

Senior Center

NORTH RIDGEVILLE OFFICE FOR OLDER ADULTS

7327 Avon Belden Road

North Ridgeville, Ohio 44039

Phone: (440) 353-0828



JANUARY—FEBRUARY 2022

OFFICE HOURS:

Monday–Friday: 8 a.m. - 4:30 p.m.
440-353-0828

City Offices Closed:
Dec 31 - New Year's Day
Jan 17 - MLK Jr. Day
Feb 21 - Presidents' Day

AARP TAX PREP AIDE

Beginning Monday, January 3rd at 9 a.m., you may call the Senior Center front desk at (440) 353-0828 to schedule an appointment for AARP Tax prep.

If you get our voice mail, please leave your name and number and a staff member will call you back in the order in which your call was received. Please do not call more than once. We will call you back to schedule your appointment.

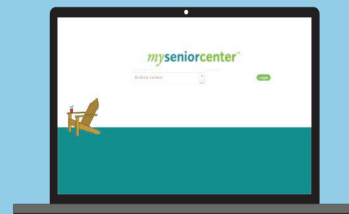
Tax Appointments will be held on Tuesdays beginning Tuesday, February 1st at 9:00 a.m. and the last appointments will be on Tuesday, April 5th.

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My Senior Center is COMING!

If you visit other senior centers in the area, you may already have heard of, or be familiar with My Senior Center. This new technology for our center will make our operations more efficient and streamlined. We anticipate a phased roll out to allow the staff, front desk volunteers and participants ample time to become familiar and comfortable with this new way of doing business. One thing this means is that we will no longer need to take down your phone number every time you register for an event. It also means you can register for events from a PC, tablet or phone. The center will host 1-2 informational sessions in late January for those who would like more in-depth information about how the system works-stay tuned for those dates.



A MESSAGE FROM DIRECTOR EMILY LOCKSHINE

Happy Holidays and Happy New Year! As the holiday season is winding down, you may find yourself feeling mixed emotions - some people may feel happy and fulfilled, others tired or even depressed. Holidays bring different feelings depending on our life experiences. I encourage you to take care of yourself, practice healthy water intake, making sure you are getting enough rest, avoid stress and engage in socializing with family and friends.

Super Thursdays are back for 2022! Did you know how Super Thursdays came to be? The origins of the current day Senior Center began in 1964 with a group who called themselves the North Ridgeville Senior Citizens Club. Approximately 25 members met in the basement of the Elyria Savings & Trust Bank on Center Ridge Road on the fourth Thursday of every month for a social afternoon of conversation, cards, bingo and refreshments. Our Super Thursdays are in fact, a nod to the origins of the center.

We have some fun Thursdays planned, including a Beat the (January) Blues Party and a 60's/Beatles themed event in February. If you come to our Taco & Trivia Tuesdays you can likely expect some Winter Olympics questions in February (that's the only hint you'll be getting!)

Please help me in welcoming our new chef, Clancy McCool. Clancy is a transplant from Idaho and new to North Ridgeville. He has 42 years of experience in the food industry, ranging from owning a breakfast/lunch café to overseeing hotel and banquet catering. We are grateful to have him and look forward to all the wonderful food he will be cooking. If you haven't yet met Clancy, please introduce yourself. Thank you to all for making him feel welcome.

Field Trips are also back! As you will see there is a field trip planned for the second Friday in January to Cleveland's famous West Side Market and lunch at Heck's Café in Ohio City. I am working on other field trips throughout the year, possibly a tour of Lakeview Cemetery and lunch in Little Italy, a visit to Cleveland's Asiatown, and a Lake Erie Crushers game. If you have suggestions or feedback, please let me know.

Cheers to ushering in 2022, my hope is that your year is full of good health, smiles, laughs, happiness, joy and peace.

Emily

Intergenerational Olympics, Friday, February 25th 10:00 a.m.-12:00 p.m.



In the spirit of the 2022 Winter Games, we will be holding an intergenerational Olympic style competition. Youth will pair up with an older adult for events like Nerf Biathlon, Ice Cube luge and Olympic Jeopardy. The event includes an opening ceremony, live commentary and final awards ceremony, light refreshments will be provided. If you have a school age person in your life you would like to team up with, please have them register with Parks & Recreation Department, www.nridgeville.org/parksandrec. Older Adults will register through our front desk, 440-353-0828.

