

AGING ACTIVELY

Lake Metroparks Senior Adult Fair

Tuesday, September 19 • 9 am to 3 pm

Lake Metroparks Farmpark

Free admission for Lake County residents (proof of residency required)

Sponsored by Lake Hospital System and WELW AM 1330

Free health screenings by Lake Hospital System; call (440) 953-6000 or 1-800-454-9800 to register for health testing. Also features Lake County Probate Court presentations with Judge Ted Klammer, Senior Safe program, Showbiz Kidz Senior Theater Ensemble, vendors, exhibits and presentations. For information call (440) 256-2122 or 1-800-366-FARM (3276). Enjoy "Pancakes in the Park" before the event; pre-registration required, details on page 11!



DAY TRIPS

Fascinating Colors at Lake View

One 4-hour session, Fee: \$15

We will venture to Lake View Cemetery to see the beautiful colors of their many different trees. This tour will include many of our favorite places. Fee includes transportation and lunch. Moderate hike.

Instructor: Fran Ward, min 10, max 24

Starts	Time	Place	Code
Thu, Oct 19	10 am	PG	6501-3



Covered Bridges in the Fall

One 7 hour session, Fee: \$10

We will travel to the beautiful covered bridges of Northeast Ohio and enjoy autumn colors along the way. Lunch on your own at Buck's Inn.

Instructor: Fran Ward, min 10, max 24

Starts	Time	Place	Code
Tue, Oct 24	9 am	PG	6502-3

Autumn Splendor

One 5-hour session, Fee: \$15

Enjoy the beauty of fall as we tour some of our most scenic parks. We will stop for lunch along the way then continue our adventure through Lake County. Fee includes transportation and lunch. Moderate hiking. Instructor: Fran Ward, min 10, max 24

Starts	Time	Place	Code
Thu, Nov 9	10 am	PG	6503-3

Graveyards in the Fall

One 3-hour session, Fee: \$20

Join us as we tour some of Lake County's more famous graveyards and learn about the people who reside there.

Instructor: Fran Ward and Lake County Historical Society, min 10, max 24

Starts	Time	Place	Code
Sat, Sep 23	10 am	PG	6504-3
Sun, Oct 8	10 am	PG	6505-3
Sun, Oct 22	10 am	PG	6506-3

INTERGENERATIONAL

Explore the Creek!

Ages 50+ with children ages 6 and older

One 90-minute session, FREE

Pair up with a younger relative (grandchild, niece, nephew, etc.) as we explore the dynamic ecosystem of an Ohio stream on this 1- to 2-mile trek.

Instructor: Chris Worrell, min 6, max 16

Starts	Time	Place	Code
Sat, Sep 2	2 pm	HW	3721-3



Pond Dippin'

Ages 50+ with children ages 6 and older

One 90-minute session, Fee: \$5

Turtles, frogs, insects and algae! See what you and your grandchild can find in our pond! Nets and buckets will be provided for a close-up view. Enjoy a snack and take home a pond life guide.

Instructor: Naturalist Staff, min 6, max 20

Starts	Time	Place	Code
Sat, Sep 9	11 am	PG	3928-3

Grand and Healthy Hiking

Ages 50+ with children ages 4 and older

One 2-hour session, Fee: \$5 per pair (one adult, one child)

Healthy habits start early. Come out and take a walk with your grandchild and show him/her the way to good health. Healthy snack after walk.

Instructor: Fran Ward, min 10, max 30

Starts	Time	Place	Code
Sat, Sep 9	2 pm	PG	6507-3

Who's the Better Bowler?

Ages 50+ with children ages 4 and older

One 2-hour session, Fee: \$15 per pair (one adult, one child)

Enjoy a fun-filled afternoon bowling with children. Who can score the highest? Light snack after games.

