



Senior Center Newsletter

July & August 2023

North Ridgeville Office for Older Adults
7327 Avon Belden Road
North Ridgeville, Ohio 44039



OFFICE HOURS:

Monday-Friday: 8 a.m.-4:30 p.m.

Front Desk & Reservation Line
(440) 353-0828

City offices closed July 4th in observance of Independence Day

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Ready To Imagine! Town Center Pop Up Party

July 20th 6:00-8:00 p.m.

Are you Ready To Imagine what a new town center could look like? Join the city and our partners on Thursday, July 20th from 6:00-8:00 p.m. in the parking lot on the west side of the Senior Center and share your future vision for North Ridgeville. Provide your input and become eligible for great raffle prizes. Family fun activities and FREE refreshments will be provided.

Produce Stand Tours

August 14th and 28th 2:00-4:00 p.m. \$2 transportation fee

We will once again offer produce stand tours to purchase fresh, local produce. Stops include Red Barn Produce, Willie's and Gerharts Garden. Heart & Sole will provide produce bucks and recipes for all attendees. We will make a stop for an ice cream treat afterwards, please bring a few dollars. Registration begins July 17th at 9:00 a.m. for the August 14th tour and July 31st for the August 28th tour. Depending on demand, individuals may be limited to one tour.

Save the Date- Senior Center Fundraiser

September 24th 1:00-3:00 p.m.

O'Neill Healthcare of North Ridgeville

We are pleased to announce a FUNdraiser for the center on September 24th. Join us for an afternoon of music and dancing provided by the legendary Frank & Dean. Tickets are \$20 in advance and \$25 at the door (if available). Advance tickets will be available beginning July 20th. Your ticket includes refreshments, an assortment of non-alcoholic beverages and all the music and dancing you can handle. This event is made possible through the generous partnership of O'Neill Healthcare of North Ridgeville. We hope to see you there!

A MESSAGE FROM DIRECTOR EMILY LOCKSHINE



Hello summer! It's hard to believe I will have been here for two years at the end of July. It is truly a joy to come to work every day and spend time in a fun, friendly environment. People often comment on the welcoming and friendly atmosphere of the center. This is a team effort among the staff, volunteers and participants. Thank you for creating a center that exhibits a warm, welcoming atmosphere.

We have recently added to our staff. Please help me in welcoming our new van driver, Randall DeAlba. Originally from Colorado, he has lived in North Ridgeville for almost 40 years. He is retired from United Airlines and enjoys spending time with his daughter and grandchildren.

You have probably noticed that Stacey has been busy adding many activities to our calendar, including nature walks and many field trips. Cardio Drumming and Chair Volleyball are taking off and we will be offering trips to both the Lorain County and Cuyahoga County Fairs and summer excursions in Lorain.

I would like to express my appreciation to the partners and sponsors of the June 29th Carnival. This event is one that generates a lot of excitement and interest and we look forward to growing the event every year.

Please help me in acknowledging the contributions of our partners who played an instrumental role in making this event a success*

Angels Care Home Health
Care Patrol
Central State University Extension Services
Danbury Senior Living
Jennifer Herron-Underwood, Howard Hanna
Home Instead
Hospice of the Western Reserve
Infinite Helping Hands

Kingston of Vermillion
Lorain Public Library System, NR Branch
O'Neill Healthcare of North Ridgeville
The Northridge Health Center
Pioneer Ridge
Sky Green Yoga by Kip Cronk
VFW Post 9871
Westwood Place Senior Apartments

Emily

*Confirmed at the time of printing

Office for Older Adults Staff

Emily Lockshine, Director **Kitty Wawzkiewicz**, Case Manager
Stacey Allen, Activities Coordinator **Tess Dietrich**, MOW & Volunteer Coordinator
Clancy McCool, Chef **Steve Makowski**, Driver **Randall DeAlba**, Driver

7327 Avon Belden Road, North Ridgeville, OH 44039 ■ (440) 353-0828 ■ www.nridgeville.org

A MESSAGE FROM MAYOR CORCORAN

We are gearing up for a busy summer!