A MESSAGE FROM MAYOR CORCORAN



City Hall Hours:

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

**City offices will
be closed on:**

Dec 31
New Year's
Day

Jan 17
MLK Jr. Day

Feb 21
Presidents' Day



GREETINGS FROM MAYOR CORCORAN!

I hope you enjoyed your holidays as much as I did. What I always look forward to and cherish the most about the holidays is spending time with family and friends!

Looking ahead to 2022, we are working on several projects in the coming months. First, let me start by saying thank you to our residents for the overwhelming support you showed our Police Department at the polls in November. With the successful passage of Issue #11, plans will move forward to build a new police station on Ranger Way next to the Fire Station and across the street from the North Ridgeville Academic Center and High School. Engineering and design is tentatively scheduled to begin in spring with construction to follow.

Two additional projects that will continue into the winter months are the Center Ridge Road Sanitary Sewer Extension Project and the Lorain Road Water Main Extension. The project area for the Center Ridge Road project is from Barton Road east to the city limits and the Lorain Road project is from a point east of Lear Nagle Road to a point west of Bliss Parkway. Both of these projects are expected to be completed by July 1, 2022.

The North Ridgeville Chamber of Commerce will once again be hosting the State of the City Address. The event will take place on Monday, January 10 at 11:30 a.m. at the North Ridgeville Academic Center. For more information or to purchase tickets, please contact Marjorie Snyder at the Chamber of Commerce at (440) 327-3737.

Please join me at one of the upcoming coffee and conversation – Friday, January 7 or Tuesday, February 15 with special guest North Ridgeville City School District Superintendent Roxann Ramsey-Caserio from 8:30-9:30 a.m. at City Hall in Council Chambers. If you are unable to attend and have questions, please don't hesitate to call my office at (440) 353-0811.

In closing, I wish you a prosperous and healthy 2022!

Mayor Kevin Corcoran

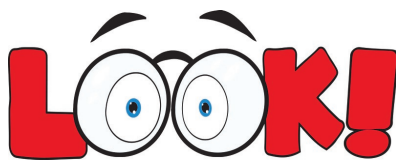


Just a reminder of our winter weather closing policy. When North Ridgeville City Schools are closed due to inclement weather, all activities at the Senior Center will be cancelled for that day. Our staff will be in the office to answer the phone if you need us. Please stay home and be safe!



WELCOME TO NORTH RIDGEVILLE SENIOR CENTER

If you haven't already, it's time to renew your newsletter subscription for 2022. The \$8.00 fee per household helps defray our costs to mail this newsletter every other month so we can keep you updated on activities here at the Senior Center. We will be going through our list regularly and removing 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.



As subscriptions are renewed, we are adding the month to your subscription expiration date on your mailing label to help you keep track. You will see the month and year your subscription expires. If your mailing label reads "2022" or "0" for Lifetime Subscription, you are current on your subscription for the year.

SUBSCRIPTION FORM - OFFICE FOR OLDER ADULTS

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

YEAR 2022 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
Your subscription expires 1 year from the date of your payment.

FOR BUSINESS USE ONLY

Received Date _____ CASH _____ CHECK # _____ STAFF INITIAL _____

NORTH RIDGEVILLE BRANCH LIBRARY NEWS

JENNIFER WINKLER, BRANCH LIBRARIAN SUPERVISOR
PRE-REGISTER BY CALLING (440) 327-8326



Library Hours

WE'RE OPEN! All LPLS branches are open from 9 a.m. to 8 p.m. Monday thru Thursday and from 10 a.m. to 6 p.m. Friday and Saturday.

The first hour of each day is reserved for our senior patrons and those that are immunocompromised.

Please note preregistration is required for all programs except where noted. Visit the online calendar for the most current information www.lorainpubliclibrary.com/events. Programs listed as "Hybrid" can be attended in person or virtually.

Sunday, Sunday!

Sunday Series: The Lost Civil War
Sunday, Jan. 9 from 3 to 4 p.m.
Author Laura DeMarco discusses her latest book entitled "Lost Civil War: The Disappearing Legacy of America's Greatest Conflict"
Preregistration required.

Sunday Series: History and Pop Music of the 1970s (Hybrid)
Sunday, Jan. 16 from 3 to 4 p.m.
Explore the history of pop music from the 1970s with Joel S. Keller, the "Doc of Rock and Roll."
Preregistration required.

