

# Senior Center

NORTH RIDGEVILLE OFFICE FOR OLDER ADULTS  
 7327 Avon Belden Road  
 North Ridgeville, Ohio 44039  
 Phone: 440-353-0828



## JANUARY—FEBRUARY 2020

### OFFICE HOURS:

Monday–Friday: 8 AM - 4:30 PM

**Closed: Wednesday January 1st,  
 Monday January 20th, Monday  
 February 17th**

### INSIDE THIS ISSUE:

Cover	1
Message from Meredith	2
Mind Challenge	3
Library News	4
Subscription Info	5
Fun at the Center	6-7
Bits & Pieces	8-9
Trips	10
Getting Fit at the Center	11
Senior Services	12-13
Calendar	14-15
News of Interest	16
Puzzle	17
Advertising	18-19
Address/Back Cover	20

**Tax  
 Appointment  
 Scheduling  
 opens Monday  
 January 6th at  
 9:00AM**

**AARP Foundation®**

**TAX-AIDE**

Free tax assistance for those who need it most

AARP Tax-Aide, IRS-trained and certified volunteers prepare federal and state taxes at the Senior Center February 4- April 14; from 9:00-3:00 pm. This free service is provided for middle to low income taxpayers, with special attention to those ages 60 and older. Appointments will be taken beginning January 6, 2020. Call the Senior Center at 440-353-0828 to schedule.



**Indoor  
 Walking!**



Get out and get walking this winter! Don't like walking in the cold? All members of the community are invited to join us for free indoor walking this winter! Program is free to attend with no pre-registration required. There will be informative talks by local health professionals and city officials.

**Ages:** Open to all ages    **Fee:** FREE to the general public

**Location:** Liberty Elementary 5700 Jaycox Rd

**Day** Thursdays beginning on January 9th through March 26th

**Time** 6:00-7:30PM

**No walk on February 27th, 2020**

## A MESSAGE FROM MEREDITH



Where has the past year gone? I am told that each year as you get older they fly by quicker and quicker and I am starting to believe it! This is just a reminder to be thankful for the time that we have and the beautiful lives that we are living. I am extremely thankful that I get to celebrate all of life's wonderful moments with all of you.

During this Holiday Season I always enjoy reflecting on what I am most thankful for. I would like to take a moment to thank all of our wonderful volunteers at the Senior Center. We are beyond lucky to have all of you and this place would not run without you here! The services that you provide are immeasurable and we could not do everything that we do without each and every one of you. Thank you from the bottom of my heart for all that you do to make this such a special place.

I hope that you will join us at our first Super Thursday of the year on Thursday, January 9, Mike Moore will be joining us for entertainment. And of course after a nice winter break we have our first Spaghetti Dinner of 2020 on Friday, January 31. I look forward to seeing all of your smiling faces at our many events. Let's all work together to make 2020 a great year!

Happy New Year!  
Meredith

### City Hall Hours:

**Mon. - Fri.**  
**8:00 a.m.**  
**until**  
**4:30 p.m.**

**City offices  
will be  
closed on:**  
**Wednesday**  
**January 1st**  
**New Year's**  
**Day**

**Monday**  
**January**  
**20th**  
**MLK Day**

**Monday**  
**February**  
**17th**  
**Presidents'**  
**Day**



*Spaghetti Dinners  
are Back!*

*January 31st, 2020*  
*April 24th, 2020*  
*September 25th, 2020*  
*October 30, 2020*

We welcome you all back for the first Spaghetti Dinner of the year on January 31, 2020 to enjoy our famous meal of Spaghetti, sauce and meatballs, garlic bread and salad. Adults \$7.00, Seniors \$6.00 and Children 10 and under \$4.00: dessert \$1.00, pop \$.50 extra and carry out is available.



Represent your city in 2020

Mind Challenge for the New Majority,

Be a team player in this trivia related competition.

Here's How It Works!

- Local municipalities and Seniors Centers will select teams to compete against other cities in Northeast Ohio region. Cash prizes (and bragging rights) will be awarded to the municipality
- All participants, regardless of team placement will receive a t-shirt and the opportunity to attend the Mind Challenge Championship Event on May 6, 2020 at the Jack Thistledown Racino.
- Competition will begin in January for the opportunity to form teams representing your city.
- The teams will include as many as 6 players per team. There is no limit on the number of teams a city may have.

There is **NO** Registration or Participation Fees.

Play-off competition with 36 area seniors centers will follow with:

The Smart Sixteen (February), Elevated Eight (March), Fact Finding Four (April) and Mind Challenge Championship (May).

For further details go to Mind Challenge website.

