

# Senior Center

NORTH RIDGEVILLE OFFICE FOR OLDER ADULTS

7327 Avon Belden Road

North Ridgeville, Ohio 44039

Phone: (440) 353-0828



## JULY - AUGUST 2021

### OFFICE HOURS:

Monday–Friday: 8 a.m. - 4:30 p.m.

City Offices Closed:  
**July 5th**  
**Independence Day**



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## HEALTHY STRIDES

FOR ALL AGES

ALL MEMBERS OF THE COMMUNITY ARE WELCOME!  
CONSIDER COMING TO STAY ACTIVE AND PROMOTE  
PHYSICAL FITNESS. ALLOWING YOURSELF TO  
PHYSICALLY AND MENTALLY RECHARGE.

**DATES: EVERY THURSDAY, 6/10/2021 - 8/26/2021**

**TIMES: 6:00PM - 7:00PM**

**LOCATION: PAV. 1 S. CENTRAL PARK 7565 AVON BELDEN RD.**

IN CASE OF INCLEMENT WEATHER WALKS WILL BE CANCELED FOR THE  
EVENING. CANCELLATIONS WILL BE POSTED ON OUR WEBSITE,  
DEPARTMENT FACEBOOK® PAGE AND RAINOUT LINE (440)-210-6226.



Mayor: Kevin Corcoran

Parks & Recreation Director: Kevin M. Fougousse

## 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:

**July 5th**  
**Independence**  
**Day**



As I'm writing this article, we have interviewed a number of candidates to fill the Director of the Office for Older Adults vacancy. An offer is expected to be extended in the coming days and an announcement will be made once a new director has been named. I'm sure you are as anxious as I am to fill this opening and get back to some normalcy.

Our Parks & Recreation Department is once again offering **free** movies and concerts at South Central Park Gazebo this summer. What a great way to spend time with family and friends enjoying a movie or listening to live music. There will be food vendors on-site if you would like to purchase food or pack up a picnic dinner to enjoy at the park. Movies will be shown at dusk and bands are scheduled to perform from 6-8 PM. The July schedule is as follows: Movies: July 16 *Onward* and July 30 *Wonder Woman 1984*; Concerts: July 11 Southern Cross Band and July 25 Bridgetown Junction. I hope to see you there!

More great news! We had published in our quarterly *Community Connection* newsletter that this year's Corn Festival was cancelled because of COVID-19. The Corn Festival Committee reversed their decision after the newsletter was published because Governor DeWine rescinded the health orders in early June. The event will be held August 13-15 on Bainbridge Road between Route 83 and Root Road. Visit the North Ridgeville Corn Festival website at [www.nrcornfest.org](http://www.nrcornfest.org) for a list of activities or call the committee at (440) 218-9802.

To learn more about current and upcoming city projects, ask a question or just hear what fellow residents are asking, please join me at one of my upcoming coffee and conversation – Thursday, July 15; Wednesday, August 11; and, Monday, September 13 from 8:30-9:30 AM 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.

*Mayor Kevin Corcoran*



## The North Ridgeville Corn Festival

August  
13th -15th

Located on Bainbridge Rd. – Between Rt. 83 & Root Rd. Free Admission, Entertainment & Parking.

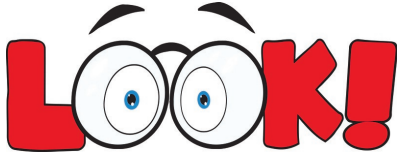
**FREE Parking is located exclusively at the North Ridgeville School Campus**

[34600 Bainbridge Rd, North Ridgeville, OH 44039](http://34600BainbridgeRd.com)



## WELCOME TO NORTH RIDGEVILLE SENIOR CENTER

If you haven't already, it's time to renew your newsletter subscription for 2021. 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 "2021 or 2022" or "0" for Lifetime Subscription, you are current on your subscription for this year.**

### 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**

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



## SENIOR CLASSES FROM PARKS & REC!

REGISTER ONLINE AT [WWW.NRIDGEVILLE.ORG/PARKSANDREC](http://WWW.NRIDGEVILLE.ORG/PARKSANDREC) OR STOP IN TO THE OFFICE ATTACHED TO THE NORTH SIDE OF THE SENIOR CENTER.



Please contact the Parks & Rec office at 440-353-0860 to register for these programs.



### Gentle Yoga TUES. Evenings

A calming stress-relieving yoga class designed to stretch and strengthen the body gradually. Emphasis is on building awareness of the body and breathing techniques. Yoga poses are practiced at a slow pace with attention to alignment and detail. Props, such as chairs, straps, and blocks, are used to assist the participant in the yoga postures. Seniors also welcome.