Our master plan process, *Ridgeville Ready*, continues to move forward and our steering committee is now exploring the potential of a future town center. We believe a strong town center could create a destination within the city, with a mix of uses and a vibrant public realm. To that end, the committee will be hosting a community event in July to gather your input. The Ready to Imagine! Town Center Pop Up Party will take place on the city hall campus at the corner of Avon Belden and Bainbridge Roads on Thursday, July 20 from 6:00 to 8:00 p.m. In addition to sharing your feedback on our future town center, we have a DJ, sweet treats, raffles and family fun activities in store. Please visit RidgevilleReady.com for more information. We hope to see you there!



The City and our partner agencies are working on numerous capital projects, ensuring our roadway network is meeting the needs of our community. Several projects have been completed, such as the Barres Road realignment and the Center Ridge Road urban paving project. Other projects continue to progress towards construction, including utility work at the future Stoney Ridge Road-Avalon Drive-Mills Road “peanut” roundabout and finalizing bid documents for the Cypress Avenue extension. On the subject of paving, our Service Department has 12 streets on their list to pave this year with an additional six concrete streets that will be repaired or replaced by an outside contractor. You can find the complete list of streets on our city’s website at nridgeville.org, as well as the latest updates and repair schedule.

Our Parks & Recreation Department is once again offering free concerts at South Central Park Gazebo this summer. These performances are a great way to enjoy the outdoors and spend time with family and friends listening to live music. There are two remaining concerts in the series. Enjoy Disco Inferno on Sunday, July 2 starting at 5:00 p.m. and Funkology on Sunday, August 6 starting at 6:00 p.m. Don’t forget your blanket or lawn chair!

More summer fun awaits us! The Corn Festival Committee is busy working on finalizing this year’s activities. The event will be held August 11-13 on Bainbridge Road between Route 83 and Root Road. Visit the North Ridgeville Corn Festival website at www.nrcornfest.org for a list of activities or call their hotline at (440) 218-9802.

Stay informed about our projects and initiatives in the City of North Ridgeville by visiting our website at nridgeville.org or by following our city on social media. Keep an eye out for my weekly videos reporting the latest and greatest city news. Also, I invite you to stop by City Hall for one of my monthly Coffee and Conversations where I provide project updates and answer your questions. Upcoming dates are Tuesday, July 18 at 6:00 p.m.; Wednesday, August 2 at 8:30 a.m. and Thursday, September 14 at 8:30 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.

Mayor Kevin Corcoran

Senior Services

Contact **Kitty Wawszkiewicz,**
Case Manager for
North Ridgeville (440) 353-0857

Lockboxes

A Lockbox prevents damage to your property and saves time for paramedics when needing to access your home in an emergency. The Senior Center and Fire Department are proud to provide this program to North Ridgeville residents. Lockboxes are available **for seniors 60 and over for a \$35 fee. Those under 60 can obtain a Lockbox for a \$45 fee. Checks should be made payable to the North Ridgeville Senior Center.** Applications can be found at the Senior Center or at nridgeville.org/SeniorCenter under Forms and Links.

Supportive Services

Supportive services are provided for seniors 60 and older. These services provide linkage to social service agencies, home healthcare, supportive groups, and much more. The purpose of these services is to be a source of information for seniors and their families, and to assist older adults with maintaining independence.

Transportation

Limited transportation services are available for individuals 60 and older, who are medically unable to drive. Transportation is provided for routine medical appointments, grocery shopping, banking, human service appointments, pharmacy pick-ups and socialization at the Senior Center.

Blood Pressure Checks

Our friendly volunteer nurses are here the first Wednesday of every month from 10:30-11:45 a.m. This is a walk-in service, first come first served.
Upcoming dates July 5 and August 2.

Senior Supper Club

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

North Ridgeville Community Care

Community Care is a human services agency for residents in need of food distribution or other basic needs. To inquire about assistance, call (440) 353-9716. Donations of goods and non-perishable food items can be arranged by calling Community Care during business hours, Mondays and Tuesdays 9:30 a.m.-1:30 p.m. and Thursdays 3:00-6:00 p.m.

Foot Care

Dr. Thomas Emmert, a Podiatrist with Total Care will return to the Senior Center on **July 5th** at 8:00 a.m. As always, appointments are first come first served by the sign-in sheet at the front desk. **If it is your first visit with the doctor, it is recommended that you contact Dr. Emmert's office at (216) 529-1800 before your appointment to verify they have the necessary information. The cost of the clinic is usually covered by Medicare and supplemental insurance.**

Meals-on-Wheels – Can We Help?