Sunday Series: In2ative Classical Music Concert (Hybrid)
Sunday, Feb. 6 from 3 to 4 p.m.
Enjoy an afternoon of fusion blended classical music with this avant-garde flute, cello and drum trio that were classically trained at the Cleveland Institute of Music.

Sunday Series: African Drumming and Storytelling (Hybrid)
Sunday, Feb. 20 from 3 to 4 p.m.
Join us for an interactive performance inspired by African and Caribbean rhythms, traditions and folklore. Preregistration required.



The Friends of North Ridgeville Branch Library, Inc. General Membership Meeting
Saturday, Jan. 8
10 to 11:30 a.m.

Plans will be made for the upcoming book sale and other fundraisers. New members are welcome.

American Red Cross Blood Drive

Thursday, Feb. 24
9 a.m. to 2 p.m.

Make an appointment to donate blood at RedCrossBlood.org or call 1-800-RED CROSS.



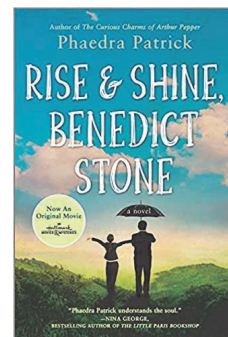
Book Discussion



Tuesday, Jan. 25: "The Book of Lost Names" by Kristin Harmel
1 to 2 p.m.

Tuesday, Feb. 22: "Rise and Shine Benedict Stone" by Phaedra Patrick
1 to 2 p.m.

Spend an afternoon each month discussing a great book and making friends. Copies of the book are available at the library.
Preregistration required.





The services provided are funded entirely by the City of North Ridgeville and donations to the North Ridgeville Senior Center.

Please call us at (440) 353-0828 with any questions you might have regarding the services we provide.

NEED A BIRTHDAY GIFT IDEA?

Gift certificates for our Meals-On-Wheels Program 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 members by purchasing something they need.

This is a perfect gift for family members, friends or neighbors and can be purchased in a variety of denominations.

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 Senior Center and the North Ridgeville Fire Department are proud to provide Lock Boxes to our North Ridgeville seniors. **A fee 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. **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?

The North Ridgeville Office for Older Adults (Senior Center) offers a Meals-on-Wheels program to seniors 60 years and older. A nutritious meal is delivered right to their door on Mondays and Wednesdays for a total of up to 5 meals per week. Each meal is delivered before noon and contains an entrée and fruit or 100% juice. Meals are delivered in microwaveable containers and will need to be heated before consumption.

It is our goal to provide a nutritious noon meal to all of our clients; however, we are unable to accommodate special diets (e.g. diabetic).

The price for a meal is \$3.75. Our friendly, courteous volunteer drivers pick up the meals from the Senior Center and deliver them to our clients. For additional information, please give us a call at (440) 353-0857.

WHO IS ELIGIBLE FOR MEALS-ON-WHEELS?

Anyone 60 or older who lives in North Ridgeville. As we do not adhere to any special diets, a doctor's authorization is required prior to anyone being added to the program. Our case manager will do a home visit prior to signing up a client to receive Meals-On-Wheels.

Call 440-353-0857 for more information.

SENIOR SERVICES CONTINUED



GOLDEN BUCKEYE CARD INFORMATION:

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

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

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, or your card was lost or stolen, call toll-free 1-866-301-6446.

To fill out an application or for more information visit their website at www.goldenbuckeye.com.

HEALTH INSURANCE COUNSELING

Health insurance counseling is available by appointment only.

To arrange for a counseling appointment, call (440) 353-0856 or (440) 353-0857 for information.

SUPPORTIVE SERVICES

Supportive Services are provided for persons 60 and older. These services provide linkage to social service agencies, home healthcare services, support groups, telephone reassurances, and much more. The purpose of Supportive Services is 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.

FOOT CARE

Dr. Thomas Emmert, is the Podiatrist of Total Foot Care and he will be returning to the NR Senior Center beginning January 12, 2022 at 9:00 a.m. As always, appointments are first come first served by signing in at the front desk and Dr. Emmert's assistant will call you back. His next visit will be March 23, 2022. **If this is your first visit with the doctor, it is recommended that you contact Dr. Emmert's office before your appointment 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.**

HEARING TESTING

Our hearing testing has not yet been rescheduled for 2022. Keep an eye out for more details at a later date.

BLOOD PRESSURE CHECKS

Our friendly volunteer nurses are here the first Wednesday of every month from 10:00 a.m. - 11:30 a.m. This is a walk in activity, first come first served.

