



Notes from Barbara

The Athens Village office is open again, following the plumbing disaster which struck ACENet Buildings A & B on October 27.

With a late newsletter for the month of November, due to the aforementioned plumbing problem, we are playing “catch-up” on Village news. Please check dates of events for time requirements (i.e., ride request one week in advance of event). Also, remember during this Thanksgiving season to count all of your blessings! Maintaining a positive outlook can go a long way towards good health. I hope that November turns out to be a good month!

November Calendar

- **Every Monday, 7 a.m. to 9 a.m.,** Tech Help at the Community Center. Bring your own charged device.
- **Every Monday, noon-1 p.m.** Tai Chi for Arthritis and Balance Awareness, Community Center. From Sept. 9. Free.
- **Every Tuesday, 10:30 a.m.** Chair Yoga, OSU Extension office, 280 W. Union St., \$5 donation per person per session.
- **Every Tuesday, 1 p.m.** Informal gathering at Bob Evans, hosted by Ellsworth Holden
- **Mon., Nov. 4, 1:30 p.m.,** Public Information Team monthly meeting, ACENet Bldg. B Conf, Room.
- **Tues., Nov. 5, 06:30 a.m. to 7:30 p.m.** Election Day
- **Tues., Nov. 12, 10 a.m.** Board Meeting, *The Plains Library Meeting Room*
- **Mon., Nov. 11, 1 p.m.** Membership Team Meeting, ACENet, Bldg. B Conf. Room.
- **Mon., Nov. 11, 2 p.m.** Hearing Aid Users’ Interest Group (see p. 4)
- **Wed., Nov. 13, 4 p.m.** Informal gathering at Athens Uncorked, 14 Station St.
- **Wed., Nov. 20, 1 p.m.** “Get More Out of Your Membership” Join Barbara at Tim Horton’s.
- **Fri., Nov. 22, 10 a.m. to noon,** Athens Public Library. Speaker TBA.
- **Health & Wellness Team:** Meetings CANCELLED for November and December

CULINARY CONVERSATIONS

November 20, 5:30 p.m. at Lui Lui’s in the Station Street mini-mall. Rita Oberholzer will be our dinner host!

If you plan to join us, call the TAV office to secure your spot. If you would like a ride to this event, call the TAV office by Nov.13 to reserve a ride.

If you would like to host a Culinary event, it’s quite simple. Call the TAV office to learn how.

November TAV Birthdays

If you see any of these TAV members, please wish her or him a Happy Birthday!

- | | |
|------------------|-----------------|
| Wally Bald | Kathy Evans |
| Ann Fox | Ralph IZard |
| Betty Larson | Paula Lockard |
| Roberta Thibault | Margaret Thomas |



The Athens Village Voice

*Stay connected and engaged.
Your feedback is always welcome.*

Barbara Conover, Executive Director
Susan Gilfert, Administrative Assistant
David North, Home Maintenance Coordinator
Susan Gilfert and John Barrington, AVV Editors

Address: 94 Columbus Road, Building B,
ACEnet Campus, Athens, OH 45701-1312

Office phone: 740-447-0500

Office hours: Mon.-Fri. 10 a.m. to 2 p.m.

After hours: Members may call 740-447-0500 any time. **Please** leave a message.

E-mail: TheAthensVillage@gmail.com

Website: <http://www.TheAthensVillage.org>

Board of Directors

Gregg Andrews	Marsha Dutton
Don Fucci	Jack Flemming
Steve Grimes	Ellsworth Holden
Joyce Lewis	Steve Pierson
Bonnie Prince	Gladys Bailin Stern
Louis Wright	

Corporate Sponsors*From the President's Desk*

At the recent annual meeting of the members of The Athens Village, four of eleven board members were elected to new three-year terms. At the October board meeting, officers were elected for one-year terms.

As the newly-elected board president, I plan, among other things, to recommend to the board that we substantially deepen and broaden communication between the board and the membership at large. Details await board action.

TAV Vital Statistics

As of Oct. 25, TAV consists of 100 members, including 27 men and 73 women.

The average age of members is 79.34 years.

11 members are over 90 years of age;

41 members aged 80-89;

38 members aged 70-79;

8 members aged 60-69;

and 2 members are age unknown.