The North Ridgeville Office for Older Adults offers Meals-on-Wheels to seniors 60 and older. A nutritious meal is delivered on Mondays and Wednesdays for a total of up to 5 meals per week. Each meal is delivered before 12:00 p.m. and contains an entrée and fruit or 100% juice. Meals are delivered in microwavable containers and need to be heated before consumption.

It is our goal to provide a nutritious 12:00 p.m. meal to all of our clients, however, we are unable to accommodate special diets (e.g. diabetic). Our friendly, courteous volunteer drivers pick up the meals from the Senior Center and deliver them to your door. The price for each meal is \$3.75.

Individuals 60 and older who live in North Ridgeville are eligible. As we are unable to adhere to special diets, a doctor's authorization is required before being added to the program. Our case manager will conduct a home visit prior to signing a client up to receive Meals-on-Wheels.

Fitness

**For information or to register
(440) 353-0828**

Cardio Dance

Tuesdays, 9:00-10:00 a.m.

\$36 for 6 weeks

Cardio Dance offers a great workout to the hits of today and yesterday and is adaptable to a variety of fitness levels.

Summer Session I June 27-Aug 8 (no class July 4)

Tai Chi for Balance and Arthritis

Thursdays, 9:30 – 11:00 a.m.

\$48 for 6 weeks

This program is designed to reduce your likelihood of falling, stop the fear of falling cycle, and improve your activity levels and health in a short period of time. It has also been shown to improve arthritis-related symptoms such as pain and stiffness, and is recognized and recommended by the **Arthritis Foundation**. This program combines techniques from **Chinese Qigong** and **Tia Chi** movements that focus on strengthening muscles of the ankles, knees, hips and legs.

Summer Session II: July 20-August 31 (no class August 17)

Walking Warriors

Tuesdays at 9:00 a.m., May-October

Meet in the parking lot. We will walk the path across the street at South Central Park. It is a 0.75 mile loop. You can join us for 1, 2 or 3 laps.

Cardio Drumming

Mondays at 10:30 a.m.

\$2 drop in fee

Safetyville Building

Cardio Drumming is quickly growing in popularity and we are excited to offer this class.

Participants are taken through routines using drumsticks in a variety of patterns to heart-pumping fun hits. You can do this activity standing or sitting in a chair. Reserve your space the Friday before class.



Chair Volleyball

First & Third Monday at 1:00 p.m.

Join us for a spirited game of volleyball. We will divide into teams and let the fun begin. Games will be held outdoors when the weather permits.

Beginning Line Dancing

Every Wednesday 10:00-11:00 a.m.

\$6 per class

Join Mary Harwood to get your heart pumping and your feet moving to a variety of music. New people are always welcome. No prior experience necessary!

Nature Walks

Friday, July 7th 9:00–11:00 a.m.

Sandy Ridge Reservation of Lorain County Metro Parks

Join Stacey for a walk at Sandy Ridge Reservation. We will try to

beat the heat of the day for a venture out onto the wetland loop. We will go out to the middle and back, about 1.5 miles. Wetlands are full of activity during the summer, so we will see what's changed since our spring visit. The trail surface is compact limestone and level.



Friday, August 18th, 9:00-10:30 a.m.

Bradley Woods Reservation of Cleveland Metro-parks

Join Stacey for a walk at Bradley Woods Reservation. The woodland trail should give us some good shade to beat the August heat. We will go about 1.25 miles at a leisurely pace and start from the Cordington Picnic Area parking lot.

Produce Pick-ups & Community Walking

North Ridgeville Heart and Sole health collaborative invites residents to keep active and healthy.

Fresh produce pick-ups are returning in late summer 2023!

Support North Ridgeville farmers by reserving a fresh produce bag for pick-up at a designated location. Pricing, reservation instructions and pickup locations will be listed closer to the event. For more information visit [Facebook.com/nrheartandsole/](https://www.facebook.com/nrheartandsole/) or email nrheartandsole@gmail.com.



Walking With Sole, a community walking hour, takes place Thursdays 6 - 7 p.m. through August 24 and is open to all ages and abilities. Consider coming to stay active and promote physical fitness, allowing yourself to physically and mentally recharge. Walking With Sole is free to attend with no pre-registration needed. In case of inclement weather, walks will be canceled for the evening.

Activities

For information or to register
(440) 353-0828

Men's Breakfast & Speaker

1st Thursday, 9:00 a.m. \$4

If you are 55 or older, join us for a hot entrée, coffee, fruit cup and juice for just \$4.00. It's a fun-filled morning of good food, fellowship and a wonderful speaker or entertainment.

