

# Senior Center

NORTH RIDGEVILLE OFFICE FOR OLDER ADULTS

7327 Avon Belden Road

North Ridgeville, Ohio 44039

Phone: (440) 353-0828



MARCH—APRIL 2022

## OFFICE HOURS:

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

City Offices Closed:

**April 15th, 2022**  
**Good Friday**

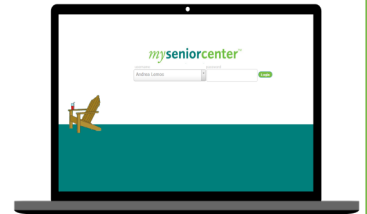
## My Senior Center is here!

Staff and volunteers are working behind the scenes to get ready. Our anticipated “go live” date is March 1<sup>st</sup>.

**Please see a front desk volunteer or staff member to:**

- ◆ Verify that your information is correct in the system
- ◆ Set your notification preferences
- ◆ Obtain a key card to sign in for activities

By seeing a front desk volunteer and receiving a card, we know your information has been verified in the system.



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## Frequently Asked Questions!

**Q: I already have a My Senior Center key tag for another center- do I need another for North Ridgeville?**

**A:** No, If you already have a key tag, a staff member or front desk volunteer can assign your key tag to our center and you can use one key tag to check into multiple senior centers.

**Q: I only come for one activity a month- do I need a card?**

**A:** EVERYONE needs a key card, even if you come infrequently. This allows you to check in to the center for you activity without having to sign a paper activity sheet. More importantly, this allows the Senior Center to accurately track the number of individuals participating in an activity on any given day.

**Q: What happens if I lose my card?**

If you lose your key tag, it is very easy to be assigned a new card. There is no limit to the number of cards that can be assigned to an individual.

**A: What happens if I don't have my card with me when I come?**

You can check in for activities using your first name and phone number.

## A MESSAGE FROM DIRECTOR EMILY LOCKSHINE

Greetings!

We've had to contend with a few cold and snowy days this winter. After our first big storm on January 17<sup>th</sup>, I definitely started to better appreciate the snowbird concept! I see many of you coming out to the center despite the snow and cold and I am thrilled to see how resilient our participants are.

We have some exciting offerings for March and April, including the addition of a Tai Chi Balance class and two class offerings from the Institute for Retired Learning (IRL) - Inventions and Innovations A-Z, Mondays at 12:45 p.m. and Remarkable Women Who Changed the World, Wednesdays at 2:40 p.m. These classes will begin in April and run for six weeks. If we get a good level of participation, classes like these can become part of our regularly scheduled program offerings.

We have one field trip in March with additional trips planned for May, June and July - more information will be available in our next newsletter.

Please see the message on the cover page of the newsletter for information on the launch of My Senior Center, our automated registration and tracking system. Once we are all acclimated, I guarantee this will make daily business at the center run smoother and more efficiently. Please be patient with our front desk volunteers as they transition from pencil and paper to our automated system. They have been working extremely hard to help prepare for the launch. I cannot thank them enough for their grace, patience and willingness to embrace something new.

Speaking of volunteers, I would like to take a moment to acknowledge and thank the effort, dedication and hard work of all our volunteers. From the front desk, to servers for our special events, spaghetti dinner and Meals On Wheels drivers, we truly could not do it without you.

Thank you!

Emily



### Take a Minute to locate our new My Senior Center Kiosk in our Lobby!

After you have received your card from our front desk and have verified that all of your contact information is correct, you will be able to check in at the kiosk for activities!

**For the time being, you will still need to stop at the front desk to pay for meals or make payments for trips, activities and fitness classes.**

## 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:**

**Friday April  
15, 2022  
Good Friday**



As we move into spring with warmer temperatures, you'll see movement around town with this year's list of capital improvement projects. I've highlighted a few of them below:

Case Road bridge replacement over Chappell Creek by the Lorain County Engineer's Office. Construction is anticipated to begin in March and be completed by the end of July. Case Road will close at the bridge for the duration of this project.

Lorain Road water main extension project to begin in March and last approximately four months. The project area is from a point east of Lear Nagle Road to a point west of Bliss Parkway.

Mills Creek North Condos water main replacement on White Pine Way, Spruce Pine Way, Red Pine Way and Scotch Pine Way. Construction is tentatively scheduled to begin in the spring and last approximately four months.