**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	TUES	05.18-06.22	5:45-6:45PM
Ses II	TUES	06.29-08.03	5:45-6:45PM

### Hold & Flow Yoga

This yoga practice allows you to approach class with an inquisitive mind, embracing the playfulness and joy that can exist in every moment. Class starts with vinyasa flow to bring warmth to the body, movement to the large muscle groups and joints, and focus to the mind through the introduction of variability in the flow. As the asana practice deepens, poses are held longer, exploring the role of breath and the intrinsic muscles contributing to the refinement of the pose.

**Ages:** 15 and Up

**Class Size:** 04 minimum / 06 maximum

**Fee:** \$50 Resident / \$60 Non-resident

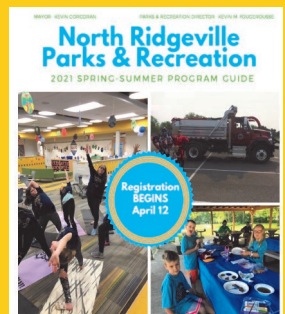
**Location:** NR Senior Center 7327 Avon Belden Rd.

Session	Day	Date	Time
Ses I	TUES	04.20-05.25	7:00-8:00PM
Ses II	TUES	06.01-07.06	7:00-8:00PM

Find out more about what is available from our Parks and Rec Department by logging on to the Parks & Rec website at:

<https://northridgeville.recdesk.com>

Once you are there click on the link on the right side to sign up for their mailing list. You can also stop in to the Parks and Rec Office (attached to the North West side of the Senior Center) and pick up a paper copy of the Summer Program Guide.





## LORAIN COUNTY METROPARKS

Administrative Offices—Carlisle Visitor Center,  
12882 Diagonal Road, LaGrange, Ohio 44050  
(440) 458-5121

<https://www.loraincountymetroparks.com/arrowhead>

### FRENCH CREEK THEATRE'S 2021

#### OUTDOOR THEATRE SEASON

June - September

Join us this summer for some live theatre in the parks!

The 2021 season will consist entirely of shows performed outdoors, with each show taking place at a unique, gorgeous park location.



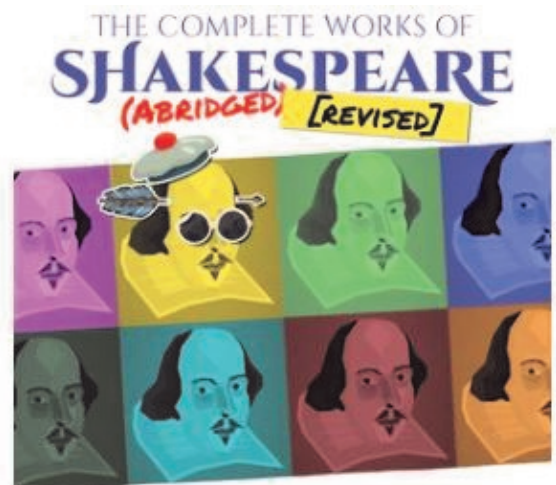
#### A Year with Frog & Toad

July 30 - August 1 at Miller Nature Preserve, Avon  
Waking from hibernation in the Spring, Frog and Toad plant gardens, swim, rake leaves, go sledding and learn life lessons along the way. The two best friends celebrate and rejoice in the differences that make them unique and special. Part vaudeville, part make believe... all charm, A Year with Frog and Toad tells the story of a friendship that endures throughout the seasons.

#### The Complete Works

of William Shakespeare (Abridged) [Revised]

August 20 - 22 at Carlisle Visitor Center, LaGrange  
Featured are all 37 of Shakespeare's plays, meant to be performed in 97 minutes, by three actors. Fast paced, witty, and physical, it's full of laughter for Shakespeare lovers and haters alike.





# 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.

To join any of our Facebook programs, visit us at <https://www.facebook.com/LorainPublicLibrarySystem>.

Patrons can register for programs offered on Zoom at <https://www.lorainpubliclibrary.org/events>. Registrants are asked to include their email addresses so that Zoom invitations can be sent for the event.

Visit the online calendar for the most current information [www.lorainpubliclibrary.com/events](http://www.lorainpubliclibrary.com/events).

## Book Sale

Thursday, July 22; 5 p.m. to 7:30 p.m.

Preview for Friends members

Friday, July 23; 10 a.m. to 5:30 p.m.

Saturday, July 24; 10 a.m. to 5:30 p.m.

North Ridgeville Branch

The book sale is open to the public and sponsored by The Friends of the North Ridgeville Branch Library, Inc.