July 6th, 9:00 a.m.

Mike Kovack, North Olmsted Senior Center

For the first time in history, a highly decorated intelligence officer with top secret clearance informed congress that the United States is in possession of not only alien craft, but also bodies! Please join us for this exciting program as we break down the story, share opinions and speculate what this all means for mankind moving forward.

August 3rd, 9:00 a.m.

R. C. Durkee, author of Rum Run

Lake Erie was abuzz during Prohibition as a major route of smuggled outlawed alcohol from Canada to the lake's southern shore. Hear about secret coves, speeding Dart Boats, Coast Guard chases and the notorious Purple Gang. R.C. Durkee is a writer, artist and local history speaker. Her debut novel, *Rum Run* was selected for inclusion in the state's library. She lectures local history for life-long learning courses, libraries and organizations.

Ladies' Brunch & Speaker

3rd Thursday, 10:30 a.m. \$4

If you are 55 or older, join us for a hot entrée, coffee, fruit cup and juice for just \$4.00. It's a fun-filled morning of good food, fellowship and a wonderful speaker or entertainment.

July 20th, 10:30 a.m.

Tea party! Come in your best garden tea party dress and hat as we transform the Senior Center into a tea house. A variety of hot and cold teas will be available, along with an assortment of traditional tea time snacks.

August 17th, 10:30 a.m.

Beauty As We Age. Challenge the way you think about beauty with this inspiring programs. This brunch is generously sponsored by Fairmont of Westlake.

Wednesday Lunch, 12:00 p.m. \$5

Join us every Wednesday for a hot entrée, dessert and beverage. Menu details can be found on the calendar pages.

Watercolors Wednesdays at 9:30 a.m.

Our art enthusiasts gather for a morning of painting and conversation. There is no formal instruction, but all attendees assist each other with projects when needed. If interested, call to tell us you are coming & bring your paints!

Crafting

Macrame Angels \$10

(includes kit—additional kits \$5)

July 3rd, 10:00 a.m.-12:00 p.m.

Local Art Instructor Kris Jenkins will teach you everything you need to know to make these adorable angels. She will bring a few additional kits if you want to buy one to make later. No experience needed. We need a minimum of 10 people to go forward with the class. **Registration Required!**



Crafting Every Monday

10:00 a.m.-12:00 p.m.

Join us for a morning of creativity. No experience needed. Sometimes we paint, do paper crafts, make beads and more! Bring your ideas and we can add them to the list. Everyone is welcome!

Soups-On Mondays!

Mondays, 12:15 p.m. \$2

Come in for a light lunch of one of Clancy's homemade soups and bread. **RSVP by the previous Friday.**

National Blueberry Muffin Day

July 11th, 10:30-11:15 a.m. \$2

Join us for a muffin, coffee, tea and good company. **RSVP by July 10th.**

National Ice Cream Sundae Day

July 20th, 1:30 p.m. \$3

Join us for a sundae bar. We will have lots of fix-in's & we will vote on our favorites. **RSVP by July 18th.**



National Hamburger Day \$5
Friday, July 28th, 12:00 p.m.-1:00 p.m.

Clancy will be grilling up burgers to celebrate! We will have a wide selection of toppings to dress them up. **Registration Required by July 25th.**

Music Bingo
Tuesday, July 18th 1:00-2:00 p.m.

Join Stacey for music bingo featuring “summertime favorites from the 70s.”

Lunch & Learn
Transition Planning
Tuesday, August 22nd 10:00 a.m.

Scott Winfield, Certified Probate Specialist will discuss downsizing and estate settlement, attorney Russ McLaughlin will discuss probate law, and Kelly Sciko from Caring Transitions will discuss the benefits of transition coordination services. Coffee & doughnuts will be provided. RSVP by August 21st.

North Ridgeville Hatters
July 11th & August 15th, 2:00 p.m.

This social group for ladies meets once a month at the Senior Center for fun and fellowship. If you are interested in becoming a Red Hatter, contact Johanna at (440) 748-9777.

Chocolate Chip Cookie Bake-Off
August 4th, 1:00 - 2:00 p.m.