November Events to Remember

Sun., Nov. 3, 02 a.m., Fall BACK. Please remember to turn your clocks back one hour to revert to Standard Time.

Tues., Nov. 5, 06:30 a.m. to 7:30 p.m. Primary Election in Ohio. You can vote early in person at the Board office on Court St. See <https://athens.ohioboe.com/> for hours.



OMNI FRIENDS AND COLLEAGUES!!

Would you like to help researchers understand how working memory performance is associated with aging? Researchers are interested in how neuromodulation impacts working memory in older adults. You may qualify to participate in this study if you are over the age of 50 and live independently. For more information on current research participation opportunities, please call 740-593-2378 or email ab859013@ohio.edu

Thank you!

Brian C. Clark, Ph. D.

The Health and Wellness Team

Graceful Aging Hints

WOOP!

When we realize we need a boost to make a change we really would like to make, but don't know how to get it done, try this process. It was designed by Joan Monin, Ph.D., at Yale School of Public Health and Gabrielle Oettingen, Ph.D., at U. of Hamburg, Germany with support from the National Institute of Aging.

Make a list of your responses to this acronym:

W = Wish. State a health, relationship, or other improvement wish or goal.

O = Outcome. What do you want to see happen?

O = Obstacles. What is getting in your way?

P = Plan. What practical steps can you take to move in the direction of your wish?



★ Free Technical Assistance at the Library ★

★ Athens: Fridays, 9 a.m. to 5 p.m. ★

★ The Plains: Tuesdays, 1:30 to 5 p.m. ★

★ Other Athens County libraries have other hours. ★

★ Appointments are strongly encouraged, especially for Athens. ★

★ Request an appointment with **Austin** by filling out this form (<https://www.myacpl.org/techtraining/appointments/>) or emailing tech-nology@myacpl.org. ★



Technical Assistance is also available
at The Work Station,
70 N. Plains Rd., The Plains.
Wednesdays, 8 a.m. to noon



It Takes TeamWork

**All TAV teams need new members!
Please volunteer!**

Public Information Team

Task: Charged with keeping The Athens Village before the eyes of the Athens County public in whatever ways possible. **Meets 1st Mondays 1:30 p.m. at ACEnet.**

Membership Team

Tasks: Charged with member recruitment and retention; identifying the needs and methods to provide support to members to build relationship. **Meets 2nd Mondays, 1:30 p.m. at ACEnet.**

Health and Wellness Team

Tasks: Charged with determining member needs and creating programs concerning safety and wellness; assisting with development and maintenance of projects and events for the membership; and focusing on special events or topics of concern, including professional services, educational events, and social/entertainment events. **Meets 4th Thursdays at 3 p.m. at ACEnet.**

ALZHEIMER'S ASSOCIATION WORKSHOPS

The Alzheimer's Association offers FREE workshops every 2nd Tuesday **at noon at ACEnet Bldg. B.** The topic on Nov. 12 is "Caregiver Stress and Dealing with the Holidays." *Feel free to bring your own lunch.* **Call Andrea at 740-578-4382** to register. Registration is requested so that enough materials are prepared.

Public Information Team Update

The October meeting included a review of the existing Village brochure, and discussion of creating a new one.

**This Team needs new members!
Please volunteer!**

**Next meeting: Mon., Nov. 4, 1:30 p.m.,
ACEnet Conference Room B.**

Membership Team Update

The Team met on Oct. 14. Lynn Graham has agreed to be the new Chair for this vital team! Yay! This team needs more members willing to make calls. Callers need not attend monthly Team meetings.

**Next meeting: 1:30 p.m., Monday, Nov. 11
ACEnet Conference Room B**

Health & Wellness Team Update

The Team met on Oct. 24 for the last time this year. Discussion topics included the Life Stories Project and coping with the medical system.

Next meeting: Thurs., Jan. 23, 3 p.m.

Recycling Tips From

Real World Organizing



TAV supporter Aubrei Krummert of Real World Organizing, offers this

Nov. tip:

> Let's continue with last month's theme of preparing for the December holidays. Take a look at your holiday card list and get them written out, addressed, stamped and ready to mail. Put a rubber-band around the cards and then put a Post-It on them with the date you'd like to mail them. If you need more of a reminder, write "mail cards" on the date in your calendar.