Center Ridge Road resurfacing project from Elyria to Westlake with the exception of the 2.1-mile section that was recently widened. The City will be working with the Ohio Department of Transportation through the Urban Paving Program with construction to begin after June 1 and last approximately three months.

Construction of a roundabout at Mills Road, Stoney Ridge Road and Avalon Drive to include new pavement, curb and gutters, traffic control and landscaping. Construction to begin at end of summer and last for approximately three months.

Visit the city's website at [www.nridgeville.org](http://www.nridgeville.org) for a complete listing and for project updates.

You are cordially invited to attend my coffee and conversations at City Hall to learn more about these projects and others that are planned in the upcoming year as well as other city business. These coffees are held monthly in Council Chambers from 8:30-9:30 AM with the March/April schedule as follows: Wednesday, March 23 and Thursday, April 21. I hope to see you there!

The Office for Older Adults is planning their next Spaghetti Dinner to be held on Friday, April 29 from 5-7 PM. It's nice to see everyone in person dining together again! If you don't feel comfortable eating indoors, take-out is also available.

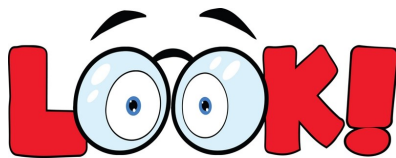
If you have any questions, please do not hesitate to call my office at (440) 353-0811.  
Sincerely,

*Mayor Kevin Corcoran*



# 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—2023" 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

**Monday—Thursday**  
9 a.m.—8 p.m.  
**Friday & Saturday**  
10 a.m.—6 p.m.

**Sunday (Sept—May)**  
1 p.m. – 5 p.m.

*Please note preregistration is required for all programs except where noted. Visit the online calendar for the most current information [www.lorainpubliclibrary.com/events](http://www.lorainpubliclibrary.com/events). Programs listed as “Hybrid” can be attended in person or virtually.*

## Sunday Series

### Birding in Lorain County

Sunday, March 6; 3 to 4 p.m.  
Join Rob Swindell, President of the Black River Audubon Society and birding columnist for The Chronicle Telegram, as he talks about birding in Lorain County - when, where, and how to find our local birds and correctly identify them. Preregistration required.

### Women in History

Sunday, March 13; 3 to 4 p.m.  
Join Women in History to learn about civil rights activist Dr. Mary W. Walker and abolitionist Elizabeth Van Lew. Preregistration required.

### Hip to That Jazz Band

April 3; 3 to 4 p.m.  
Join jazz-quartet “Hip to That” for an afternoon of lively jazz music. Sponsored by the Friends of the North Ridgeville Branch Library, Inc. Preregistration required.



## Free Online Courses

Tuesday, March 8;  
2 to 3 p.m.

Learn how to access hundreds of online courses with your library card.

Preregistration required.  
Hybrid

## Spring Gardening: Getting Started

Wed, March 23; 6 to 7 p.m.  
Join Ohio State University Extension to learn how to assess your space, improve your soil and select the right plants to get the most from your garden space. Preregistration required.



Tuesdays, April 19; May 17;  
1 to 2:30 p.m.

Thursdays, April 21; May 19;  
1 to 2:30 p.m.

## Crafternoon

Enjoy a fun afternoon of crafting. Each month staff will provide instruction on a new exciting project. Please register for the Tuesday or Thursday session only. Preregistration required.

Thursday, April 21; 5 to 7:30 p.m. (Preview) Friday, April 22; 10 a.m. to 5:30 p.m.  
Saturday, April 23; 10 a.m. to 5:30 p.m.  
Sunday, April 24; 1 to 4:30 p.m. (Bag Sale)

### Book Sale

Admission to the book sale preview is reserved for members of The Friends of North Ridgeville Branch Library, Inc. New members may join, or former members may renew their annual memberships that evening. The book sale is sponsored by The Friends of the North Ridgeville Branch Library, Inc.





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

A 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 residents. Lock Boxes are available **for seniors 60+ for a \$30 fee. Those under 60 can obtain a Lock Box for a \$40 fee. Checks should be made payable to The North Ridgeville Senior Center.** Applications can be found at the Senior Center or at [www.nridgeville.org](http://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 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 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 a meal is \$3.75. For additional information, please call (440) 353-0857.