We will be having a chocolate chip cookie bake-off. Bakers will be asked to bring 24-30 cookies and a copy of their recipe. King Arthur Flour gift cards (\$75, \$50 & \$25) will be awarded to the top 3 recipes as voted on by the judges/tasters. Tasters will be given a sample of each baker’s cookies.

Bakers – FREE
Judges/Tasters \$3

National Banana Split Day
August 10th 1:00-2:00 p.m. \$3

It’s always a good day for ice cream. Join us for a Banana Split and a chance to escape the heat and meet up with some old friends or make some new ones. **Registration Required.**

National Eat a Peach Day
August 22nd, 1:30 p.m. \$2

Celebrate with us by eating a tasty peachy treat. **Registration Required.**

Stacey’s Small Talk

Do you call them Lightning Bugs or Fireflies? Either way, one of my favorite summertime moments is sitting in my backyard and watching the lightning bugs (yes, that’s what I call them). I



I remember chasing them as a kid and not giving much thought to what was actually happening. But as an adult, I learned there’s a lot more to them. The larva stage (similar to a caterpillar) lives for Fall, Winter & Spring feeding on slugs, snails, earthworms, and each other. If you get rid of the slugs, you are also getting rid of the Lightning Bugs. The adults usually emerge in the last half of June to early July. They only live 2-4 weeks as an adult, in which time they need to find a mate and lay eggs, to start the cycle over again.

These 2-4 weeks are jam-packed with lots of activity. Some feed on nectar or pollen, other insects, others feed only on other lightning bugs, and some don’t eat at all during this stage. There are more than 24 species of lightning bugs found in Ohio. Each species has its own specific pattern of flashes, the height where they sit or fly, and the time of night they flash. Most of the time the females sit and flash their specific pattern and the males fly around flashing the correct response pattern. Once they locate another member of the matching species, they lay eggs and the cycle starts over. Some females will flash the pattern of a different species, when the bamboozled males approach them, they are devoured. The ability for a living thing to make light, without generating heat is called bioluminescence. There are chemicals inside their bodies that when combined with oxygen, glow. By flexing small muscles the insect controls the flow of oxygen into the abdomen portion of their body.

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!

Outings

**For information or to register
(440) 353-0828**

Lorain Lighthouse Tour

Wednesday, July 12th 3:15-6:30 p.m.

\$25

We will take the boat out to the Lorain Lighthouse and then tour the grounds and lighthouse. You must be able to step from the dock onto the boat and off. The grounds are mostly flat, but to tour the actual lighthouse there are a lot of stairs. Be sure to bring your camera to capture this unique perspective of our coastline. Bus will depart the Senior Center at 3:15. p.m. Tour is from 4-6 p.m. We will return to the Senior Center at approximately 6:30 p.m. **Registration begins July 3rd at 9:00 a.m.**

\$25 tour and transportation (13 spots)

\$22 tour only, drive yourself (4 spots)

Lorain Summer Market

Friday, July 21st, 2:30-7:30 p.m.

\$4

We will go to the Summer Market on the Black River Landing. There will be approximately 100 artisan and specialty food booths. This is a walking heavy trip, wear your walking shoes. Bring your money and way to carry your treasures home. There will also be a variety of live music. This event is open to the public and gets very crowded, so our plan is to get there right at the beginning. **Registration begins July 7th at 9:00 a.m.**

Bus will depart the Senior Center at 2:30 p.m. and return at approximately 7:30 p.m.

\$4 Transportation fee (13 spots)

Cuyahoga County Fair

Tuesday, August 8th 11:15 a.m. 5:00pm

\$4

Attend opening day of the fair and experience the complete collection of fair activities, farm animals, music, carnival rides and games, displays and much more! Bring money so you can indulge in your favorite fair treats! **Registration begins July 10th at 9:00 a.m.**

Bus leaves at 11:15 a.m. from the Senior Center and will return at 5:00 p.m. (13 spots)

Lorain County Fair \$4

Thursday, Aug. 24th 10:00a.m. – 4:30 p.m.