[www.themindchallenge.com](http://www.themindchallenge.com)

### **Team North Ridgeville Information:**

**Date:** Tuesday, January 21

**Time:** 3:00PM

**Location:** North Ridgeville Senior Center  
7327 Avon Belden Road

**To Register Call:** (440) 353-0828

Let's get out there and win for **NORTH RIDGEVILLE!**

# NORTH RIDGEVILLE BRANCH LIBRARY NEWS

JENNIFER WINKLER, BRANCH LIBRARIAN SUPERVISOR



## Sunday Series

The popular *Sunday Series* will resume on Sunday, January 12 at 3:00 p.m. This 11-week series will run through March 29 and features character portrayals, musical performances and interactive lectures. Pre-registration required. Visit [www.lorainpubliclibrary.org](http://www.lorainpubliclibrary.org) or call the North Ridgeville Branch at 440-327-8326 for more information.

Sunday, January 12; 3:00 to 4:00 p.m.

### **Woodstock: A 50th Anniversary Celebration**

Join us for a belated 50th anniversary celebration of the Woodstock Music Festival presented by the Doc of Rock and Roll, Joel Keller. This interactive presentation incorporates video and sound recordings, photographs, trivia and great stories! Sponsored by the Friends of the North Ridgeville Branch Library, Inc. Please consider preregistering for our other Sunday programs in January, February and March. Preregistration required.

Sunday, January 19; 3:00 to 4:00 p.m.

### **The Unsinkable Molly Brown—Portrayed by Carol Starre-Kmiecik**

Join us as actress and writer Carol Starre-Kmiecik brings Margaret Brown, American socialite, philanthropist and activist, to life in this interactive performance. Sponsored by the Friends of the North Ridgeville Branch Library, Inc. Please consider preregistering for our other Sunday programs in February and March. Preregistration required.

Sunday, February 2; 3:00 to 4:00 p.m.

### **Eight Wives of the U.S. Presidents from Ohio**

Hear from eight different women who portray the wives of Ohio presidents. Dressed in period costume like their representative First Ladies, the women share biographical accounts of growing up and eventually becoming a First Lady. Sponsored by the Friends of the North Ridgeville Branch Library, Inc. Please consider preregistering for our other Sunday programs in February and March. Preregistration required.

Sunday, February 9; 3:00 to 4:00 p.m.

### **African Drum and Dance**

Come enjoy an engaging afternoon with West African drummer Sogbety Dimonade. This interactive performance will provide a glimpse into West African rhythms, songs and dance. Sponsored by the Friends of the North Ridgeville Branch Library, Inc. Please consider preregistering for our other Sunday programs in February and March. Preregistration required.

Sunday, February 16; 3:00 to 4:00 p.m.

### **Underground Railroad in Lorain County**

Join Amanda Davidson, from the Lorain County Historical Society, as she discusses Lorain County's connection to the Underground Railroad and the anti-slavery contributions made by Ohioans. Sponsored by the Friends of the North Ridgeville Branch Library, Inc. Please consider preregistering for our other Sunday programs in February and March. Preregistration required.

Sunday, February 23; 3:00 to 4:00 p.m.

### **Hip to That Jazz Band**

Join jazz-quartet Hip to That for an afternoon of lively jazz music. Sponsored by the Friends of the North Ridgeville Branch Library, Inc. Please consider preregistering for our other Sunday programs in March. Preregistration required.

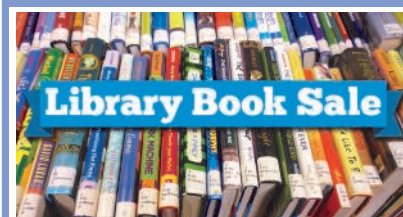
## LIBRARY HOURS:

Monday, Tuesday,  
Wednesday, Thursday  
10 a.m. to 8:30 p.m.

Friday, Saturday  
10 a.m. to 6 p.m.

Sunday  
1 p.m. to 5 p.m.

440-327-8326  
For Pre-Registration  
and Info



Thursday, January 23; 5:00 p.m. to 8:00 p.m. **Book Sale Preview**  
Admission to the book sale preview is reserved for members of the Friends of the North Ridgeville Branch Library, Inc. New members may join and former members may renew their annual memberships that evening.

Friday, January 24, Saturday, January 25; 10:00 a.m. to 5:30 p.m. **Book Sale**

Sunday, January 26; 1:00 p.m. to 4:30 p.m. **Book Sale – Bag Day**



# WELCOME TO NORTH RIDGEVILLE SENIOR CENTER

If you haven't already, it's time to renew your newsletter subscription for 2020. The \$8.00 fee per household help defray our costs to mail this newsletter every other month so we can keep you updated on activities here at the Senior Center.