NORTH RIDGEVILLE COMMUNITY CARE

Community Care is agency for North Ridgeville residents in need of food distribution or other human services needs. If you are a client and are homebound or feel it is unsafe to come out, please call Community Care and they will make arrangements for you. Contact them at (440) 353-9716. Donations of goods and non perishable food items can be arranged by calling the Community Care office during business hours.

Hours of Operation:

Monday and Tuesday 9:30 a.m. -1:30 p.m.

Thursday 3:00 p.m. - 6:00 p.m.

GETTING FIT BODY & MIND AT THE CENTER!



Tai Chi for Arthritis and Fall Prevention with Michael W. Stadul

Thursdays, six-week session 1/6/22-2/10/22, \$30. If you are one of the 70 million people in the U.S. who suffer from some type of arthritis, including pain, stiffness and fear of falling, this class can give you valuable techniques to better cope and provides many health benefits in a relatively short period of time. Medical studies have shown that practicing this program reduces pain significantly, prevents falls in the elderly, and improves many aspects of health. The exercises can be learned by anyone regardless of physical condition – even someone in a wheelchair. Come prepared to participate in this series of simple exercises that are the ***Tai Chi for Arthritis and Fall Prevention*** program. Participants should wear loose clothing and comfortable shoes. Call 440-353-0828 by January 5th to register.

CardioDance!!

We are happy to announce that instructor, Carrie will be back on Tuesdays beginning January 4th through Feb 8th for a new CardioDance session. Six-week sessions will be \$30 per person. Payments can be made in cash or check made payable to NR Office for Older Adults. Registration can be done in person up until January 3rd. Please call 440-353-0828 for more information.



The weather outside may be frightful but we have an answer! Liberty Elementary School at 5700 Jaycox Road, will be hosting indoor walking Tuesday & Thursday evenings from 6-7:30 p.m. Lace up your tennies and come take a walk!



Taco and Trivia Tuesday!

Tacos and Trivia is growing and we are so excited to announce that this activity will continue into the new year. Lunch will be served at noon and trivia will start at 12:30 p.m. The cost per person is \$4.00. We will make it mild so if you want it spicy, bring your own hot sauce! Please RSVP if you will be having lunch with us or just coming for trivia so we can plan!

440-353-0828

Tuesday, January 4th
Tuesday, February 1st

Tuesday, January 18th
Tuesday, February 15th

SENIOR CLASSES FROM PARKS & REC!

REGISTER ONLINE AT WWW.NRIDGEVILLE.ORG/PARKSANDREC OR STOP IN TO THE OFFICE ATTACHED TO THE NORTH SIDE OF THE SENIOR CENTER.

MAYOR, KEVIN CORCORAN PARKS & RECREATION DIRECTOR, KEVIN M. FOUNGEROUSE
North Ridgeville Parks & Recreation
2022 WINTER PROGRAM GUIDE

Registration BEGINS December 13

Baseball-Softball Program
Enjoy America's Pastime with North Ridgeville Parks & Recreation. Page 5
 Daddy Daughter Dance
We are proud to welcome back our Daddy Daughter Dance. Come spend a special night with your daughter. Page 6
 Sports League
In partnership with 50 Leagues this will give online gamers the chance to compete in state-wide competitions. Page 9

Chair/Gentle Yoga Fusion

Offered by: North Ridgeville Parks and Recreation



This class allows you to perform postures and breathing exercises with the aid of a chair and gentle yoga poses. 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
Ages: 15 and Up
Class Size: 04 minimum / 06 maximum
Fee: \$50 Resident / \$60 Non-Resident
Location: NR Senior Center 7327 Avon Belden Rd

Session	Day	Date	Time
Ses I	FRI	01.07-02.11	9:00-10:00AM
Ses II	FRI	02.18-04.01	9:00-10:00AM
No Class 03.11.2022			

Winter Program Guides are available now!

Join Becky Hopp from With a Grateful Heart Wellness, as she takes you on a relaxing journey using the highest grade Crystal Alchemy Singing Bowls. This full body relaxation experience will help with stress, tension, sleeplessness, anxiety, depression, grief, physical pain, addiction and more. Based on ancient healing techniques, this occurs through the sound wave vibrations which calm the nervous system and balance the subtle body. Are you ready to let go of stress & worry? Be prepared to leave the session feeling refreshed, radiant, and glowing from the inside out. Come be bathed in the healing vibrations of sound, all from the comfort of your own yoga mat.