The Lorain County Fair is the home of many Lorain County traditions. Whether you go every year, haven't been in a while or maybe have never gone, you won't want to miss this fair. There will be wide variety of activities happening from baking contests, live music to the horse pull. Bring your money so you can indulge (again) in your favorite fair treats! **Registration starts July 17th at 9:00 a.m.**

Bus will leave the Senior Center at 10:00 a.m. and will return at approximately 4:00 p.m. (13 spots)



Tess's Spotlight

As the Volunteer and Meals on Wheels Coordinator I feel like I have met most of you, but decided we should spotlight one of you each newsletter. This issue's spotlight features **Front Desk Volunteer Sherry Ballard**. She has been volunteering at the front desk for almost a year. Meeting all of you and learning new skills, like using our computer system, are her favorite parts of working here. In her free time she likes to take care of her family by doing "laundry therapy" for her daughter and feeding her sons. She also sews a lot—you may have noticed some of her work in the sale cabinet. She often donates her projects for us to sell. Sherry and Harry, her significant other, have traveled to some beautiful places, including Mexico, but her favorite place is right here. If you see Sherry, be sure to say hello & introduce yourself.

Items Needed:

Your unwanted jewelry

Are you cleaning out drawers and closets? Do you have unwanted fashion (or even fine) jewelry that can be donated to the senior center? We are collecting for a jewelry extravaganza fundraiser to be held later this year. It will be a lot of fun, but we need donations in order to make this fundraiser a success. Bring your donation to the center at any time. If you have questions, ask Emily or Stacey.

Wine Corks

We are in need of **wine corks** for a future project. We will be using them to make crafts in the fall. You can bring in your corks for us, or save them and bring them in when you join us for the project.

Tea Cups & Saucers

We are in need of **tea cups & saucers** for our Ladies' Brunch and other future programs. They do not need to match.

North Ridgeville Parks & Recreation

For information and to register
[www.nridgeville.org/
parksandrec](http://www.nridgeville.org/parksandrec)

Sound Bath with Becky Hopp
Mondays through Aug. 14th, 6:30-7:30 p.m.
Ages: 15 and up Location: NR Senior Center
Pre-Registration Fee: \$20 Resident / \$30 Non-Resident

Mindful Yoga with Kip Cronk
Monday, July 17th 6:00 – 7:30 p.m.
Ages: 15 and up Location: Safetyville Building
Pre-Registration Fee: \$10 Resident / \$15 Non-Resident

Standard-Beginner Dog Training Courses
Instructor: Lindsey Norton, Hype Dog Training
Ages: 18 and up
Class Size: 4 minimum / 10 maximum
Fee: \$130 Resident / \$140 Non-Resident
Session III August 1-September 5 7:00-8:00 p.m.

Tai Chi Balance
Instructor Mary Cordray
Ages: 15 and up
Class size: 4 minimum/10 maximum
Fees: \$50 Resident / \$60 Non-Resident
Session III: Aug. 1-Sept. 5 12:00 p.m. –1:00 p.m.

Tennis & Pickleball
Summer is a great time for tennis and pickleball. South Central Park is home to 4 tennis & 8 pickleball courts. Courts are open to the general public from dawn to dusk.

Community Fitness Opportunities

United We Sweat

United We Sweat is a multi-partner initiative that features FREE fitness and wellness opportunities. Visit <https://www.loraincountyhealth.com/unitedwesweat> to view a complete schedule.

North Ridgeville Library Programs

For information or to register
(440) 327-8326

*Please note **preregistration is required** for all programs except where noted. Visit the online calendar for the complete details & most current information www.lorainpubliclibrary.com/programs.*

LPLS Geek Squad
Mondays, July 3, 17; Aug. 7, 21; 1 to 3 p.m.
Call us at 440-327-8326 to book a 45-minute one-on-one appointment for tech help with your Kindle, iPad, tablet, email and more.

Writers Group
Saturdays, July 8; Aug. 5; 2 to 3:30 p.m.
Preregistration required.

Golden Age of Television
Monday, July 10; 6:30 to 7:30 p.m.
Preregistration required.

Stories from a NASA Photographer
Tuesday, July 11; 6:30 to 7:30 p.m.
Preregistration required.

Getting Hygge with It: Exploring Kindness and Lykke
Thursday, July 13; 2 to 3 p.m.
Preregistration required. Hybrid.

Culture of Summer: Country Hoedown
Saturday, July 22; 12:30 to 4 p.m.

Fiber Arts Group
Mondays, July 24; Aug. 28; 10:30 a.m. to 12:30 p.m.
Preregistration required.