**If your mailing label reads "2020" or "0" for Lifetime Subscription Members, you are current on your subscription for this year.**

We will be going through our list regularly and removing for anyone who does not keep their subscription current so we can keep our costs down. If you move, please update us on your new address.

## SUBSCRIPTION FORM - OFFICE FOR OLDER ADULTS

7327 AVON BELDEN ROAD  
NORTH RIDGEVILLE, OHIO 44039  
PHONE: (440) 353-0828

YEAR \_\_\_\_\_ LIFETIME\* \_\_\_\_\_ RENEWAL: YES / NO

DATE \_\_\_\_\_

*Please make checks payable to  
The N. R Office for Older Adults*

NAME \_\_\_\_\_

ADDRESS \_\_\_\_\_

CITY/STATE/ZIP CODE \_\_\_\_\_

PHONE: \_\_\_\_\_

EMAIL: \_\_\_\_\_

Please list below any areas of interest regarding classes, speakers, trips, activities at the Center, or any other interests you may have.

\_\_\_\_\_

**\*Lifetime Subscription eliminates having to pay your annual subscription fees each year.  
Annual Cost (per household): \$8.00    Lifetime Subscription: \$ 75.00**

## FUN AT THE CENTER WE HOPE YOU'LL JOIN US!



It's a wonderful morning of friendship at our Men's Breakfast. If you are 55 or older, join us at 9:00 am for a hot entrée, coffee, fruit cup, and juice are all included for the \$3.00 price. It's a fun filled morning of good food, fellowship and a wonderful speaker or entertainment. Reservations please by calling 440-353-0828, by 10am Wednesday morning.

January 2- Detective Victor Ortiz, Lorain County DTF/SWAT Team talking about incidents encountered as a SWAT Team member.

January 16- Dennis Sutcliffe, "Lost Cleveland Memories" with his program "They came from Cleveland"

Ladies meet at 10:30am for friendly conversation and program on the fourth Thursday of every month. The Brunch is a hot entrée, fruit, juice and coffee for only \$3.00. Reservations please by 10am Wednesday morning by calling (440) 353-0828.

Entertainment info was not available at time of publishing so please keep an eye out for our flyers in the center and our Facebook page.

The front desk ladies will let you know about the menu when they make reminder calls.



## Super Thursdays are Back!

January 9 - **Mike Moore will be our entertainment and we celebrate a Winter Wonderland!** Lunch will be Braats, sauerkraut, pierogis, corn, salad, dessert and beverage all for \$5.00.

February 13- **Debbie Darling will be serenading us with your favorite love songs and help us celebrate Valentine's Day a little bit early.** Our kitchen will be serving meatloaf, seasoned potatoes, green beans and cherry pie for dessert.

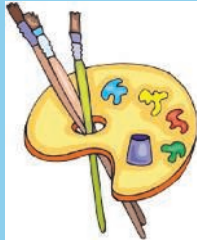
These lunches fill up quickly, so call in your reservations early to 440-353-0828.

### Reservations Please

*Our breakfasts, lunches and brunches fill up quickly so please call in your reservation early. If you can not make it once you have called in your R.S.V.P., please let us know so we can add someone from our wait list.*

**Thank You!**

## FUN AT THE CENTER CONTINUED...



### Freestyle (Watercolor) Art Group

Our art enthusiasts gather for morning of painting and conversation on

**Wednesdays 9:30 am- 12 (noon).**

There is no formal instruction, but all that attend assist each other with projects when needed. If interested, bring your paints and stop in on Wednesdays 9:30 am – 12:00 (noon) at the Senior Center.

### **CANASTA**

Group meets on **Wednesdays** from 12:30 p.m. until 4:00 p.m.

### **EUCHRE & PINOCHLE**

Our card players meet on **Thursdays** from 12 noon until 4pm to play Euchre or Pinochle (except on Super Thursdays when all card playing

begins at 1:30 pm). Refreshments provided.



### Monday Crafts, 10 am – 2 pm

Our craft group continues to welcome new people and keep busy making new, different and exciting craft projects. They welcome ideas, but will share ours to make for the Craft Store here at the Senior Center. A soup lunch including beverage is \$.35 for our crafters at noon.



### \*\*Memory Lane Trivia\*\*

We are looking to join in with the area Senior Centers doing trivia and are in search of interested individuals that would like to play along. The other Senior Centers are Westlake, North Olmsted, Bay Village and Rocky River; each facility hosts a day of trivia and is played 1:30 -3:30 pm (2 hours). Teams consist of a maximum of 6 players, but not necessary; if you don't have 5 other people to form a team you will be matched with others in the same situation. All interested seniors are to please call the Senior Center at 353-0828 for further information or to register.



