

Lost Cleveland Program Series with Community Partnership on Aging

Class 1 - "King of the Moondoggers"

Follow Alan Freed on his journey to Cleveland and beyond as Rock and Roll is being born. Dance at the Moondog Coronation Ball with audio clips from nine early Rock and Roll favorites
Thursday, March 5
1:00-2:00 PM
South Euclid Community Center, 1370 Victory Dr.

Class 2 - "They Came From Cleveland"

This highly interactive program will test your knowledge of Cleveland's hometown heroes. Some celebrities are easy to identify while others present more of a challenge!
Tuesday, March 31
1:00-2:00 PM
Lyndhurst Community Center, 1341 Parkview Dr.

Fee: sign up for one or both classes! Per-person fee is \$10 per class with a minimum of 10 participants per class. Tell your friends! The more people who register (and attend), the lower your fee. If fifteen people attend, the fee drops to \$6.50; 20 people, the fee drops to \$5 per person and if we get a max of 25 the per-person fee drops to \$4.00 (per class). Call Community Partnership on Aging at 216-650-4029.

We are fortunate each year to partner with **the AARP Tax Program** in order to provide tax returns to residents. In order to receive this free service provided by trained AARP volunteers, **persons 60 and over of low income are given priority**. Tax returns are available by appointment only and limited to simple, ordinary, personal tax returns. Only copies of the e-file returns will be provided.

When coming for your tax appointment, you should be prepared with:

- You must bring all pages of your 2013 tax return with you to your appointment.
- You must bring ALL correspondence from the IRS or amendments to your 2013 tax return to your appointment, even if the issue is resolved.
- You will be asked for one of the following pieces of information:
 - A driver's license or state ID
 - Your 2014 Social Security statement
 - Your Social Security Card

It is very important that you be on time for your appointment or cancel if you are unable to keep the appointment.

The Tax Program will be available in all five communities, beginning in February, for older adult residents. Appointments for residents are underway. Appointments for non-residents will be taken on or after Monday, **March 2**. When calling for an appointment, please be prepared to provide demographic information. Appointments may be scheduled at South Euclid, Lyndhurst or Mayfield Heights Community Centers by calling 216-291-3902.

Evidenced Based Wellness

“Healthy U: Take Charge of Your Health” and “A Matter of Balance” classes are forming now for Spring! Classes are led by trained professionals from Fairhill Partners.

“Healthy U: Take Charge of Your Health”

Are you aged 60+ living with a long-lasting health condition?

Join this free six-week program, *Six Weeks to Better Choices* to help you live a healthier life! Learn from trained leaders who understand what you are experiencing. Anyone 60+ living with a long lasting health condition is welcome to attend this workshop. Classes are 2.5-hours, once a week for six weeks.

The next Health U class will begin on Thursday, June 4 and will be held at South Euclid Community Center from 12:30 PM – 3:00 PM.

A Matter of Balance: Do You Have Concerns About Falling? This free program emphasizes practical strategies to manage falls.

Upcoming Matter of Balance class dates:

- Spring Session 1 will begin on Friday, February 20 in Mayfield Heights at Ross C. DeJohn Community Center. Time for the class is 10:30 AM – 12:30 PM
- Spring Session 2 will begin on Thursday, April 2 and will be held at South Euclid Community Center from 12:30 PM -2:30 PM.

Spring Session 3 will TENTATIVELY begin on Friday, May 1 and will be held in Mayfield Village Community Room, 6621 Wilson Mills Rd., from 1:00-3:00 PM.

For information or to sign up for either class, please call 216-650-4029.

Agency Announcement

Community Partnership on Aging welcomes Elyse Smith to her new position as **Event Coordinator** for the agency. Elyse has been busy scheduling both day and overnight trips as well as several local outings. She can be reached in our Lyndhurst office at 440-473-5138 or by email at smithe@communitypartnerhsiponaging.org.

Cleveland Historic Houses of Worship

Wednesday, March 11th

8:30 AM Departure

\$54

Vintage Wine Tour of The Lake Erie Wine Trail

Wednesday, April 22nd

8:30 AM Departure

New Lunch Option

“Lite Bite” Lunches!

Do you prefer a later lunchtime?

Do you prefer to eat light for lunch?

Coming in January...Lite Bite Lunches are for you!

A light meal option prepared and provided by Community Partnership on Aging that does not require reservations! Lite Bite and is served drop-in style from 12:15-1:00 at South Euclid Community Center each week. See the monthly menu on agency website for details.