

Senior Center Newsletter

NORTH RIDGEVILLE OFFICE FOR OLDER ADULTS
7327 Avon Belden Road
North Ridgeville, Ohio 44039



MARCH-APRIL 2023

OFFICE HOURS:

Monday - Friday: 8 a.m.-4:30 p.m.
Front Desk & Reservation Line
(440) 353-0828

All City Offices Closed:
Friday, April 7th, 2023

Lunch & Learns

The center has expanded its Lunch & Learn opportunities with community partners. Reservations will be taken beginning March 2nd at 8:00 a.m. for the following sessions:

March 14th, Basic Estate Planning 11:30 a.m.

Elderlaw Attorney Margie Karl will help you learn about power of attorneys, wills and trusts. You will have the opportunity to ask questions about these tools and anything else related to estate planning. Attorney Karl has a special passion for serving older adults. She resides in Olmsted Township where she lives with her husband of 20 years and 2 children and has been practicing law for 20 years. RSVP by March 9th.

April 17th, Understanding Your Long Term Care Insurance Policy 12:00 p.m.

Kevin McLaughlin from Amada Health Care will help you gain a better understanding of the benefits offered in your policy. *This event is intended for those with an existing long-term care insurance policy.* RSVP by April 12th.

April 25th, Downsizing 101 11:30 a.m.

Downsizing: Where Do You Start? Have you been thinking about downsizing but aren't sure where to start? This is a great opportunity to learn how to create a downsizing plan that works for your lifestyle and learn 10 easy steps to downsizing and decluttering. Jennifer Underwood of Howard Hanna will provide this informative presentation and provide lunch for attendees. RSVP by April 20th.

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A MESSAGE FROM DIRECTOR EMILY LOCKSHINE



Happy Spring - almost! At the time of this writing, we have enjoyed tremendously mild winter weather. Hopefully this trend continues as we look forward to warmer temps and budding flowers are in future. Thank you for your patience as we had to pause a few programs and make adjustments to accommodate the repairs being done in the back room.

First, good news to share. Our longstanding staff vacancy has finally been filled. Stacey Allen joined the center at the end of January as the Activities Coordinator. She has an extensive background as a naturalist and has planned hundreds of programs, trips and events for all ages, including the older adult population. She also has a talent and affinity for arts and crafts and will be instrumental in leading our crafts group moving forward. She already has plans to create some festive decorations to brighten up the center for parties and holidays. Expanded fitness offerings are in the works as well as more field trips. Stacey is a local who grew up in Sheffield Lake and currently lives in Westlake. We are excited to have Stacey and her talents on board.

More good news, the center will be painted March 10th and 11th. The facility is long overdue for a refresh and the new look will be a wonderful way to usher in spring.

As we welcome Stacey, we sadly say goodbye to Scott Kelly, one of our van drivers. Scott has been with the center since we resumed transportation services in November of 2021. He will be missed and we wish him the best in his future endeavors.

I encourage those of you who are residents to become involved in the city's master planning process - a unique opportunity to have a voice in the future of the city. Please see the Mayor's Message on the opposite page for additional info and visit RidgevilleReady.com for the latest updates.

Lastly, please join us for our April spaghetti dinner on April 28th from 5-7 p.m. at the center. Liston Funeral Home is our sponsor. Bob and Renee Liston are valued members of the community and their support is very much appreciated. These dinners are held four times a year and serve as fundraiser to support essential services to the older adult population in North Ridgeville. As always, dine in or take options are available.

Emily

North Ridgeville Senior Center Staff

Kitty Wawzkiewicz, Case Worker

Tess Dietrich, MOW & Volunteer Coordinator

Stacey Allen, Activities Coordinator

Clancy McCool, Chef

Steve Makowski, Driver

A MESSAGE FROM MAYOR CORCORAN

With the arrival of March, we know that spring is right around the corner, even if Mother Nature still has a few surprises up her sleeve. For many of us, the turn of the calendar page means spring cleaning and preparing for the season to come. March brings us a new beginning, a fresh mindset and a renewed focus on our plans and priorities.