### **PUZZLE EXCHANGE**

We have plenty of puzzles to choose from each month, please limit 3 puzzles back to us, but you are welcome to take as many as you'd like. Just stop on in and browse the selection on the

**Last Tuesday of the month from 11am -12 (noon).**

### **MAHJONGG**

“Mahjongg” is an Ancient Chinese Tile Game. This group meets every **Thursday** at 12 noon (except on Super Thursday) and always welcomes new members. If you can play, come by **Thursday** at noon. If you have never played, we offer instruction as to how to play the game. A player's card is required for a small fee.



## BITS & PIECES

### Senior LUNCH AND BINGO

Our MidWeek Social is a lot of fun with lunch, cards and/or bingo!  
 On **Wednesdays**, come play cards starting at 10 a.m., if you like.  
 Or come at noon for a delicious hot lunch served from 12:00 –12:15pm.  
**The Wednesday lunch menu for January & February is listed in the calendar at the end of the newsletter.**

\$4.00 includes a hot entrée, dessert and beverage.

**Reservations are required for lunch by calling 440-353-0828 by 12 noon on Tuesday.**

*If you re interested in volunteering to call BINGO on Wednesday afternoons, please call 440-353-0835.*



### Fun and Food at the Center!



## “Valentine’s for Sweetie” February 11th at 9 am

Love is in the Air! Come join us on February 11th and we will have all the supplies to make and take your own Valentine’s Day cards for your sweetie or even for yourself, provided by **O’Neill Healthcare**.

The card making will be 9:00 am -10:30 a.m. all are welcome to come and make cards. Please RSVP to the Senior Center at 440-353-0828 by Friday, February 7.





## BITS & PIECES CONTINUED...



### Young at Heart Brunch January 30th 10:30-11:30 am

Morning brunch will consist of hot entrée, fruit, juice and coffee for \$3.00. Please to have reservations in to the Senior Center by Tuesday at 353-0828. Be amazed with Ron Price as an escape artist, comedy and magic show.



*Save these dates on your calendar: March 25, June 24, September 23, and December 16.*

Looking for a fun afternoon? Come and play Music Bingo with Ken or Jack of Music Bingo Ohio. This is a fun way to play bingo! They give bingo sheets with song titles and you have to match the song when it is played to form a bingo for prizes! Very similar to "Name That Tune", but you already have the title on the bingo sheet. Plan on coming before for a delicious lunch served at noon for \$4.00, reservations required for lunch by calling 353-0828.

**Halloween Costume Party Winners**



**Men's Breakfast**

**Super Thursdays!**



# TRIPS!! TRIPS!! TRIPS!!

Register by calling 440-353-0835. Stop in to the Center for Trip Info. All trips must be paid in full at time of booking during registration period.

### NEW Registration Policy

- Registration is taken in the order of individuals signing up during the registration period. Payment is due at the time of booking.
- No early booking. Booking begins at 9:00 AM on specified date.
- \* Passenger will be allowed to register one other individual at time of registration.
- \* Our Senior Van is a 14 passenger capacity.

## Great Big Home and Garden Show



Fri. February 7, 2020

10:45am – 3:30pm

Booking: Jan. 6-24

Fare: \$17.00

Payment is due at time of booking.

10:45 a.m.: Report to Center

11:30-12:45 pm: Lunch on own at 100<sup>th</sup> Bomber Group

1:00-3:00 pm: Home and Garden Show

3:30 pm: Return to Center

## Cleveland Aquarium



March 6, 2020

9:30 am -4:00 pm

Fare: \$25.00

Booking: Feb. 3-21

Payment is due at time of booking.

Report to Center: 9:15 a.m.

10:00-12:00 Experienced tour guide to provide expert knowledge of front house gallery and exhibits. (1 ½ -2 hrs.)

12:00 Lunch on own at Merwin's Wharf

2-3:30 Stop on the way back at the Westside Market

4:00 Return to Center

## Senior Center Fundraiser Casino Trip to MGM Grand by Northridge Tours!

Wednesday, June 3, 2020

Fare: \$30.00

(Casino bonus \$25)



Booking directly with North Ridge Tours

April 13- May 16, please make payments to North

Ridge Tours 5795 Tree Moss Ln.,

N. Ridgeville (440-465-1578)

## Walking Guide



Little Walking



Moderate Walking



Extensive

### *Office for Older Adults Trip Cancellation Policy:*

All trips must be paid at time of reservation. The Office for Older Adults (Senior Center) will provide a full refund if the Center cancels the trip. If you cancel a week prior to travel date and a replacement is found from a Senior Center wait list or by you, a full refund will be made. If no replacement can be found, all reservations have been secured and fees paid no refund will be made.

