



COMMUNITY NEWSLETTER

February 2024

Columbia Park
7100 Columbia Road
Olmsted Township, Ohio

OFFICE HOURS

Monday through Friday
8AM to 5PM

Office (440) 235 - 5300

Sales (440) 219 - 0259

Gatehouse (440) 793 - 6784

CUSTOMER CARE

1-833-700-2439

CustomerCare@livewindward.com

COLUMBIA PARK ENTRANCE MAKEOVER

Thank you for your patience as we up-grade the Columbia Road entrance makeover. Installation is complete! The testing has finally been completed. We have distributed most of the initial window stickers to activate the gate for residents. If you have a second vehicle, we now have a supply so stop by the office.

The Columbia Park staff is finishing training on the gate's operation. Once we are all familiar with the operation, we will begin distributing information and instructions to our residents. We want to make sure everyone is aware and ready. Please keep a look out for emails with more information. If you need to update your contact information, please give us a call! As a reminder, printed information is always available in the community office.

Once the gate is up and running, our wonderful guardhouse employees will be onsite to assist as we all adjust to the new system.

NEW GATE ENTRY STICKERS

If you have not yet received your gate sticker(s) to be placed on the window of your vehicle, please drive by the community office and have it installed in your car by one of our team members!

If you are getting a new vehicle and replacing your current vehicle, please do not leave the gate sticker in the old car. You can stop in the community office to have it removed from your current car, and we will save it for the new car.

POST OFFICE ON WHEELS

This information came directly from the Post Office: The Post Office on Wheels Program will be at our community on Thursdays, **February 15th from 9:40 AM to 10:00 AM** and **February 22nd from 9:45 AM to 10:10 AM** in the parking lot at the Social Hall.

YOU'RE INVITED: ANXIETY PRESENTATION

Please join us for a presentation on anxiety on Friday, **March 8th from 6:00 PM to 7:30 PM** by Marwa Malass, PharmD Candidate from MCPHS University of Boston, MA!

She needs at least 10 people for her presentation to count towards her degree. Please plan to attend, learn something different, and show our support for students!

CONTACT US

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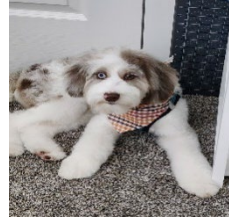
DOG OF THE MONTH

Think you have the cutest pooch on the block? We would love to feature your pup in the Dog of the Month Program. Each month, you can submit the furry member(s) of your family to compete against their neighbors to see who's the top dog. Go to our website ColumbiaParkOhio.com to enter.

Win Dog of the Month and you will receive:

- **\$50 Rent Credit**
- **Gift Bark-sket**

This month, our winner is a puppy named Bella who will be turning a year old in May. She lives on Elgin Oval and enjoys bossing her little sister around.



2024 TAX SEASON IS HERE

AARP Tax AID is not going to be at the social hall this year, but they are still available to prepare taxes. Below are a few phone numbers that maybe able to assist with your tax preparation.

<https://taxaide.aarpfoundation.org>

You can call **AARP Tax Aid at 888-227-7669**. The following are the closest AARP Tax Aid locations for in-person and drop-off:

Middleburg Heights Library: 440-558-6012

Westlake Senior Center: 440-899-3544

Brook Park United Methodist Church: 216-676-4738

Fairview Senior Life Office: 440-356-4437

Be sure to call ahead as many of these locations require appointments!

Empowering and Strengthening Ohio's People (ESOP) a subsidiary of the Benjamin Rose Institute On Aging that's offering free tax service for low to moderate income individuals living in Cuyahog County. For more information, visit their website at www.refundohio.org or call **211** for the automated system.

SELLING YOUR HOME

An Intent to Sell Form is required to be completed and returned to the main office 30 days or more prior to the sale. The information gathered will be your forwarding address for the purpose of your security deposit disposition. Once you are gone a final water read will be taken and billed to your account. Your final water and sewer bill be deducted from your security deposit and any remaining balance will be refunded to you and mailed to your forwarding address. If your security deposit does not cover any outstanding charges, you will be sent a bill for the remaining balance due.

NEW SOCIAL HALL ACTIVITY

"Yoga for Aging Bodies" is a gentle yoga class for "every-BODY" starting Tuesday, February 20, 2024.

Did you know yoga is a great way to get regular exercise and improve your quality of life and slow down the aging process? It improves your cardiovascular health through mindful breathing that can lower your B/P and slow your heartbeat. It can reduce anxiety and depression through breathing and meditation. It increases your balance, flexibility and strength through gentle stretching and movement. No matter how inflexible, out of shape or overweight you feel, yoga is for you! You can sit in a chair or sit on your mat. Please wear comfortable clothing that allows you to stretch and move. All you need is a yoga mat, but you may bring some props to sit on & assist you through class. Yoga blocks, cushion/bolster.

This is a donation-based class. I would like to charge something but understand some people are on fixed incomes. I want everyone to be able to participate because yoga is so beneficial for us. I don't want to make money a reason someone can't do this. However, this is a side job for me so I'm trusting everyone will do what they can. Please reach out to me on my Facebook or email me at christineslilyogis@yahoo.com if you have any questions.

You can sit in a chair or stand on your mat. Please wear comfortable clothing that allows you to stretch and move. All you need is a yoga mat, but you may bring some props to sit on & assist you through class. Yoga blocks, cushion/bolster

Social Hall Activity Schedule

Activity	Day	Time	Activity Coordinator
Sittersize	Mondays and Wednesdays	2:00 PM - 3:00 PM	Diane (440) 783-2436
Cards & Games	Mondays	3:15 PM - 7:00 PM	Sandy (440) 376-3615
Bible Study & Open Conversation Forum	Tuesdays	10:00 AM - 11:30 AM	Barb (440) 427-9401
Mahjong	Fridays	10:30 AM - 1:00 PM	Pat (440) 235-2849
BINGO	2 nd Tuesday and 4 th Wednesday	6:00 PM	Tom (440) 864-2538
Brown Baggers Lunch Bunch	1 st Thursday All are Welcome!	1:00 PM - 4:00 PM	Rosetta (440) 235-5505
Crocheting & Knitting	Tuesdays	1:00 PM - 3:00 PM	Cyndi (216) 776-9413
Computer & Internet Basics	1 st and 3 rd Wednesday	4:30 PM - 5:30 PM	John (440) 212-3970
Yoga For Aging Bodies This is a gentle yoga class for everybody	1 st , 3 rd & 4 th Tuesdays 2 nd Wednesday	5:30 PM – 7:30 PM	Christine Gallagher (440) 429-0851

If you would like to start an activity at the Social Hall, we would be happy to add it to the schedule! Please reach out to us at the Community Office to get started.

If you have questions about an above activity, please contact the respective coordinator.

We do not have the space to accommodate manuals, reference books, cookbooks, magazines, VHS tapes, or DVDs in our library. These items will be disposed of if left in the library area.

Sandy at (440) 376-3615 is our librarian.

Thank you for your understanding and cooperation!