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

Anyone 60 or older who lives in North Ridgeville. As we are unable to adhere to any special diets, a doctor's authorization is required prior to anyone being added to the program. Our case manager will conduct 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 1-800-422-1976 for a replacement.

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.

### SUPPORTIVE SERVICES

Supportive Services are provided for persons 60 and older. These services provide linkage to social service agencies, home healthcare, support groups, telephone reassurances, and much more. The purpose of these services is to be a source of information for seniors and their families and assist older adults with maintaining independence. If you need assistance, or have questions, call (440) 353-0857 Monday through Friday, 10 a.m. - 4 p.m.

### FOOT CARE

Dr. Thomas Emmert, is the Podiatrist of Total Foot Care and will return to the NR Senior Center on March 23, 2022 at 9:00 a.m. As always, appointments are first come first served by signing in at the front desk. **If this 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.**



### 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 the 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 at (440) 353-9716 and they will make arrangements for you. 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.

# 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.

## Tai Chi Balance

Offered by: North Ridgeville Parks and Recreation



Good balance is essential for our daily life activity, and tai chi can help improve your balance and confidence at any age. This class focuses on the basic movements of tai chi to improve balance, flexibility, and coordination while strengthening muscles of the ankles, knees, hips, and legs. No previous Tai Chi experience is needed.

**Instructor:** Mary Cordray  
**Ages:** 15 and Up  
**Class Size:** 04 minimum / 06 maximum  
**Fee:** \$50 Resident / \$60 Non-Resident  
**Location:** Safetyville Building 35753 Bainbridge Rd.

Session	Day	Date	Time
Ses I	SAT	01.22-02.26	10:00-11:00AM
Ses II	SAT	03.05-04.09	10:00-11:00AM

MAYOR: KEVIN CORCORAN PARKS & RECREATION DIRECTOR: KEVIN M. FOUGEROUSSE

### North Ridgeville Parks & Recreation

2022 WINTER PROGRAM GUIDE



**Baseball-Softball Program** Enjoy America's Pastime...  
**Daddy Daughter Dance** We are proud to welcome back our Daddy Daughter Dance...  
**Esports League** By partnering with the League this will give online gamers the chance to compete in high-level esports competitions...

Winter Program Guides are available now! Spring Program guides will be available in April.

Mayor: Kevin Corcoran Parks & Rec Director: Kevin Fougousse



Performing CPR while waiting for medical assistance can greatly increase a person's chance of survival from cardiac arrest.

#### American Heart Association CPR/Basic Life Support (BLS) Certification

This class is designed for healthcare professionals and other personnel who need to be certified in BLS and other basic cardiovascular life support skills in a wide variety of in-facility and pre-hospital settings. Participants will learn high-quality CPR for adults, children, and infants, AHA Chain of Survival (BLS components), important early use of an AED. Effective ventilations using a barrier device, importance of teams in multi-rescuer resuscitation and performance as an effective, team member during multi-rescuer CPR, and relief of foreign-body airway obstruction (choking) for adults and infants. **CPR certificate will be received upon completion of this course. Cost covers CPR certificate and materials.**

Ages: 11 Years Old & Up	Ses I	SAT	01.08	10:00AM-2:00PM
Fee: \$10 Resident / \$15 Non-Resident	Ses II	SAT	02.05	10:00AM-2:00PM
Location: NR Fire Station 1, 7000 Ranger Way	Ses III	SAT	03.05	10:00AM-2:00PM
	Ses IV	SAT	04.02	10:00AM-2:00PM

#### Family & Friends® CPR

Family & Friends® Course teaches the lifesaving skills of adult Hands-Only CPR, adult CPR with breaths, child CPR with breaths, adult and child AED use, infant CPR, and mild and severe airway block for adults, children, and infants. Skills are taught in a dynamic group environment using the AHA's research-proven practice-while-watching technique, which provides students with the most hands-on CPR practice time possible. Cost covers booklet for you to keep.

