800
Parma City Hall ..... (440) 885-8000
Lunch Orders & Cancellations ..... (440) 885-8140
Home Delivered Meals ..... (440) 885-8140
Transportation Appointments ..... (440) 885-8156
Human Services Specialist ..... (440) 885-8155
Parma Area Senior Veterans ..... (440) 263-0507
Social Security ..... (800) 772-1213
BMV – Parma – Snow Road ..... (440) 885-0844

Receive this newsletter via email by contacting Cheryl at: cerlenmeyer@cityofparma-oh.gov

SERVICES

TRANSPORTATION
We can bring you here, take you home, get you to a doctor appointment or to the grocery store. Call **Brenda** to schedule: (440) 885-8156

MEAL DELIVERY
Hot lunch home delivered M-F. Homebound Meals are free. Community meals are $35/week.
Call **Melanie** to schedule delivery: (440) 885-8140

*Meal Delivery Hot Lunch Home Delivery is currently suspended for new clients. To learn more about our program or other options, call **Melanie** at (440) 885-8140.*

HOT LUNCH
Served M–F at 11:30 a.m.
Delicious. Nutritious. Affordable. $3 donation.
Menu on page 10.
Order your meal by Tuesday the week prior.
Call **Melanie:** (440) 885-8140

BENEFIT & MEDICARE CHECK-UP

By appointment only.
Be sure you are getting all the benefits you qualify for. Call Liz at (440) 885-8155.

Funded by the City of Parma, Western Reserve Area Agency on Aging. (Older Americans Act), Cuyahoga County. (Community Social Services Program), our 501c3 Parma Commission on Aging, Donations and Bequests

A LOOK BACK

Bus Trip to Golden Corral Buffet

Friday, January 16

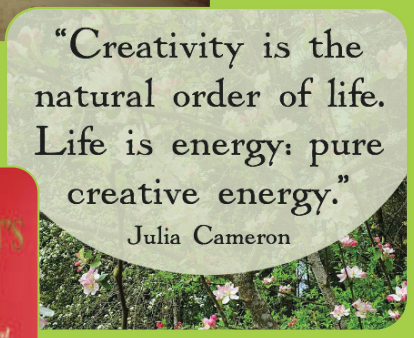
We advertised a bus trip to Chuck E. Cheese here in Parma thinking it would be a fun, local January trip. When only two people signed up, we pivoted and visited the Golden Corral on Brookpark Road. Our "Love Your Lunch" was definitely someplace we'll return — and invite other senior centers to join us!

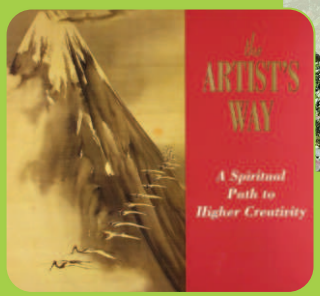


On The Cover: Staff Cheryl Erlenmeyer & Jeanette Ponyicky, both Sunshine Singers, enjoyed the buffet's wide variety.

A LOOK FORWARD







LIFE MOVING FORWARD WORKSHOP

W/ SANDIE KING

MONDAYS, MARCH 2 – APRIL 12

(NO CLASS MARCH 30)

We will explore how to craft a life that will inspire you to live life to the fullest – finding creativity, compassion, energy, connection and purpose.

10 a.m. – 11:30 a.m.
$20/Per Person