## GETTING FIT!

**PLEASE NOTE!! ALL FITNESS CLASSES AT THE SENIOR CENTER NOW REQUIRE PRE-REGISTRATION. PLEASE CHECK FOR REGISTRATION DEADLINES.**

**did?  
YOU!  
know**

The North Ridgeville Parks and Recreation Department has fitness classes and other activities geared towards people of all ages.

Please call 440-353-0860 or check them out online at <https://northridgeville.recdesk.com> or stop in to their office (attached to Senior Center) and pick up a Winter Program Guide.

### GET FIT! EXERCISE CLASS

Enjoy a morning class of fun exercises to loosen, tone and strengthen those muscles. Join our Fitness Instructor, Diane Mehlman, for class **Mondays** from 9-9:50 a.m. All exercises can be done to meet your ability and strengths. All exercisers will need a set of 2 or 3 pound weights, stretch bands and a bottle of water. Cost is \$32.00 per 6 week session. First class is free - stop in and try it!

Current Session  
December 30-Feb 10  
(No class on 1/20 & 2/17)

Session 1: Feb 24 - March 30  
(Registration deadline 2/19)

### **Chair Yoga**

This class allows you to perform postures and breathing exercises with the aid of a chair. You can experience the many benefits of yoga without having to get up or down from the floor. Benefits of this class include increased balance, strength, flexibility, range of motion, and stress reduction.

**Instructor:** Heather Gillespie **Fee:** \$45 Resident / \$55 Non-Resident

**Location:** Senior Center 7327 Avon Belden Rd

**Session I** - Friday January 17 through February 21 from 8:00-9:00AM

**Session II** Friday February 28 through April 3 from 8:00-9:00AM

**Please register for this class through Parks & Rec.**



### **Weekly Line Dancing!**

On **Tuesday's** come and learn some fancy footwork while having tons of fun with your fellow classmates. Beginner and Intermediate sessions available.

**Sessions are 6 weeks long.**  
**Cost is \$25 per 6 week session.**  
**Instructor: Ronna Murray**

**Beginner 11:50 am—12:50 pm**  
**Intermediate 1:00-2:00 pm**

### Session I:

January 14, 21, 28;  
February 4, 11, 18  
**(Registration deadline: January 2)**

### Session II:

February 25; March 3, 10, 24, 31;  
April 7  
**(Registration deadline: Feb 19)**





The services provided are funded entirely by the City of North Ridgeville, donations and North Ridgeville Seniors, Inc. Transportation receives a small grant from Title III-B of the Older Americans Act through the Ohio Department on Aging administered by the Western Reserve Area Agency on Aging.

**Please call us at 440-353-0828 for any questions you might have regarding the services we provide.**

### **TRANSPORTATION NEED A RIDE? CALL US!**

**Do you need a ride to the doctor, dentist, grocery shopping, the bank, etc.? If you are 60 or over and unable to drive, we can help! Our vans operate during the week and Tim or Kevin would be glad to take you to your appointment or to run an errand. An assessment by our case manager is required prior. Trips are provided for banking, to medical appointments, shopping, and activities held at our Center. To avoid scheduling conflicts, we ask that arrangements be made in advance by calling 440-353-0857.**

**We transport Monday through Friday between the hours of 8 a.m. and 4 p.m. A donation of \$1.00 each way for local transports and \$2.00 each way for longer distances is requested. Additional monetary donations are always welcome.**

## **SENIOR SERVICES**

### **LOCK BOXES**

The Lock Box saves damage to your property and saves time for our paramedics when trying to gain access into your home. North Ridgeville Seniors, Inc., and the North Ridgeville Fire Department are proud to provide Lock Boxes to our North Ridgeville seniors. **A donation of \$30 is required for a Lock Box for seniors 60+. Lock Boxes are available to anyone else for \$40.** Applications can be found at the Senior Center or at [www.nridgeville.org](http://www.nridgeville.org). *The cost of the Lock Boxes are supplemented by North Ridgeville Seniors, Inc. Thank You!*

### **SENIOR SUPPER CLUB**

Seniors can eat at St. John Medical Center's Terrace View Café (cafeteria) for a discount. Anyone over the age of 60 can simply pick up a card from our receptionist for a 40% discount on all food (except bottled beverages and "Simply to Go" items). There is a \$10 limit per customer for discount, after that the items are full price.