**A CPR certificate is not given upon completion of this class.**

Ages: 8 Years Old & Up	Ses I	SAT	01.29	9:00-11:00AM
Fee: \$3 Resident / \$5 Non-Resident	Ses II	SAT	02.26	9:00-11:00AM
Location: NR Fire Station 1, 7000 Ranger Way	Ses III	SAT	03.26	9:00-11:00AM
	Ses IV	SAT	04.30	9:00-11:00AM

Mayor: Kevin Corcoran P&R Director: Kevin M. Fougousse

## RESTORATIVE SOUND BATH

With Instructors Kip Cronk & Becky Hopp

**March 14, 2022**  
**6:30-8:00PM**

North Ridgeville Senior Center  
 7327 Avon Belden Rd.

**Ages: 15 & Up**  
**\$25 Resident**  
**\$30 Non-Resident**

Register online: [www.nridgeville.org/parksandrec](http://www.nridgeville.org/parksandrec)  
 OR  
 North Ridgeville Parks and Rec Office  
 7327 Avon Belden Rd.  
 Monday-Friday 8:00AM-4:30PM

Register online: [www.nridgeville.org/parksandrec](http://www.nridgeville.org/parksandrec)  
 OR  
 North Ridgeville Parks & Rec Office  
 7327 Avon Belden Rd.  
 Monday-Friday 8:00AM-4:30PM



## GETTING FIT AT THE CENTER!



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

**Tai Chi for Arthritis and Fall Prevention** Thursdays, 3/17/22-4/21/22, \$30 for a six-week session. 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.

We are adding **Tai Chi Balance** immediately following the 9:00 a.m. class. Balance will be held from 10:15-11:15 a.m. on Thursdays, 3/17/22-4/21/22, \$30 for a six-week session. Tai Chi Balance is a program designed to reduce the fear and likelihood of falling, stop the fear of falling cycle and improve activity levels of older adults. The program combines techniques from Chinese Qigong and Tai Chi movement that focus on strengthening muscles of the ankles, knees, hips and legs and is suitable for all ages and abilities.

*Tai Chi for Arthritis and Fall Prevention* and *Tai Chi Balance* program participants should wear loose clothing and comfortable shoes. Call 440-353-0828 by March 10th to register.

### CardioDance!!

We are happy to announce that instructor Carrie will be back on Tuesdays at 9:00 a.m. for a new CardioDance session, beginning 2/22/22 - 3/29/22, \$30 for a six-week session. The April-May Session will run 4/5/22 - 5/10/22. Payments can be made by cash, or check made payable to NR Office for Older Adults. Registration can be done in person up until 2/22 and 4/5. Please call 440-353-0828 for more information.



## INDOOR WALKING

**LCCC University Partnership Ridge Campus**  
32121 Lorain Rd, North Ridgeville

Face masks are required

Thursdays  
6 PM - 7:30 PM

October 28 - March 24

No cost to attend  
Open to the community

More info:  
NRheartandsole@gmail.com  
North Ridgeville Heart and Sole



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. until March 24th. Lace up your tennies and come take a walk!

## FUN AT THE CENTER



A very special thank you to O'Neill Healthcare for bringing birthday cake for Wednesday lunch dessert on March 16th.

If you would like us to recognize you during your birthday month, please stop by the front desk and make sure we have your birthday listed on your My Senior Center Profile.



**St. Patrick's Day Party– Thursday  
March 17th 11:00 a.m. -12:00 p.m.**

Celebrate St. Patrick's Day with the musical duo Sunday in the Park as they present The Luck o' the Irish.

Whether you're truly Irish or just Irish for the day, this light-hearted collection of Irish songs and stories will put a smile in your eyes and a song in your heart.

You'll learn the stories behind the songs—and have a chance to sing along to some familiar tunes. Program begins at 11:00 a.m., corned beef lunch to follow. Please note, due to the special program, cards will begin at 12:30 on this date. **RSVP by March 15<sup>th</sup> at noon, 440-353-0828.**



**Healthy Cooking  
Demonstration  
Wednesday March 9<sup>th</sup>  
11:00 a.m.**

Foodconscious.org will bring a team of chefs for a lunchtime cooking demonstration that details easy ways to prepare healthy meals. In addition, a nutritionist will be on hand to talk about everyday strategies for incorporating a variety of foods in your diet as well as a discussion of wellness strategies for the long term that improve quality of life.