Instructor: Becky Hopp
Ages: 15 and Up
Class Size: 04 minimum / 30 maximum
Fee: \$20 Resident / \$30 Non-Resident
Location: NR Senior Center 7327 Avon Belden Rd.

Day	Date	Time
FRI	01.07	6:30-7:30PM
FRI	02.04	6:30-7:30PM
FRI	03.04	6:30-7:30PM



INDOOR WALKING

LCCC University Partnership Ridge Campus
32121 Lorain Rd, North Ridgeville

Face masks are required

No cost to attend
Open to the community

Thursdays
6 PM - 7:30 PM

October 28 - March 24



More info:

NRheartandsole@gmail.com

 North Ridgeville Heart and Sole



*Lorain County
Community College*

FUN AT THE CENTER



SUPER THURSDAYS ARE BACK!!

**Thursday, January 27th,
10:30 a.m.**

Beat the January Blues Party. Come enjoy a special brunch followed by a lively vocal

performance by Hip To That, a jazz/pop duo whose vocal stylings will be sure to get your toes tapping.

Reservations please by January 24th at noon to
440-353-0828.

Thursday, February 24th at 10:30 a.m.

The Beatles In Cleveland. Display of memorabilia and FAB music 30 minutes before and after. 60's Day- wear your tie-dye or other fun 60's apparel. Relive the excitement of Beatlemania as John, Paul, George and Ringo visit Cleveland for two of the wildest, out of control concerts in Beatles – and rock 'n' roll – history. Author Dave Schwensen will take you behind the scenes and on stage with The Fab Four through insider stories, rare concert films, never-before published photos and memorabilia. Program highlights include films of The Beatles riotous concerts at Cleveland Public Hall in 1964 and Municipal Stadium in 1966. Lunch to follow—[secure your reservation for both the program and lunch by Feb 21st at noon to 440-353-0828.](#)

Paint and Sip Party with Karen

Spend an afternoon learning to paint a picturesque scene scape led by professional watercolor artist Karen Staszko while enjoying punch and tea party snacks.

\$12 fee per person covers supply cost and snacks. Must RSVP by calling 440-353-0828. Limit of 10 participants. Monday, January 10th, 1:00 p.m.



Music Bingo returns with fun and prizes for our **February 23rd** after lunch entertainment! There will be hits for you to reminisce about and sing along! Reservations are a must. Please call the front desk 440-353-0828 and bring a friend. If you are unable to join us for lunch please feel free to come for Music Bingo starting at 12:30 p.m. Cards will commence as usual after lunch.

MAYOR: KEVIN CORCORAN

P&R DIRECTOR: KEVIN FOUGEROUSSE

**IN THE SPIRIT OF THE 2022 WINTER
OLYMPICS JOIN US FOR**



INTERGENERATIONAL OLYMPICS

FEBRUARY 25, 2022

10:00AM-NOON

NORTH RIDGEVILLE SENIOR CENTER

**KIDS AND OLDER (SENIOR) ADULTS WILL FORM TEAMS FOR A FUN
COMPETITION THAT INCLUDES ACTIVITIES LIKE NERF BIATHLON, ICE
CUBE LUGE, OLYMPIC JEOPARDY! AND OTHER OLYMPIC THEMED
ACTIVITIES.**

**MEDALS WILL BE WON! CHAMPIONS WILL BE CROWNED. WE HOPE YOU
WILL BE PART OF THIS FUN EVENT. YOU CAN SIGN UP AS A TEAM, OR
INDIVIDUAL. INDIVIDUALS WILL BE PAIRED WITH A TEAMMATE.**

YOUTH PLEASE PRE-REGISTER WITH PARKS AND REC ONLINE AT:

WWW.NRIDGEVILLE.ORG/PARKSANDREC

OR

NORTH RIDGEVILLE PARKS & REC OFFICE

7327 AVON BELDEN RD.

M-F 8:00AM-4:30PM

**SENIORS/OLDER ADULTS PLEASE PREREGISTER THROUGH THE SENIOR
CENTER OR BY CALLING 440-353-0828.**

PRE-REGISTRATION IS REQUIRED SO WE CAN PLAN FOR ALL OLYMPIANS.





Freestyle (Watercolors) Art Group

Our art enthusiasts gather for a morning of painting and conversation on **Wednesdays 9:30 a.m.- 12:30 p.m.** There is no formal instruction, but all that attend assist each other with projects when needed. If interested, bring your paints and stop in.