LORAIN COUNTY REMEMBERS

9/11

2001/2021

20TH ANNIVERSARY

*9/11 Memories: An Oral History*

Sept. 11, 2021, will be the 20th anniversary of the 9/11 attacks. Each year Americans acknowledge and remember our country's trauma and the many lives lost in New York City, D.C. and Shanksville, Pennsylvania. Many of America's young adults have no memory of these tragedies and school-aged children were not born yet; therefore, they are relying on those of us who can remember to share its events and impact so that nothing is forgotten. Join us in making 2021 an outstanding year as we preserve and share memories.

**If you would like to share your story, please complete the info form on the back side of this page and return to [any](#) Lorain Public Library System Branch.**



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Name: \_\_\_\_\_

Phone: \_\_\_\_\_

Email address: \_\_\_\_\_

Current City: \_\_\_\_\_

Where were you at the time of the attacks? \_\_\_\_\_

\_\_\_\_\_

How old were you? \_\_\_\_\_

Briefly, What are your memories of that day? \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Are you interested in providing an oral history recorded by library staff?

\_\_\_\_\_

\_\_\_\_\_

Are you interested in being interviewed for a podcast or other media?

\_\_\_\_\_

\_\_\_\_\_

Do you have any historical artifacts you can share? If so, would you allow us to photograph them?

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

**Thank you for submitting your information. LPLS staff will contact you to discuss further.**



MAYOR: KEVIN CORCORAN

P&amp;R DIRECTOR: KEVIN M. FOUGEROUSSE

**FREE**


6:00-8:00PM

SOUTH CENTRAL PARK GAZEBO

ENJOY SUNDAY NIGHTS WITH  
GOOD MUSIC!

## 2021 SERIES LINE UP

SUNDAY JUNE 13, 2021 "THE WIXY 1260'S: FT. CLEVELAND'S  
CLEARWATER REVIVAL" 60'S 

SUNDAY JUNE 27, 2021 "JUST JAZZ LIVE"  
JAZZ 

SUNDAY JULY 11, 2021 "SOUTHERN CROSS BAND"  
COUNTRY & SOUTHERN ROCK 

SUNDAY JULY 25, 2021 "BRIDGETOWN JUNCTION"  
FOLK/ROCK 

We will try to get in as many concerts as possible, but sometimes the weather doesn't cooperate. Cancellations will be posted on our website, department Facebook® Page, and Rainout Line (440) 210-6226. For more information on bands check out our website or Facebook page.

### SPONSORED BY:



[www.nridgeville.org/parksandrec](http://www.nridgeville.org/parksandrec)



@nridgevilleparksandrec



MAYOR: KEVIN CORCORAN

PARKS AND REC DIRECTOR: KEVIN M. FOUGEROUSSE

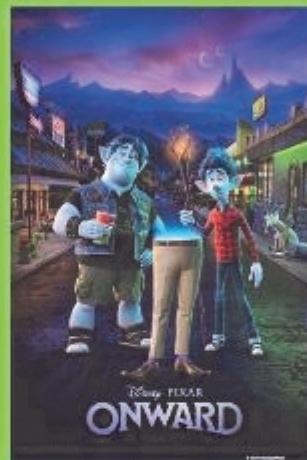


# FREE 2021 MOVIES

JUNE 4



JULY 16



JUNE 18



JULY 30



**JOIN US FOR A FREE MOVIE IN THE PARK! BRING YOUR CHAIR, HAVE A PICNIC DINNER, CATCH UP WITH YOUR NEIGHBORS AND ENJOY THE FREE MOVIE SERIES.**

**SOUTH CENTRAL PARK CAZEBO**

**7565 AVON BELDEN RD.**

**MOVIES START AT DUSK.**

**CHECK OUR WEBSITE**

**OR**

**CALL 440-210-6226**

**FOR MOVIE TIMES AND INFO.**

**SPONSORED BY:**



[WWW.NRIDGEVILLE.ORG/PARKSANDREC](http://WWW.NRIDGEVILLE.ORG/PARKSANDREC)



[@NRIDGEVILLEPARKSANDREC](https://www.facebook.com/NRIDGEVILLEPARKSANDREC)



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 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!

Help your older family member 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 prevents 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?**

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 microwavable 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 cannot do 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. We do not adhere to any special diets so we do require a doctor's authorization prior to anyone being added to the program. Our case manager will do a home visit prior to signing up the client on Meals-on-Wheels.



## 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, or if your card was lost or stolen, call 1-866-301-6446 to get a new card.

To fill out an application or for more information visit their website at [www.goldenbuckeye.com](http://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.