*Lunch of chicken & Caesar salad will be provided as part of this program- stay for bingo or cards after the program. Please note, due to being a special program, it will begin at 11:00 a.m. RSVP by March 8<sup>th</sup> at noon 440-353-0828.*

**"As you get older, the pickings get slimmer, but the people sure don't."  
-Carrie Fisher**

**FRENCH CREEK,  
MORE THAN  
MEETS THE EYE!**

**Men's Breakfast, March 3<sup>rd</sup>**  
Corey Timko from the French Creek Wastewater Treatment Plant will talk about the fascinating mechanics of our wastewater plant, including sludge reduction efforts and by-products sent to farm fields for composting and how this reduces overhead costs for the city. There's more to the treatment plant than meets the eye!



## FUN AT THE CENTER

"I'm at an age when my back goes out more than I do." —*Phyllis Diller*



### SUPER THURSDAYS ARE BACK!!

March 31<sup>st</sup> at 11 a.m. is Opening Day for the new Cleveland Guardians baseball team and we are celebrating with a **Take Me Out to the Ballgame** themed

luncheon. Come dressed in your favorite baseball gear, whether it is Cleveland Indians, new Guardians apparel or another favorite team. **This luncheon is generously sponsored by Life Care Center. Reservations are required by Tuesday, March 29th at noon. 440-353-0828**

**April 28th at 11 a.m.** Please join us for some fun and funky musical entertainment from Hip to That! We will be serving Chicken Fettucine Alfredo  
**Reservations are required by Tuesday, April 29th at noon. 440-353-0828**



### Lorain County Community College

**At Ladies Brunch on March 24th and Men's Breakfast on April 7th** a representative from Lorain County Community College will talk about Free Fitness & Wellness Center memberships available through multiple insurance plans. In addition to the fitness center, which includes an outdoor track and a fieldhouse for tennis and pickleball, SilverSneakers® group exercise classes are available, with formats called Classic, Stability, Yoga, and EnerChi. The Center for Lifelong Learning offers non-credit programming that is designed especially for those who are at least 50 years old and/or retired. These programs and courses offer learning opportunities in computers, the internet, estate planning, career enrichment, fitness and recreation, world cultures, astronomy, gardening, history genealogy, antique collecting, creative writing and much more. Call the front desk to RSVP at 440-353-0828.



### Taco and Trivia Tuesday!

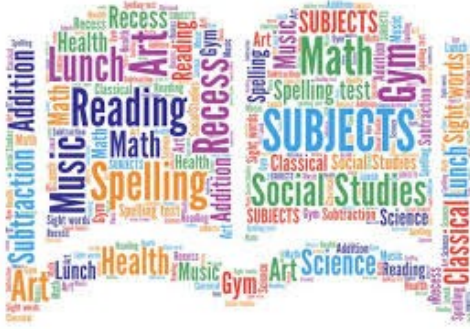
Come with a team or form one at the event. Lunch will be served at noon and trivia will start at 12:30 p.m. The cost per person is \$4.00. We will make it mild so if you want it spicy, bring your own hot sauce! Please **RSVP by Monday at noon if you will be having lunch with us.** If you are just joining us for trivia, reservations are not required. Please call the front desk at 440-353-0828

**Tuesday, March 1st & March 15th**  
**Tuesday, April 5th & April 19th**



### March 11<sup>th</sup>, downtown Olmsted Falls.

Enjoy lunch and a spot of tea at Clementine's Restaurant, which features delicious sandwiches, soups and pastries. After lunch you will have approximately 2 hours to shop around the Grand Pacific Junction area. The Senior Center Van will depart at 11:00 a.m. and arrive back at the center at approximately 3:00 p.m. A limited number of spots are available. **RSVP beginning March 1, 2022.**



The Senior Center is hosting a school levy info session that is open to the public.

Learn about the city's **OUTSTANDING** schools with Two for Tea and All That Jazz on **Wednesday, March 23 at 4:00 p.m.** The North Ridgeville High School Jazz Band will be playing jazz favorites and Superintendent Roxann Ramsey-Caserio will inform attendees about how far the schools have come in the past few years and what an asset the schools are to those who reside in North Ridgeville. We will have door prizes and delicious sweets. **DON'T MISS THIS EVENT!** For more information please contact Sam Ameen, Marketing Supervisor at 440-353-1876



The Senior Center is excited to offer two classes from the Institute for Learning in Retirement (ILR).