EUCHRE & CANASTA

Group meets on **Wednesdays** from 1:00 p.m. until 4:00 p.m.

EUCHRE, PINOCHLE, DOMINOS

Our card players meet on **Thursdays** from 12:00 p.m. until 4:00 p.m. to play Euchre, Pinochle or Dominos.



Monday Crafts 10:00 a.m. – 2:00 p.m.

Our craft group continues to welcome new people and keeps 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. Lunch will be available. Please RSVP the week before. 440-353-0828.



Senior LUNCH AND BINGO

Our Midweek Social is a lot of fun with lunch, cards or bingo! On **Wednesdays** come at noon for a delicious hot lunch served from 12:00 – 12:15 pm.

The **Wednesday lunch menu** can be found on the calendar at the back of the newsletter. Please ask at the front desk when you make your reservation for the next week.

\$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 440-353-0828.

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 11:00 a.m. -12:00 p.m.**

MAHJONGG

“Mahjongg” is an Ancient Chinese Tile Game. This group meets every **Thursday** at 12:00 p.m. and always welcomes new members. If you can play, please join us. 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.



The Red Hat Society meets once a month at the Senior Center for fun and fellowship. If you are interested in becoming a Red Hatter, please call the front desk at 440-353-0828 or contact Johanna at 440-748-9777.

Meetings start at 2:00 p.m.

Upcoming meetings: January 11th & February 8th

Spaghetti Dinners are Back in person for 2022!



*Mark your calendars for the
2022 dates:*

*January 28, April 29,
September 30, October 28*

It's a wonderful morning of friendship at our Men's Breakfast. If you are 55 or older, join us at 9:00 a.m. for a hot entrée, coffee, fruit cup, and juice 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 10:00 a.m. Wednesday morning.**



January 6th— Lost Cleveland Memories- Danny Greene
February 3rd - TBD

Ladies meet at 10:30 a.m. for friendly conversation and a program on Thursdays once a month. The Brunch is a hot entrée, fruit, juice and coffee for only \$3.00. **Reservations please by 10:00 a.m. Wednesday morning by calling 440- 353-0828.**



January 20th - Women in History- Jackie Kennedy
February 17th - TBD

MOVIES, MOVIES, MOVIES

Join us for a movie at **noon!**

Popcorn, candy and soda will be provided or you can bring your own lunch or snack.



Tuesday Matinee, January 25 - The Best Exotic Marigold Hotel 2011, Romance/Drama 2 hr. 4 min.
Some British retirees (Judi Dench, Maggie Smith, Bill Nighy) decide to outsource their retirement to exotic -- and less expensive -- India. Lured by advertisements for the newly restored Marigold Hotel and imagining a life of leisure in lush surroundings, they arrive and find that the Marigold is actually a shell of its former self. Though their new home is not quite what they had imagined, the retirees find that life and love can begin again when they let go of their pasts.

Friday Matinee, February 11 - Miracle on Ice 2004, Sport/Drama 2 hr. 15 min.
When college coach Herb Brooks (Kurt Russell) is hired to helm the 1980 U.S. men's Olympic hockey team, he brings a unique and brash style to the ice. After assembling a team of hot-headed college all-stars, who are humiliated in an early match, Brooks unites his squad against a common foe, the heavily-favored Soviet team. As the U.S. squad tries to overcome insurmountable odds and win the gold medal, the team becomes a microcosm for American patriotism during the Cold War.

Tuesday Matinee, February 22 - Chariots of Fire 1981, Drama 2 hr. 3 min.
In the class-obsessed and religiously divided United Kingdom of the early 1920s, two determined young runners train for the 1924 Paris Olympics. Eric Liddell (Ian Charleston), a devout Christian born to Scottish missionaries in China, sees running as part of his worship of God's glory and refuses to train or compete on the Sabbath. Harold Abrahams (Ben Cross) overcomes anti-Semitism and class bias, but neglects his beloved sweetheart Sybil (Alice Krige) in his single-minded quest.

DONATIONS/MEMORIALS/WILLS

Please continue to remember the Senior Center for donations, memorials and bequests of your loved ones. Checks can be made payable to the North Ridgeville Senior Center. We also accept and appreciate donations made through your Will or Trust.
Thank You for remembering us!