## **MEALS-ON-WHEELS**

### **CAN WE HELP?**

We can provide a nutritious, home cooked meal delivered to your home at a low cost of \$3.25 per meal. It is our goal to provide a hot and nutritious noon meal to all of our clients; however, we cannot do special diets. Our meal includes a hot entrée, bread and dessert. Call 440-353-0857 for more information.

### **WHO IS ELIGIBLE FOR MEALS-ON-WHEELS?**

Anyone 60 or older who lives in North Ridgeville or the townships of Carlisle, Columbia, Eaton, Grafton or LaGrange. We do not adhere to any special diets so we do require a doctor's authorization prior to anyone coming on the program. Our case manager will do a home visit before signing anyone up for Meals-On-Wheels.

### **NEED A BIRTHDAY GIFT IDEA!**

Gift certificates for our Meals-On-Wheels Program and Transportation are always available by calling 440-353-0857. These are always wonderful Birthday or anytime gifts!

They are always available and help your older family member by purchasing something they need. This is a perfect gift for family members, friends or neighbors on either of your programs and can be purchased in a variety of denominations.

## SENIOR SERVICES CONTINUED...



### GOLDEN BUCKEYE CARD INFORMATION:

Participation in the Golden Buckeye program is free to all Ohio residents who are:

- **Age 60 or over (proof of age required).**
- **Age 18-59 with a Social Security Administration defined disability.**

If you are just turning 60 and have an Ohio driver's license, you will automatically be mailed your card just before your birthday. If you have not received the card four weeks after your birthday, call toll-free 1-866-301-6446 or if your card was lost or stolen, call 1-866-301-6446 to get a new card.

Stop by the Senior Center to fill out an application or for more information visit the website at [www.goldenbuckeye.com](http://www.goldenbuckeye.com).

### HEALTH INSURANCE COUNSELING

Health insurance counseling is available by appointment only at the Senior Center. To arrange for a counseling appointment, call 440-353-0856 or 440-353-0857 for information.

### FOOT CLINIC

Dr. Thomas Emmert, Podiatrist of Total Foot Care, offers a Foot Clinic at the Senior Center. **Dr. Emmert will be here January 15th, 2020.**

Patients are seen on a first come, first served basis. The sign-in sheet is at the receptionist window.

**If it is your first visit, it is recommended that you contact Dr. Emmert's office before coming to the Center to insure they have the necessary information. They can be reached at (216) 529-1800. The cost of the clinic is usually covered by Medicare and supplemental insurance.**

### OUTREACH PROGRAM

**A very special thank you to the Grafton V.F.W. Post 3341 for staffing/organizing our Outreach Program in Grafton.** Located at 783 Huron St., they always have something special happening. The Grafton VFW and the North Ridgeville Senior Center team up to provide Outreach Programs for Seniors at the VFW hall at **NO COST** to the senior. A calendar of events can be found in the **Rural Urban Newspaper**. For information on the programs, please contact the VFW at 440-926-3341 for an updated schedule.

### HEARING TESTING

Mobile Hearing Services will be here on March 3rd, 2020 from 1-4pm to provide *free* hearing testing. Other services can be performed but there will be a charge. Please call (440) 353-0828 to schedule an appointment, if you would like your hearing checked that afternoon.

### BLOOD PRESSURE CHECKS

**Walk in and have your blood pressure checked from one of our friendly volunteer nurses on the 3rd Wednesday of every month.** The ladies are here at the Senior Center from 10:00 until 12 noon. It is on a first come, first serve basis. There is no charge for this service. Come later and stay for Wednesday's delicious lunch!

### SUPPORTIVE SERVICES

Supportive Services are provided for persons 60 and older. These services provide linkage to social service agencies, home health care services, support groups, telephone reassurances, and much more. The purpose of Supportive Services is to try to help seniors maintain independence, and to be a source of information for and about seniors. If you need assistance, or if you have any questions, call 440-353-0857 Monday thru Friday, 10 a.m. - 4 p.m.