**Inventions and Innovations A-Z**  
Mondays at 12:45 p.m.

April 4-May 9

**Remarkable Women Who Changed the World**  
Wednesdays at 2:40 p.m.

April 6 – May 11

These six week classes are one hour and 20 minutes per class. There is no homework, reading, tests or grades and the best part is these classes are offered **FREE** of charge to participants. Register by April 1st by calling 440-353-0828.

Since 1992 the Institute for Learning in Retirement (ILR) at Baldwin Wallace University has offered classes on diverse topics for persons who enjoy learning together or through Zoom™. Typically 80 minutes long, once a week for 6 weeks, classes range from history and science to art and more... and it's all "just for the fun of learning new things."



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.



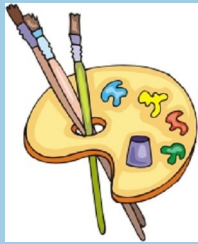
**March 7<sup>th</sup> 1:30 p.m.**

**The Hedy Lamarr Story**

Not only was Hedy Lamarr part of Hollywood's Golden Era, she was also an inventor. At the begin-

ning of World War II, she and composer George Antheil developed a radio guidance system for Allied torpedoes that used spread spectrum and frequency hopping technology to defeat the threat of jamming by the Axis powers. Although the US Navy did not adopt the technology until the 1960s, the principles of their work are incorporated into Bluetooth and GPS technology and are similar to methods used in legacy versions of CDMA and Wi-Fi. Join us at the Senior Center for this thought provoking program. 1 hr 23 minutes.





### 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, call to let us know you are coming & bring your paints.

### **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.



## 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 p.m.

**The Wednesday lunch menu can be found on the calendar at the back of the newsletter 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 are interested in volunteering to call BINGO on Wednesday afternoons, please call 440-353-0828.**

### 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 to make for the Craft Store here at the Senior Center. \$2 soup lunch will be available. **Please RSVP the week before.** 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 each month from 11:00 a.m. -12:00 p.m. March 29th and April 26th.**

### 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: March 8th & April 10th

## Spaghetti Dinners are Back in person for 2022!



**Mark your calendars!**  
**April 29th—Sponsored by**  
**Liston Funeral Home**

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.**



**March 3rd** –Corey Timko - French Creek WWTP  
**April 7th** - LCCC Center for Lifelong Learning

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.**



**March 24th**—LCCC Center For Lifelong Learning  
**April 21st**—Michelle Cha—Pop and Broadway Favorites



## 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, March 22nd - Eat, Pray, Love.

An unhappily married woman realizes her life needs to go in a new direction. After a very painful divorce, she risks everything and embarks on a journey around the world that becomes a quest for self-discovery. Starring Julia Roberts, much of the movie contains sweeping views of the beautiful landscapes of Italy, India and Bali. Running time 2 hrs, 13 minutes.

### Tuesday Matinee, April 26th - As Good As It Gets

Melvin Udall (Jack Nicholson) is an obsessive-compulsive writer of romantic fiction who's rude to everyone he meets, including his gay neighbor Simon (Greg Kinnear), but when he has to look after Simon's dog, he begins to soften and, if still not completely over his problems, finds he can conduct a relationship with the only waitress (Helen Hunt) at the local diner who'll serve him. Running time, 2 hrs, 19 minutes.

**Word Scramble Solution:** 1. weather 2. tulip 3. sprout 4. spring 5. sunshine 6. seasons 7. rain 8. rainbow 9. rabbit 10. nest 11. hatch 12. flowers 13. Easter 14. eggs 15. bunny 16. bloom. 17. birth 18. butterfly 19. chick 20. grass