Lorain County Community College

Center for Life Long Learning (CLLL)
January through March CLLL classes
In-Person and online

Basic Computer

Mon. & Wed., 2-4 p.m., Jan. 10-24 (4 sessions)
Fee: \$43

Tai Chi

Wed., 8:30-9:30 a.m., Jan. 12 to Feb. 9 (5 sessions)
Fee: \$32

A New Beginning: Early Christian and Byzantine Art

Thur., 1-2:15 p.m., Jan. 13 (1 session) Fee: \$12

Watercolor Pencils and Lots More!

Mon., 10 a.m. to noon, Jan. 24-Feb. 14 (3 sessions)
Fee: \$59

Basic Internet

Mon. & Wed., Jan. 26 to Feb. 7 (4 sessions)
Fee \$43

Brains, Balance, and "Never Grow Old Fitness"

Tues., & Thur., 11 a.m. to noon, Jan. 25 to Feb. 17
(8 sessions) Fee: \$38

Income Tax Update

Tues., 10 to noon, Feb. 8 (1 session) Fee: \$14

Online class - 7 Steps to Organizing Your Photos

Thur., 1-2:30 p.m., Feb. 10 (1 session) Fee: \$8

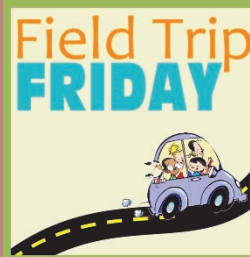
Online class - Picture This – The History of Photography

Fri., 11 a.m. to 12:15 p.m., March 25 (1 session)
Fee: \$12

Plus many more class options!

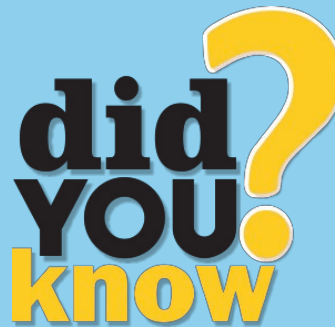
We're here to help

We understand that technology can be confusing. If you have any questions during the registration process or connecting to an online course please contact the Center for LifeLong Learning at 440-366-7536 or email jkrupa@lorainccc.edu.

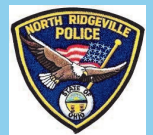


Field Trip Friday, January 14th 10:30 a.m.

Enjoy a visit to Cleveland's landmark West Side Market where you can buy the freshest produce and specialty food items. Meet at the Senior Center and our van will depart at 10:30 a.m.. Lunch will be on your own at Heck's Café in Ohio City and a stop at Campbell's Popcorn shop after for some sweet treats. There is a limited number of spots available on our van.
Reserve your spot by calling 440-353-0828.



The North Ridgeville Police Department collects medicines you can no longer use right in their front lobby 24 hours a day. Just bring any unwanted/no longer needed medicine and drop it in the receptacle in the front lobby located right next to City Hall.



JANUARY 2022

Monday	Tuesday	Wednesday	Thursday	Friday
<p>3 Crafts 10:00 a.m.</p> <p>Calls accepted for AARP Tax Appointments beginning at 9:00 a.m. (See cover for details)</p>	<p>4 CardioDance 9 a.m.</p> <p>Taco & Trivia Tuesday! Taco/Mexican themed lunch 12:00 with Trivia starting at 12:30 p.m.</p>	<p>5 Watercolors 9:30 a.m.</p> <p>Blood Pressure checks 10-11:30 Lunch 12:00 p.m. (Hamburgers)</p> <p>Bingo 12:30 p.m.</p> <p>Euchre & Canasta 1 p.m.</p>	<p>6 Tai Chi for Arthritis 9:00 a.m.</p> <p>Men's Breakfast 9:00 a.m. Eggs w/sausage and potatoes</p> <p>Cards/Mahjongg 1 p.m.</p>	<p>7 Rotary</p>
<p>10 Crafts 10 a.m.</p> <p>Paint & Sip Party 1:00 p.m.</p>	<p>11 CardioDance 9 a.m.</p> <p>Red Hats 2 p.m.</p>	<p>12 Watercolors 9:30 a.m.</p> <p>Lunch 12:00 p.m. (Pork loin w/ pierogis)</p> <p>Bingo 12:30 p.m.</p> <p>Euchre & Canasta 1:00 p.m.</p>	<p>13 Tai Chi for Arthritis 9:00 a.m.</p> <p>Cards/Mahjongg 12 p.m.</p>	<p>14 Field Trip Friday: West Side Market & lunch at Heck's Cafe</p>
<p>17 Center Closed MLK Day</p>	<p>18 CardioDance 9 a.m.</p> <p>Taco & Trivia Tuesday! Chicken Taco lunch at 12:00 with Trivia starting at 12:30 p.m.</p>	<p>19 Watercolors 9:30 a.m.</p> <p>Lunch 12:00 p.m. (Roast beef) Bingo 12:30 pm</p> <p>Euchre & Canasta 1 p.m.</p>	<p>20 Tai Chi for Arthritis 9:00 a.m.</p> <p>Ladies Brunch 10:30 a.m.</p> <p>Cards/Mahjongg 12 p.m.</p>	<p>21 Rotary</p>
<p>24 Crafts 10:00 a.m.</p>	<p>25 CardioDance 9 a.m.</p> <p>Puzzle Exchange 11 a.m.</p> <p>Tuesday matinee, 12:00 p.m. The Best Exotic Marigold Hotel</p>	<p>26 Watercolors 9:30 a.m.</p> <p>Lunch 12:00 p.m. (Baked Chicken) Bingo 12:30 p.m.</p> <p>Euchre & Canasta 1 p.m.</p>	<p>27 Tai Chi for Arthritis 9:00 a.m.</p> <p>SUPER THURSDAY Beat the Blues Brunch 10:30 a.m. Scrambled eggs/bacon</p> <p>Cards/Mahjongg 12 p.m.</p>	<p>28 Spaghetti Dinner 5-7 p.m.</p>
<p>31 Crafts 10:00 a.m.</p>				