Page Turners Book Discussion
Tuesdays, July 25; Aug. 22; 1 to 2 p.m.
July 25; “Woman of Light” by Kai Fajardo-Anstine
Aug. 22; “Between the World and Me” by Ta-Nehisi Coates. **Preregistration required.**

Celebration of Light: Stained Glass Windows of Lorain County Religious Institutions
Thursday, July 27; 6 to 7 p.m. **Preregistration required.**

JULY

| Monday | Tuesday | Wednesday |
|---|--|--|
|  | | |
| <p>3 Macrame Angels 10:00 a.m. \$10 Cardio Drumming 10:30 a.m. Soup lunch 12:15 p.m. \$2 Chair Volleyball 1:00 p.m.</p> | <p>4 CENTER CLOSED</p>  | <p>5 Dr. Emmert 8:00 a.m. Watercolors 9:30 a.m. Line dancing 10:00 a.m. Blood pressure screenings 10:30 a.m. Lunch 12:00 p.m. \$5 Bingo, Euchre & Canasta 12:30 p.m.</p> |
| <p>10 Crafts 10:00 a.m. Cardio Drumming 10:30 a.m. Soup lunch 12:15 p.m. \$2</p> | <p>11 Walking Warriors 9:00 a.m. Blueberry Muffin Day 10:30 a.m. Taco & Trivia Tuesday! Lunch 12:00 p.m. \$5 Trivia 12:30 p.m. Red Hats 2:00 p.m.</p> | <p>12 Watercolors 9:30 a.m. Line Dancing 10:00 a.m. Lunch 12:00 p.m. \$5 Bingo, Euchre & Canasta 12:30 p.m. Lorain Lighthouse Tour 3:15 p.m.</p> |
| <p>17 Crafts 10:00 a.m. Cardio Drumming 10:30 a.m. Soup lunch 12:15 p.m. \$2 Chair Volleyball 1:00 p.m.</p> | <p>18 Walking Warriors 9:00 a.m. Music Bingo 1:00 p.m.</p>  | <p>19 Watercolors 9:30 a.m. Line Dancing 10:00 a.m. Lunch 12:00 p.m. Sponsored by O'Neill Healthcare Bingo, Euchre & Canasta 12:30 p.m.</p> |
| <p>24 Crafts 10:00 a.m. Cardio Drumming 10:30 a.m. Soup lunch 12:15 p.m. \$2</p> | <p>25 Walking Warriors 9:00 a.m. Taco & Trivia Tuesday! Lunch 12:00 p.m. \$5 Trivia 12:30 p.m. Puzzle Exchange 11:00 a.m.</p> | <p>26 Watercolors 9:30 a.m. Line Dancing 10:00 a.m. Lunch 12:00 p.m. \$5 Bingo, Euchre & Canasta 12:30 p.m.</p> |

| Thursday | Friday |
|---|---|
| | |
| <p>6 Men's Breakfast, 9:00 a.m. \$4 Euchre/Pinochle/Dominos 12:00 p.m.</p> | <p>7 Nature Walk 9:00 a.m. Sandy Ridge Reservation Rotary Club meeting 12:00 p.m.</p> |
| <p>13 Euchre/Pinochle/Dominos 12:00 p.m.</p> | <p>14 The Breakfast Club 9:30 a.m. \$4</p>  |
| <p>20 Ladies' Brunch: Tea Party 10:30 a.m. \$4 Euchre/Pinochle/Dominos 12:30 p.m. National Sundaes Day 1:30 p.m. \$3</p> | <p>21 Rotary Club meeting 12:00 p.m. Lorain Summer Market 2:30 p.m. \$5</p> |
| <p>27 Euchre/Pinochle/Dominos 12:00 p.m.</p> | <p>28 National Hamburger Day 12:00 p.m. \$5</p>  |

Menu

- 5th** Sweet & Sour Pork over Rice & dessert
- 6th** Chicken & Waffles
- 11th** Taco Plate
- 12th** Burger with Tots, Veggie & Pecan Pie
- 14th** Scrambled Eggs with Cheese, Bacon, Hashbrowns & Fruit
- 19th** 1/4 BBQ Chicken, Potato Salad, Corn on the Cob & Roll
- 20th** Waffles, Sausage & Fruit
- 25th** Burrito
- 26th** Pork Cutlet Sandwich with Sautéed Onions, Baked Potato & Veggies
- 28th** Hamburgers with Fixins' and Chips