### 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!*

## Spring and Easter Word Scramble

1, treweah

2, puitl

3, uorspt

4, gpnirs

5, hnieussn

6, ssenao

7, ianr

8, brnowia

9, bitbar

10, tens

11, ctahh

12, elfsrwo

13, sertae

14, gsge

15, nynub

16, omolb

17, thirb

18, rflytteub

19, ckhic

20, rsasg



# MARCH 2022

Monday	Tuesday	Wednesday	Thursday	Friday
	<b>1</b> AARP Taxaide 8:00-4:00 p.m. CardioDance 9 a.m. <b>Taco &amp; Trivia Tuesday!</b> Chicken taco salad lunch 12:00 p.m. with Trivia starting at 12:30 p.m.	<b>2</b> Watercolors 9:30 a.m. Blood pressure screenings 10 a.m. Lunch 12:00 p.m. ( <b>Chili w/cornbread</b> ) Bingo 12:30 p.m.  Euchre & Canasta 12:30 p.m.	<b>3</b> Tai Chi for Arthritis 9 a.m. (make up day)  Men's Breakfast 9:00 a.m. <b>(Eggs benedict)</b>  Cards/Mahjonn 12:00 p.m.	<b>4</b> Rotary
<b>7</b> Crafts 10 a.m.  Bombshell: The Hedy Lamarr Story 1:30 p.m.	<b>8</b> AARP Taxaide 8:00-4:00 p.m.  CardioDance 9 a.m.  Red Hats 2 p.m.	<b>9</b> Watercolors 9:30 a.m.  <b>Lunch 11:00 a.m.:</b> Healthy Cooking Demonstration-featuring local ingredients <b>(Chicken &amp; Caesar salad)</b> Bingo 12:30 p.m. Euchre & Canasta 12:30 p.m.	<b>10</b> Tai Chi for Arthritis 9 a.m. (make up day)  Cards/Mahjonn 12:00 p.m.	<b>11</b>  <b>Field Trip Friday</b> Clementine's restaurant & shopping at Grand Pacific Junction. Depart SC 11:00 a.m. return 3:00 p.m.
<b>14</b> Crafts 10 a.m.	<b>15</b> AARP Taxaide 8:00-4:00 p.m.  CardioDance 9 a.m. <b>Taco &amp; Trivia Tuesday!</b> Taco plate lunch 12:00 with Trivia starting at 12:30 p.m.	<b>16</b> Watercolors 9:30 a.m. Lunch 12:00 p.m. ( <b>BBQ pork sandwiches</b> )  Bingo 12:30 p.m. Euchre & Canasta 12:30 p.m.	<b>17</b> Tai Chi for Arthritis 9 a.m. Tai Chi for Balance 10:15 a.m. St. Patrick's Day Party program at 11:00 a.m. ( <b>corned beef</b> ) lunch to follow. <b>Cards/Mahjonn start at 12:30 p.m.</b>	<b>18</b> Rotary
<b>21</b> Crafts 10 a.m.	<b>22</b> AARP Taxaide 8:00-4:00 p.m.  CardioDance 9 a.m.  <b>Tuesday matinee</b> 12:00 Eat, Pray, Love	<b>23</b> Foot Clinic 8:00 a.m. Watercolor 9:30 a.m. Lunch 12:00 p.m. ( <b>Steak sandwich, mac &amp; cheese</b> ) Bingo 12:30 p.m. Euchre & Canasta 12:30 p.m.  NRCS Levy Information Session 4:00 p.m.	<b>24</b> Tai Chi for Arthritis 9 a.m. Tai Chi for Balance 10:15 a.m.  <b>Ladies Brunch</b> 10:30 a.m. LCCC presentation <b>(Eggs benedict)</b>  Cards/Mahjonn 12:00 p.m.	<b>25</b>
<b>28</b> Crafts 10 a.m.	<b>29</b> AARP Taxaide 8:00-4:00 p.m.  CardioDance 9 a.m.  Puzzle Exchange 11 a.m.	<b>30</b> Watercolors 9:30 a.m.  Lunch 12:00 p.m. ( <b>Chicken cacciatore w/ salad</b> ) Bingo 12:30 p.m.  Euchre & Canasta 12:30 p.m.	<b>31</b> Tai Chi for Arthritis 9 a.m. Tai Chi for Balance 10:15 a.m. <b>Super Thursday - Take Me Out to the Ballgame</b> Lunch 11:00 a.m. <b>(Beef tips over mashed potatoes)</b>  <b>Cards/Mahjonn start at 12:30 p.m.</b>	