FEBRUARY 2022

Monday	Tuesday	Wednesday	Thursday	Friday
	1 AARP Taxaide 8:00-4:00 CardioDance 9 a.m. Taco & Trivia Tuesday! Burrito lunch 12:00 p.m. Trivia starting at 12:30 p.m.	2 Watercolors 9:30 a.m. Blood pressure 10 a.m. Lunch 12 p.m. (Sloppy Joes) Bingo 12:30 p.m. Euchre & Canasta 12:30 p.m.	3 Tai Chi for Arthritis 9 a.m. Men's Breakfast 9 a.m. Biscuits & sausage gravy Cards/Mahjongg 12:00 p.m.	4 Rotary
7 Crafts 10:00 a.m.	8 AARP Taxaide 8:00-4:00 CardioDance 9 a.m. Red Hats 2 p.m.	9 Watercolors 9:30 a.m. Lunch 12 p.m. (Roast beef) Bingo 12:30 p.m. Euchre & Canasta 12:30 p.m.	10 Tai Chi for Arthritis 9 a.m. Valentines Day "Not So Lonely Hearts Club" brunch 10:30 a.m. Loaded scrambled eggs & hash browns Cards/Mahjongg 12:30 p.m.	11 Friday Matinee 12:00 p.m. Miracle on Ice
14 Crafts 10:00 a.m.	15 AARP Taxaide 8:00-4:00 CardioDance 9 a.m. Taco & Trivia Tuesday! Taco Salad lunch at 12:00 p.m. Trivia starting at 12:30 p.m.	16 Watercolors 9:30 a.m. Blood pressure screenings 10 am Lunch 12 p.m. (Stew & biscuits) Bingo 12:30 p.m. Euchre & Canasta 12:30 p.m.	17 Ladies Brunch 10:30 a.m. French toast & berry compote Mahjongg/Cards 12:30 p.m.	18 Rotary
21 Center Closed President's Day	22 AARP Taxaide 8:00-4:00 CardioDance 9 a.m. Puzzle Exchange 11 a.m. Tuesday Matinee 12:00 p.m. Chariots of Fire	23 Watercolor 9:30 am Lunch 12 p.m. (Chicken Parmesan) Music Bingo 12:30 pm Euchre & Canasta 12:30 p.m.	24 SUPER THURSDAY 60's Day lunch Program: The Day the Beatles Came to Cleveland Pot roast w/carrots, potatoes & onions Mahjongg/Cards 12:30 p.m.	25 Intergenerational Olympics 10 a.m.-12 p.m.
28 Crafts 10 a.m.				

Office for Older Adults
North Ridgeville Senior Center
7327 Avon Belden Road
North Ridgeville, OH 44039
Phone: 440-353-0828



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North Ridgeville Senior Center Newsletter



JANUARY & FEBRUARY 2022

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HAPPY
new year
2022