Instructor: Fran Ward, min 10, max 30

Starts	Time	Place	Code
Sun, Oct 15	1 pm	Scores Bowling Center	6508-3

Spaceships and Rockets

Ages 50+ with children ages 4 and older

One 2-hour session, Fee: \$5 per pair (one adult, one child)

Each child will design and build the best rocket in the world. Whose will fly the highest or longest? Light snack included.

Instructor: Fran Ward, min 5, max 20

Starts	Time	Place	Code
Sun, Nov 12	3 pm	CP-EAST	6509-3

JUST FOR FUN

Pancakes in the Park

One 45-minute session, FREE

Pre registration is required.

This breakfast program is co-sponsored by Lake Metroparks, Lake County Council on Aging and Laketrans. Laketrans arrangements need to be made two weeks in advance. After breakfast, stay for the Lake Metroparks Senior Adult Fair (see page 10)!

Instructor: Recreation Staff, min 50, max 100

Starts	Time	Place	Code
Tue, Sep 19	8:30 am	FP	6516-3
Tue, Sep 19	9:15 am	FP	6517-3
Tue, Sep 19	10 am	FP	6518-3

Sit and Stay Fit

Six 1-hour sessions, Fee: \$3 each or \$15 for all

We'll sit, listen to music and work our muscles! This workout is the equivalent of a one-mile walk and is great for those who cannot visit our parks. Class meets weekly.

Instructor: Fran Ward, min 5, max 20

Starts	Time	Place	Code
Wed, Sep 13	2 pm	LL	6510-3

Ruby Red Hat Revelry

Red Hat Members ages 50+

One 3-hour session, Fee: \$10

It's a Red Hat Party! Join us for a fun afternoon of music, food and friendship. Which Red Hat group will have the most members present? Lunch provided.

Instructor: Fran Ward, min 20, max 100

Starts	Time	Place	Code
Wed, Nov 15	11 am	PT	6511-3

NATURE

Tuesday Fast Hikers

Weekly 2-hour sessions, FREE

The Tuesday morning Fast Hikers now have their own schedule! Enjoy nature during 4- to 5-mile hikes every Tuesday. Schedule and maps are distributed at the Sep 12 program.

Instructor: Naturalist Staff, min 10, max 40

Starts	Time	Place	Code
Tue, Sep 12	10 am	PG-NC	3707-3

Hiking Seniority

Weekly 2-hour sessions, FREE

The Hiking Seniority program is 18 years young this year! We meet year-round every Tuesday at nearby parks for nature appreciation, exercise and camaraderie. Schedule and maps are distributed at the Sep 12 program.

Instructor: Naturalist Staff, min 10, max 50

Starts	Time	Place	Code
Tue, Sep 12	10 am	PG-NC	3708-3

Senior Trail Trekkers

Weekly 1-hour sessions, FREE

This shorter, less strenuous version of Hiking Seniority hikes year-round every Tuesday at area parks on fairly level terrain. Schedule and maps are distributed at the Sep 12 program.

Instructor: Naturalist Staff, min 10, max 35

Starts	Time	Place	Code
Tue, Sep 12	1 pm	PG-NC	3709-3

REQUESTED PROGRAMS

Showbiz Kidz Theater Ensemble

We are an amateur volunteer senior theater group that performs at your agency, facility, or outing. Sing along as we put a smile on your face and in your heart. For show reservations, more information, or if you are interested in becoming a member contact Fran Ward at (440) 585-3045 or fward@lakemetroparks.com.

Senior Safe and Healthy

The fastest growing population in America is our seniors. We are living longer and staying in our own homes alone. The Lake Metroparks Crime Prevention Representative and Recreation Department will provide expert advice on how to stay 'safe and healthy' as we enjoy our golden years. To request this FREE program, call (440) 358-7290 (minimum 10 participants).

See page 10 for more programs that may be requested for groups of adults.

Golf cart tours of our parks are available for the physically challenged. Please call Fran Ward at (440) 585-3045 to schedule!