Hearing Aid Interest Group

Next meeting: Monday, Nov. 11

at 2 p.m., 94 Columbus Road

Conf. Room B, Open to the Public

At each meeting, facilitator Richard Dean addresses issues raised by participants concerning hearing aids.



2019-20 Mem Aud Performing Arts Series

For all 9 performances, a senior series seat is \$155. More info at https://issuu.com/oucic/docs/0516.19.d_performing-arts-series-bo

The Mem Aud box office is open Mon-Fri. from noon to 5 p.m. The phone number is 740-593-1780. Many subscribers renew their seats every year.

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|--|---|
| • "Harlem 100": Thurs., Nov. 7, 2019 | • National Tour <i>The Color Purple</i> : Sun., |
| • "Nella": Mon., Nov. 18, 2019 | "DRUM TAO 2020": Wed., March 4, |
| • "CANTUS," Three Holiday Tales:
Sun., Dec. 8, 2019 (no free rides possi-
ble) | 2020 |
| • National Tour <i>The Choir of Man</i> :
Thurs., Feb. 27, 2020 | • "STOMP": Tues., April 7, 2020 |
- The Village can arrange door-to-door rides for performances which are not on weekend days *IF* there is enough interest while the social transportation funding**

Other Events

- ▶ **Fri., Nov. 1, Baker Center Ballroom, 8 p.m.**, Michael Kosta, comedian, from *The Daily Show* Tickets \$20. Box office 740-593-1780.
- ▶ **Fri., Nov. 1, Mem Aud. 8 p.m.** Fall Jazz Concert.
- ▶ **Wed., Nov. 6 OU Credit Union E. State St. Branch** Basic Estate Planning information session with attorney Garry Hunter
- ▶ **Thurs Nov. 7 and Fri., Nov. 8, Wimmer Dance Theater in Putnam Hall 7 and 9 p.m. each evening**, Dance concert by The Movement Organization. Ticket co\$t?
- ▶ **Sat., Nov. 9, Athena Cinema, 12:55 p.m.** The Met: Live in HD presents *Madama Butterfly*. Tickets \$18.
- ▶ **Thurs., Nov. 14, Arts/West, 7 p.m.** Gaelynn Lea, winner of NPR's Tiny Desk Concert in 2016. Free.
- ▶ **Sat., Nov. 16, 8 p.m. and Sun., Nov. 17, 2 p.m., Baker University Center** *Hand to God*, comedy produced by Lost Flamingo Company. Admission \$5.
- ▶ **Sat., Nov. 16, First United Methodist Church, 4 p.m.** Broadway at OHIO. Ticket co\$t?
- ▶ **Thurs., Nov. 21-23 and Dec. 4-7, Forum Theater, 8 p.m. each evening** Tantrum Theater presents Eugene Ionesco's *Rhinoceros*, Talkbacks Nov. 23 and Dec. 5 following the performance. Tickets \$10 for seniors. OU students free.
- ▶ **Sat., Nov. 23, 12:55 p.m., Athena Cinema.** Philip Glass' *Akhmaten* (Met Premiere). Tickets \$18.
- ▶ **Sat., Nov. 23, 8 p.m. and Sun., Nov. 24, 2 p.m. Baker Center Theater** *Too Much Light Makes the Baby Go Blind*. Improvisation. Audience participation required in this improv show. Tickets \$5.

For the Love of Athens—Reasons to Age-in-Place in Athens County



Athens Public Library
30 Home St., 740-592-4272
www.myacpl.org/athens/

O'Bleness SeniorBEAT Activities

- * Book Club, **Mon., Nov. 11, 10 a.m., O'Bleness Cafeteria.**
- * History Group, **Thurs., Nov. 14, 1 p.m., O'Bleness Room 8**
- * "Food for Thought" Speakers Program, **Thurs., Nov. 21, 2 p.m., O'Bleness Room 8**
- * Lunch Group, **Fri., Nov. 22, 11:30 a.m.** Meets at IHOP in the Market on State Street

To join SeniorBEAT, call Caitlin Bond at
740-434-3289
or email caitlin.bond@ohiohealth.com

