

# EXPLORE with us!

Generations  
AULTMAN

2026 Events • January – May



## JANUARY

**Winter/Spring Bowling League at Park Centre Lanes in North Canton**  
Meeting Tuesday, Jan. 13  
League runs weekly on Tuesdays, Jan. 20 - March 24  
Bowling banquet March 24  
\$10 per week



**Irresistible Air Fryer Cooking**  
Friday, Jan. 30, at 10 a.m.  
North Canton Medical Center Health Education Building, Entrance A  
**FREE • Please call to register**

If you love fried food but want to avoid unhealthy fats, don't miss this workshop led by AultCare Dietitian Joy Benjamin, RND, LD MCLC, CPT. You'll learn how to bring out the flavor in your meals with Joy's tips for easy, delicious and healthy air fryer recipes.

### From Stress to Strength: Practical Strategies to Cultivate Positivity and Resilience

Thursday, Feb. 19, at 10 a.m.  
North Canton Medical Center Health Education Building, Entrance A  
**FREE • Please call to register**

Life's challenges can feel overwhelming, but the science of positive psychology offers powerful tools to help you thrive. Join Sara Sayre, Ph.D., licensed psychologist and president of Barbara Fordyce and Associates, LLC, for this interactive session. You'll learn techniques to transform stress into strength, creating lasting well-being.



## FEBRUARY

**Spring Craft**  
Friday, Feb. 6, at 10 a.m.  
Brewtifully at Oakwood Square  
2698 Easton St. NE, Canton  
\$25 per person  
Reservations by Jan. 22

Sip hot cocoa while painting an abstract bunny for spring. The workshop is followed by an optional lunch at an Oakwood Square restaurant at an additional cost.

### Cleveland Cavaliers vs. Brooklyn Nets | Rocket Arena

Thursday, Feb. 19  
Game time: 7 p.m.  
\$80 per person  
Bus leaves from St. Michael Church  
Reservations by Jan. 19

The cost includes club seats and transportation to the arena.



## MARCH

**Senior Sing Program Partnering With Sing Stark**  
Weekly on Wednesdays, March 4 - May 13, at 10 a.m.  
North Canton Medical Center Health Education Building, Entrance A



This group is for all seniors who want to meet new friends, laugh a little and sing a lot. The mission of Sing Stark is to ignite the power of singing and to inspire the community to improve mental health and well-being. Rehearsals culminate in a spring concert at 2 p.m. on Thursday, May 14, in Aultman Hospital's Bedford lobby.

### Protect Yourself From Scams

Thursday, March 5, at 10 a.m.  
North Canton Medical Center Health Education Building, Entrance A  
**FREE • Please call to register**

Detective Danielle Paciorek of the Perry Township Police Department and Detective Jeff Aynes of the Jackson Township Police Department will lead this informative session. They will share insights on the latest scams targeting individuals and provide tips on how to keep your personal information secure.

**More fun events on the back!**





## MARCH

**Aultman Health and Wellness Day at the Stark County Home and Garden Show**  
 Friday, March 13,  
 from 10 a.m. to 3 p.m.  
 Hall of Fame Village Center for Performance  
 1901 Champions Gateway, Canton

Learn about the latest strategies for health and wellness from healthcare experts during this special event at the Stark County Home and Garden show. Tickets will be available at the door.



Please call  
**330-363-6262**  
 for event registration.



## APRIL

**Cleveland Cavaliers vs. Atlanta Hawks | Rocket Arena**  
 Wednesday, April 8  
 Game time: 7 p.m.  
 \$80 per person  
 Bus leaves from St. Michael Church  
 Reservations by March 9

The cost includes club seats and transportation to the arena.



**National First Ladies Library and Museum**  
 Friday, April 17,  
 from 10:30 a.m. - 12:30 p.m.  
 \$25 per person for private guided tour  
 Optional lunch at Benders Tavern following the tour - cost TBD  
 Reservations by March 27

Enjoy a private guided tour of the historic Saxton-McKinley House and a private tour of The Eras Exhibit: 250 Years of First Ladies' Progress and Power, which showcases how first ladies have redefined leadership, championed social causes and influenced national conversations. Provide your own transportation. Participants can park in the lot next to the Saxton-McKinley House where the tour will begin.



**"The Sound of Music" at Playhouse Square**

Thursday, April 23  
 Showtime: 7:30 p.m.  
 \$180 all-inclusive cost per person  
 Bus leaves from St. Michael Church  
 Reservations by March 23

We'll travel to Cleveland for dinner at LockKeepers and a lively performance of the beloved and timeless musical "The Sound of Music" at Connor Palace. You'll relive the story of Maria and the von Trapp family as they perform "Do-Re-Mi," "Edelweiss" and other perennial favorites.



## MAY

**Senior Sing Concert at Aultman Hospital**

Thursday, May 14, at 2 p.m.  
 Bedford Lobby

**Matilda the Musical**

Friday, May 15, at 7:30 p.m.  
 Players Guild Theatre  
 6000 Frank Ave. NW, North Canton  
 \$35 per person  
 Reservations by May 1

We'll see the thrilling tale of a brilliant young girl, the power of courage and standing up to injustice, all wrapped in magic, mischief and unforgettable music. Provide your own transportation.



**Cleveland Guardians vs. Boston Red Sox | Progressive Field**

Friday, May 29  
 \$140 per person  
 Reservations by May 1

The ticket price includes club seats, buffet and round-trip transportation from St. Michael Church in Canton.

*Please call 330-363-6262 for event registration.*