KEY

Bold = Requires Registration
Blue = Field Trip
Maroon = Fitness
Green = Food

AUGUST

| Monday | Tuesday | Wednesday |
|---|--|--|
| | <p>1 Walking Warriors 9:00 a.m. Taco & Trivia Tuesday! Fajita lunch 12:00 p.m. Trivia 12:30 p.m.</p> | <p>2 Watercolors 9:30 a.m.  Line Dancing 10:00 a.m. Blood pressure screenings 10:30 a.m. Lunch & National Ice Cream Sandwich Day 12:00 p.m. \$5 Bingo, Euchre & Canasta 12:30 p.m.</p> |
| <p>7 O'Neil's Crafts 10:00 a.m. Cardio Drumming 10:30 a.m. Soup lunch 12:15 p.m. \$2 Chair Volleyball 1:00 p.m.</p> | <p>8 Walking Warriors 9:00 a.m. Cuyahoga County Fair 11:15 a.m.</p>  | <p>9 Watercolors 9:30 a.m. Line Dancing 10:00 a.m. Blood pressure screenings 10:00 a.m. Lunch 12:00 p.m. \$5 Bingo, Euchre & Canasta 12:30 p.m.</p> |
| <p>14 Crafts 10:00 a.m. Cardio Drumming 10:30 a.m. Soup lunch 12:15 p.m. \$2 Produce Stand Tour 2:00 p.m.</p> | <p>15 Walking Warriors 9:00 a.m. Taco & Trivia Tuesday! Fajita lunch 12:00 p.m. Trivia 12:30 p.m. Red Hats 2:00 p.m.</p> | <p>16 Watercolors 9:30 a.m. Line Dancing 10:00 a.m. Lunch 12:00 p.m. Sponsored by O'Neill Healthcare Bingo, Euchre & Canasta 12:30 p.m. Lorain Lighthouse Tour 3:30 p.m.</p> |
| <p>21 Crafts 10:00 a.m. Cardio Drumming 10:30 a.m. Soup lunch 12:15 p.m. \$2 Chair Volleyball 1:00 p.m.</p> | <p>22 Walking Warriors 9:00 a.m. Lunch & Learn: Transition Planning 10:00 a.m. Eat a Peach Day 1:00 p.m. \$3</p>  | <p>23 Watercolors 9:30 a.m. Line Dancing 10:00 a.m. Lunch 12:00 p.m. \$5 Bingo, Euchre & Canasta 12:30 p.m.</p> |
| <p>28 Crafts 10:00 a.m. Cardio Drumming 10:30 a.m. Soup lunch 12:15 p.m. \$2 Produce Stand Tour 2:00 p.m.</p> | <p>29 Walking Warriors 9:00 a.m. Puzzle Exchange 11:00 a.m.</p>  | <p>30 Watercolors 9:30 a.m. Line Dancing 10:00 a.m. Lunch 12:00 p.m. \$5 Bingo, Euchre & Canasta 12:30 p.m.</p> |

| Thursday | Friday |
|---|---|
| 3 Men's Breakfast, 9:00 a.m. \$4 Euchre/Pinochle/Dominos 12:00 p.m. | 4 Rotary Club meeting 12:00 p.m. Chocolate Chip Cookie Bake Off 1:00 p.m. \$3  |
| 10 Euchre/Pinochle/Dominos 12:00 p.m. Banana Split Bar 1:00-2:00 p.m. \$3 | 11 The Breakfast Club 9:30 a.m. \$4 |
| 17 Ladies Brunch 10:30 a.m. Sponsored by Fairmont of Westlake Euchre/Pinochle/Dominos 12:30 p.m. | 18 Nature Walk 9:00 a.m. Rotary Club meeting 12:00 p.m. |
| 24 Lorain County Fair 10:00 a.m. Euchre/Pinochle/Dominos 12:00 p.m.  | 25 |
| 31 Euchre/Pinochle/Dominos 12:00 p.m. | |

Menu

- 1st** Fajita plate
- 2nd** Beefy Mac, Veggies & Ice Cream Sandwich
- 3rd** Eggs, Bacon & Hash browns
- 9th** Chicken Caesar Salad
- 10th** Banana Split Bar
- 11th** Poached Eggs on Toast, Ham, Roasted Potatoes
- 15th** Taco plate
- 16th** Bratwurst with Peppers & Onions & Fruit
- 17th** Waffles, Sausage & Fruit
- 22nd** Peach Shortcake
- 23rd** Chili & Cornbread
- 30th** Chicken Salad Sandwich & Pasta Salad

KEY

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