# JANUARY 2020

Monday	Tuesday	Wednesday	Thursday	Friday
		1  Happy New Year!  Center Closed	2 Men's Breakfast 9:00 am  Cards 12:00 pm  Mahjonn 12:00pm	3  No Rotary Luncheon
6  Exercise 9 am  Crafts 10 am  Wii Games 12:30 pm	7	8 Social 9 am Watercolor 9:30 am  Lunch 12-12:15 <b>(Country Fried Steak)</b> Bingo 12:30- 2 pm  Canasta /Euchre 12:30 pm	9 Super Thursday Luncheon 12:00  Cards 1:30 pm	10  Rotary Luncheon 12 noon
13  Exercise 9 am  Crafts 10 am  Wii Games Traveling 12:30 pm	14  Line Dancing 11:50/1:00  Red Hats 2 pm	15 <b>Foot Clinic 8 am</b> Social 9 am Watercolor 9:30 am <b>Blood Press. 10 am</b> Lunch 12-12:15 <b>(Baked Pork Chop)</b> Bingo 12:30- 2 pm  Canasta/Euchre 12:30 pm	16 Men's Breakfast 9 am  Advisory Board Mtg. 10:30 am  Cards 12 pm Mahjonn 12 pm	17  Rotary Luncheon 12 noon
20  Martin Luther King Day  Center Closed	21  Line Dancing 11:50/1:00  Trivia: Mind Challenge 3pm	22 Social 9 am Watercolor 9:30 am Lunch 12-12:15pm <b>(Mac &amp; Cheese)</b> Bingo 12:30 - 2 pm  Canasta /Euchre 12:30 pm	23 Ladies Brunch 10:30 am  Cards 12 pm  Mahjonn 12 pm	24  Rotary Luncheon 12 noon
27  Exercise 9 am  Crafts 10 am  Wii Games 12:30 pm	28  Puzzle Exchange 11am-12pm  Line Dancing 11:50/1:00	29 Social 9 am Watercolor 9:30 am  Lunch 12-12:15pm <b>(Roast Beef)</b> Bingo 12:30 - 2 pm  Canasta /Euchre 12:30 pm	30 Young at Heart Brunch 10:30 am  Cards 12 pm  Mahjonn 12 pm	31  Rotary Luncheon 12 noon  Spaghetti Dinner 5-7 pm

# FEBRUARY 2020

Monday	Tuesday	Wednesday	Thursday	Friday
<b>3</b> Exercise 9 am Crafts 10 am Wii Games 12:30pm	<b>4</b> Taxes 9:00 am—3pm Line Dancing 11:50/1:00	<b>5</b> Social 9 am Watercolor 9:30 am Lunch 12-12:15pm ( <b>Ham/Cabbage Noodles</b> ) Bingo 12:30- 2 pm Canasta/Euchre 12:30 pm	<b>6</b> Men’s Breakfast 9am Mahjongg 12 pm Cards 12:00 pm	<b>7</b> Home & Garden Trip 10:45 –3:30pm Rotary Luncheon 12pm
<b>10</b> Exercise 9 am Crafts 10 am Wii Games 12:30 pm	<b>11</b> Valentine for Sweetie 9 am Taxes 9:00 am—3pm Line Dancing 11:50/1:00	<b>12</b> Social 9 am Watercolor 9:30 am Lunch 12-12:15pm ( <b>Breaded Chicken</b> ) Bingo 12:30- 2 pm Canasta/Euchre 12:30 pm	<b>13</b> Super Thursday Luncheon 12:00 pm Cards 1:30 pm	<b>14</b> Rotary Luncheon 12pm
<b>17</b> President’s Day Center Closed	<b>18</b> Taxes 9:00 am—3pm Line Dancing 11:50/1:00	<b>19</b> Social 9 am Watercolor 9:30 am <b>Blood Pressure 10-12</b> Lunch 12– 12:15 pm ( <b>Beef Tips</b> ) Bingo 12:30-2 Canasta /Euchre 12:30 pm	<b>20</b> Men’s Breakfast 9:00 am Mahjongg 12 pm Cards 12:00 pm	<b>21</b> Rotary Luncheon 12pm
<b>24</b> Exercise 9 am Crafts 10 am Wii Games 12:30 pm	<b>25</b> Taxes 9:00 am—3pm Line Dancing 11:50/1:00 Puzzle Exchange 11 am	<b>26</b> Social 9 am Watercolor 9:30 am Lunch 12-12:15pm ( <b>Stuffed Peppers</b> ) Bingo 12:30- 2 pm Canasta/Euchre 12:30 pm	<b>27</b> Ladies Brunch 10:30 am Mahjongg 12 pm Cards 12 pm	<b>28</b> Rotary Luncheon 12pm

## NEWS OF INTEREST



### Free Monthly Community Meals

End of the month meals are provided by the following North Ridgeville Churches to help families, seniors, and those struggling with disabilities which make cooking difficult, as well as provide fellowship within our church community. Meals are served Saturdays/Sundays from 12:30 - 1:30 p.m. and weekdays 6:00 p.m. - 7:00 p.m. unless otherwise indicated.