Athena Grand, 1008 E. State St., <http://athenagrand.com/>

Call 740-593-8822 for a recorded message of times of films

- Tues., Nov. 5, 6:30 p.m.** National Theater Live: *All About Eve*. Directed by All tickets \$15
- Wed., Nov. 7, 7 p.m.** *The Divine Plan: Reagan, John Paul II & The End of the Cold War* (2019) All tickets \$12.50
- Wed., Nov. 13, 7 p.m.** *The Godfather: Part II* (1974) All tickets \$12.50
- Wed., Nov. 20, 7 p.m.** *Princess Mononoke* (1997, Japanese animation, dubbed) All tickets \$12.50


Athena Cinema, 20 S. Court St., 740-594-7382; <http://athenacinema.com/>

- Fri., Nov. 1, 7:30 p.m. and Sat., Nov. 2, 5 and 7:30 p.m.** *Monty Python and the Holy Grail*. (1975) For Dad's Weekend. Admission \$8.
- Mon., Nov. 4, 7 p.m.** *Curtiz* (2018) Biopic narrative about film director Michael Curtiz as he filmed *Casablanca*. Panel discussion follows. Free.
- Tues., Nov. 5, 7 p.m.** *Juno* (2007). Pre-show discussion with Dr. Jane Balbo about contraception. Free.
- Mon., Nov. 11, 1 p.m.** *The Veterans' Project* (2017) Documentary about veterans. Q & A with filmmakers after the screening. Free.
- Wed., Nov. 13, 7 p.m.** *On the Front Line* (20??) Documentary about Mozambiquan park rangers. Free.
- Wed., Nov. 20, 7 p.m.** *Chernobyl's Café* (2016) Documentary of how Chernobyl is emerging after a nuclear accident 30 years ago. Free.
- Fri., Nov. 22 and Sat., Nov. 23, 7:30 p.m.** *Blade Runner* (1982) with improvised score by Duo Un-prepared. Admission \$8.

Upcoming Village Events, Nov. 2019

Mondays, noon to 1 p.m., Athens Community Center Tai Chi with Barbara is back! The City of Athens is not yet charging for the classes! Hooray!

Thurs., Nov. 7, 10:00 a.m., Athens Community Center Veterans' Pinning Ceremony

 **Sat., Nov. 9, 12:55 p.m., Athena Cinema** The Met: Live presents Puccini's *Madama Butterfly*. Tickets \$18 at the door. Season purchase options available, call the Athena at 740-594-7382.

 **Wed., Nov. 13, 4 p.m., Athens Uncorked** Informal social gathering for Villagers and friends

Wed., Nov. 20, 5:30 p.m. Lui Lui's Restaurant Culinary Event, host: Rita Oberholzer

Wed., Nov. 27, 1:00 p.m. Tim Horton's Coffee Shop Coffee & Conversation with Barbara

*Rides provided to TAV members who call the TAV office a week in advance. Phone or text 740-447-0500, or email TheAthensVillage@gmail.com

Transportation Update

It is **NECESSARY** that your request for a free ride for Village social events be made **AT LEAST** a week in advance. The driver, the van, and the routing need to be scheduled ahead. Last-minute changes cannot be accommodated.

Of course, cancellations occur. A problem arises with members who make a reservation and then cancel the day **OF** the trip. Making a reservation means that another person cannot use that seat. Please be considerate of others and cancel no later than noon the day **BEFORE** the event.

This program has been funded through donations from Village members. Interested members who want to see this program continue may consider sending a donation check to the Village office with "social transportation" in the memo line.

Other Events of Interest

Thurs., Nov. 21-Sat., Nov. 23, 7 and 9 p.m., Wimmer Dance Theater (Putnam Hall)

Sat., Nov. 2, various times, Glidden Recital Hall noon: Sadie Cossman (flute); 2 p.m., Lexi Carlson (flute); 4 p.m., Graduate Brass Quintet; 6 p.m., Nathan Wise and Tyler Hawk (euphonium)

Sat., Nov. 9, 8 p.m., Glidden Recital Hall. Opera Theater students present "Opera Scenes" from French operas. Free.

Thurs., Nov. 21-Sat., Nov. 23, 8 p.m., Forum Theater (RTV Building) Tantrum Theater presents *Rhinoceros* by Eugene Ionesco, directed by Jose Carrasquillo & Jeannette Buck. Talkback on Sat., Nov. 23, after performance. Tickets \$