### 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.

### 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 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.

### FOOT CARE

Dr. Thomas Emmert is the Podiatrist of Total Foot Care. At this time Dr. Emmert is taking appointments at his office in Lakewood. **He will not be visiting the Senior Center at this time.** If it is your first visit with him, 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 & BLOOD PRESSURE CHECKS

These services will remain suspended until further notice.

### NORTH RIDGEVILLE COMMUNITY CARE

As the health and safety of their volunteers and clients is paramount Community Care has made the difficult decision to change the way they will be serving clients. They will be open, but will have a limited number of volunteers at the center. North Ridgeville residents in need of food distribution will be assisted from a pass through at the side door. If you are a client and are homebound or feel it is unsafe to come out please call the center and they will make arrangements for you. Contact them at (440) 353-9716.

Temporary Hours of Operation:

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

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

# PUZZLE

DID YOU KNOW THAT YOU CAN FIND PUZZLES ONLINE? JUST GOOGLE FREE PUZZLES!

## 1970'S TV WORD SEARCH PUZZLE



ALL IN THE FAMILY

BARNEY MILLER

BIONIC WOMAN

BONANZA

BRADY BUNCH

CHARLIES ANGELS

EMERGENCY

FANTASY ISLAND

GOOD TIMES

GUNSMOKE

HAPPY DAYS

HOGANS HEROES

LAND OF THE LOST

NIGHT GALLERY

POLICE WOMAN

ROCKFORD FILES

THE JEFFERSONS

THE ODD COUPLE

THE WALTONS

THREES COMPANY

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



## Freedom Festival and Fireworks, July 3, 2021

The Freedom Festival and Fireworks will be held at Victory Park Ohio, 7777 Victory Lane, North Ridgeville on Saturday, July 3, 2021. Gates open at 6 PM with activities, entertainment, food and beverages, and fireworks at approximately 10 PM. Tickets are per vehicle and can be purchased online in advance only by visiting [www.victoryparkohio.com](http://www.victoryparkohio.com). Sponsored by the City of North Ridgeville and Pepco Elyria.

Food & beverage options will be available to purchase on-site. Other activities and entertainment throughout the event include an inflatable village, miscellaneous sporting activities, hayride, NEO Bubble Soccer (6-9 PM), a Face Painter, Caricature Artist & Balloon Twister (6:30-8:30 PM), a Patriotic Stilt Walker (7-9 PM) a magic show by Magician & Illusionist Rick Smith Jr. (8-8:45 PM), and a fire juggling show by Ohio Burn Unit (9-9:45 PM). Fireworks will go off at approximately 10 PM. **Net proceeds to benefit North Ridgeville Community Care and Canine Superheroes Foundation.**



## Changes Are Coming to the 440 Area Code With Ten Digit Dialing

Please be advised that changes are coming to the way you dial local numbers which are going to begin to take effect April 24, 2021. These changes will affect our personal phones, emergency contact numbers, and other aspects when dialing any number in the 440 area code. The Federal Communications Commission (FCC) has adopted 988 as a new three-digit number to be used nationwide to reach the National Suicide Prevention and Mental Health Crisis Lifeline, starting July 16, 2022. Customers must continue to dial 1-800-273-TALK to reach the Lifeline until July 16, 2022. In order for 988 to work in certain area codes, 10-digit local dialing must first be implemented. The 440 area code here in Ohio has been identified as one of the two area codes where you will need to change the way you dial local calls.

Beginning October 24, 2021, you must dial 10-digits (area code + telephone number) for all local calls. On and after this date, local calls dialed with only 7-digits may not be completed, and a recording will inform you that your call cannot be completed as dialed. You must hang up and dial again using the area code and the 7-digit number.



August is back to school time for many of our school districts and the familiar yellow school busses will be back on our streets carrying precious cargo. Please remember not to pass a school bus and when in doubt, stop!







Office for Older Adults  
North Ridgeville Seniors, Inc.  
7327 Avon Belden Road  
North Ridgeville, OH 44039  
Phone: 440-353-0828

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

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

Address Service Requested

To Our Friend:

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



## North Ridgeville Senior Center Newsletter

***JULY & AUGUST 2021***

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



### **Free Community Dinner**

Many of you have asked if any of the churches that used to provide meals have restarted their programs. We are happy to report that Fields UMC, 34077 Lorain Road in North Ridgeville will be restarting their Tuesday Night Dinner. **It will be a drive thru meal or you may stay and have dinner in the outdoor pavilion on the 3rd Tuesday of the month from 5:30-6:30 pm. July 20th and August 17th. Everyone is welcome, no reservations are needed.**

**Call the church at 440-327-8753 with questions.**