# APRIL 2022

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>Spaghetti Dinner</b> Tickets on Sale NOW!</p> 				1 Rotary
<p>4 Crafts 10:00 a.m.  ILR Innovations and Inventions 12:45 p.m.</p>	<p>5 AARP tax aide service 8:00-4:00  CardioDance 9 a.m.  <b>Taco &amp; Trivia</b> <b>Tuesday!</b> Burrito lunch at 12:00 p.m. with Trivia starting at 12:30 p.m.</p>	<p>6 Watercolors 9:30 a.m. Blood pressure screenings 10:00 a.m. Lunch 12 p.m. <b>(Pork chops)</b> Bingo 12:30 pm Euchre &amp; Canasta 12:30 p.m. ILR Women Who Changed the World 2:40 p.m.</p>	<p>7 Men's Breakfast 9:00 a.m. <b>(Pancakes w/sausage)</b>  Tai Chi for Arthritis 9 a.m. Tai Chi for Balance 10:15 a.m.  Cards/Mahjongg 12:00 p.m.</p>	8
<p>11 Crafts 10:00 a.m.  ILR Innovations and Inventions 12:45 p.m.</p>	<p>10 AARP tax aide service 8:00-4:00 (only if make up days are needed)  CardioDance 9 a.m.  Red Hats 2:00 p.m.</p>	<p>13 Watercolors 9:30 a.m.  Lunch 12 p.m. <b>(Ham w/baked potato)</b> Bingo 12:30 p.m. Euchre &amp; Canasta 12:30 p.m.  ILR Women Who Changed the World 2:40 p.m.</p>	<p>14 Tai Chi for Arthritis 9 a.m. Tai Chi for Balance 10:15 a.m.  Cards/Mahjongg 12:00 p.m.</p>	<p>15  GOOD FRIDAY  CENTER CLOSED</p> 
<p>18 Crafts 10:00 a.m.  ILR Innovations and Inventions 12:45 p.m.</p>	<p>19 CardioDance 9 a.m.  <b>Taco &amp; Trivia</b> <b>Tuesday!</b> Taco plate lunch at 12:00 p.m. with Trivia starting at 12:30 p.m.</p>	<p>20 Watercolors 9:30 a.m.  Lunch 12 p.m. <b>(Sweet &amp; sour chicken)</b> Bingo 12:30 p.m. Euchre &amp; Canasta 12:30 p.m.  ILR Women Who Changed the World 2:40 p.m.</p>	<p>21 Tai Chi for Arthritis 9 a.m. Tai Chi for Balance 10:15 a.m.  Ladies Brunch 10:30 a.m. <b>(Pancakes w/sausage)</b>  Cards/Mahjongg 12:00 p.m.</p>	22
<p>25 Crafts 10:00 a.m.  ILR Innovations and Inventions 12:45 p.m.</p>	<p>26 CardioDance 9 a.m.  Puzzle Exchange 11:00 a.m.  Tuesday matinee 12:00 As Good As It Gets</p>	<p>27 Watercolors 9:30 a.m.  Lunch 12 p.m. <b>(Meat &amp; potato pie)</b> Music Bingo 12:30 pm Euchre &amp; Canasta 12:30 p.m.  ILRWomen Who Changed the World 2:40 p.m.</p>	<p>28 Tai Chi for Arthritis 9 a.m. Tai Chi for Balance 10:15 a.m.  <b>Super Thursday</b> <b>11:00 a.m.</b> <b>(Chicken fettucine</b> <b>alfredo) Hip to That</b> <b>Cards/Mahjongg</b> <b>12:30 p.m.</b></p>	<p>29  <b>Spaghetti Dinner</b> <b>Sponsored by</b> <b>Liston Funeral Home</b>  <b>5:00-7:00 p.m.</b></p> 

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



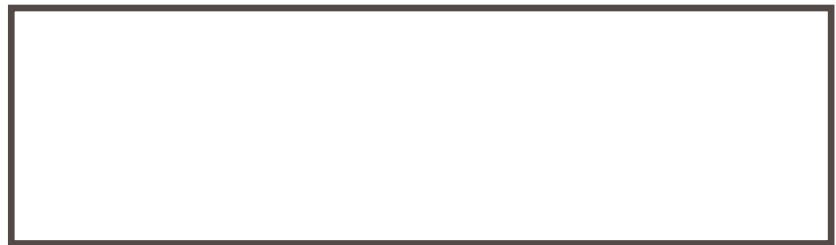
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## North Ridgeville Senior Center Newsletter



**MARCH & APRIL 2022**

**(440) 353-0828**  
**7327 Avon Belden Road, North Ridgeville**  
**[www.nridgeville.org](http://www.nridgeville.org)**



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!