Saturday – Harvest Ridge Church- 35600 Lorain Rd  
 Sunday – Journey of Faith – 33406 Liberty Parkway  
 Monday – The River Church of God - 6000 Lear Nagle  
 Tuesday – Fields Methodist Church- 34077 Lorain Rd.  
 (1st & 3rd Tuesday of the month Fields has a full dinner)  
 Wednesday – St. Peter’s Church- 35777 Center Ridge  
 Thursday – St. Julie’s Church- 5500 Lear Nagle  
 Friday – First Congregational, 36363 Center Ridge

**Note # 1:** All menus subject to change.

**Note # 2:** Meals are actively served during the first 30 minutes. Since leftovers are then offered to our guests, please be sure to arrive in time to be served a full meal.

### VISIT COMMUNITY CARE FOR “SALAD WEDNESDAY!”

If you are 60 or over and live in the City of North Ridgeville, you are invited to stop by Community Care every Wednesday from 9:30 a.m. - 1:30 p.m. throughout the year and pick up some fresh salad items.

This wonderful community service is open to any NR resident over 60, regardless of income level. Selections may vary each week so be sure to stop by often. Community Care is located on Center Ridge Road behind Arby’s.



### Special Thanks!

If you have been here on Tuesday or Thursday mornings you may have seen our student volunteers, Dominique and Alexis. They are Seniors from NR High School and part of one of their classes is volunteering in the community. They are helping with filing and men’s breakfast and also answering the phones. They will be with us through the end of the school year so if you see them, please say hi and introduce yourself!



## DONATIONS/MEMORIALS/WILLS PUZZLE

### DONATIONS /MEMORIALS /WILLS

**Please continue to remember the Senior Center for donations, memorials and bequests of your loved ones. Checks made out to our 501(c)(3), the non-profit arm of the Senior Center, North Ridgeville Seniors, Inc. are tax-deductible. We also accept and we appreciate donations made through your Will or Trust. Thank You for remembering us!**

## CUPIDS ARROW

Read forward, backward, up, down, or diagonally, and find the words listed below. Circle them.

S	W	E	E	T	H	E	A	R	T	D	R	A	G	E	R
N	O	D	E	L	I	G	H	T	R	O	P	P	A	R	O
D	U	R	D	U	J	N	O	I	T	O	V	E	D	U	M
A	D	E	A	R	E	S	T	N	A	S	E	R	E	T	A
R	O	O	X	O	H	J	L	M	H	K	O	M	P	P	N
L	S	E	T	D	S	I	O	E	T	C	A	K	I	A	C
I	T	J	R	R	U	U	R	O	C	L	W	I	N	R	E
N	O	I	T	A	R	O	D	A	F	F	I	N	I	T	Y
G	A	Q	A	W	C	A	D	F	O	E	A	D	N	O	C
O	K	V	Z	L	H	U	T	F	N	E	E	N	G	N	O
G	N	I	K	I	L	E	E	E	D	L	L	E	C	G	H
E	T	T	R	A	R	R	H	C	N	I	M	S	I	Y	T
M	E	E	T	F	V	M	A	T	E	N	Q	S	A	R	M
R	N	I	B	O	Y	U	L	I	S	G	U	L	T	S	R
I	O	R	R	N	J	D	P	O	S	S	T	I	O	N	A
N	O	I	T	O	M	E	Y	N	O	M	R	A	H	H	W

Accord	Affinity	Crush	Devotion	Fervor	Kindness	Rapture	Warmth
Adoration	Amour	Darling	Emotion	Flame	Liking	Regard	
Adulation	Ardor	Dearest	Fancy	Fondness	Pining	Romance	
Affection	Care	Delight	Feelings	Harmony	Rapport	Sweetheart	





Office for Older Adults  
North Ridgeville Seniors, Inc.  
7327 Avon Belden Road  
North Ridgeville, OH 44039

NON-PROFIT ORGANIZATION  
U.S. POSTAGE PAID  
ELYRIA, OHIO 44035  
#135

**LOOK AT THE LABEL:**  
**Your membership is paid**  
**through the end of the year**  
**listed in the corner.**

Address Service Requested

SEND TO:

FUNDED BY THE CITY OF  
NORTH RIDGEVILLE,  
DONATIONS, SERVICE  
FEES AND THE OLDER  
AMERICANS ACT.

# North Ridgeville Senior Center Newsletter

*January—February 2020*

*(440) 353-0828*  
*7327 Avon Belden Road*



When the weather turns cold and snowy, please tune in to local news and radio stations for information. **When North Ridgeville City Schools are closed, there will be no activities at the center that day.** Our staff will be here to answer your calls. Call us before you leave home if you are concerned and as always, please be safe anytime you are out and about.