As the snow melts, we can look around at the positive changes and improvements in our community. Each month, we're welcoming more new businesses to town, from retail and restaurants to a major trucking terminal for Dayton Freight which will start construction in a few months. On the city side, capital projects are gearing up to include the Barres Road Realignment at Stoney Ridge Road in early April. The Cypress Avenue Extension will be bid this spring and construction will commence this summer along with our annual streets and catch basin rehab programs. Progress continues on the Mills Creek Conservation and Flood Control Project and the peanut roundabout at Mills, Stoney Ridge and Avalon. Some of our projects this year will have long-term community benefit. These major projects have involved years of planning and coordination, and for me, these changes cannot come quickly enough.



Our master plan process, Ridgeville Ready, began last fall and is now well underway. As a community, we know we need to take an active role in planning for and managing change. The master plan is an important tool to establish our vision and guide our decision making to achieve that vision. Our steering committee and planning team have been hard at work conducting outreach, gathering data and generating awareness about this project. We need you to get involved! If you have not yet had an opportunity to learn about this initiative or share your input, I encourage you to do so. Our first round of public engagement ends on March 13, so please visit *RidgevilleReady.com* to get information on how to participate in one of our in-person or virtual workshops or share your input via our website.

There is a lot happening in North Ridgeville. Stay up-to-date with the latest news by visiting our city's website at *nridgeville.org* or by following City of North Ridgeville Government on Facebook. I also enjoy the opportunity to share updates and respond to your questions in person each month. Upcoming Coffee and Conversation dates are March 9, April 12 and May 2. Our March 9 event will be at 6:00 p.m. at the Senior Center, while the April and May dates begin at 8:30 a.m. and will be held in Council Chambers. I'm pleased to welcome guests back to Council Chambers this spring, where we've recently completed a refresh to make the space more functional for our public meetings and more inviting for our residents. I also look forward to seeing many of you at the Senior Center Spaghetti Dinner on Friday, April 28.

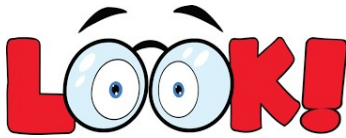
I wish you all a healthy and happy spring!

Mayor Kevin Corcoran



WELCOME TO NORTH RIDGEVILLE SENIOR CENTER

If you haven't already, it's time to renew your newsletter subscription for 2023. The \$10.00 fee per household covers postage costs for mailing. We will be going through our list regularly and removing anyone who does not keep their subscription current. If you move, please update us with 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 2023 LIFETIME* _____ RENEWAL: YES / NO

DATE _____ *Please make checks payable to 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): \$10.00 Lifetime Subscription: \$ 75.00

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

FOR BUSINESS USE ONLY

Received Date _____ CASH _____ CHECK # _____ STAFF INITIALS _____

NORTH RIDGEVILLE BRANCH LIBRARY NEWS

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



Library Hours

Monday to Thursday 9 a.m. - 8 p.m. Friday & Saturday 10:00 a.m.-6:00 p.m.
Sunday (Sept - May) 1:00 p.m.-5:00 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. Programs listed as "Hybrid" can be attended in person or virtually.

Matter of Balance

Mondays, March 6, 13, 20, 27; April 3, 10, 17, 24; 10 a.m. to noon

Falls are preventable and this eight-week workshop for those over age 60 will help improve balance, flexibility and strength. We ask that you commit to the entire series when you sign up. Preregistration required.

Sunday Series: Women in History

Sunday, March 5; 3 to 4 p.m.

Join Women in History to learn about U.S. Supreme Court Justice Ruth Bader Ginsburg and Ohio Supreme Court Justice Florence Ellinwood Allen. This interactive biographical portrayal will highlight these women's professional lives, which cemented their place as historical icons. Sponsored by the Friends of the North Ridgeville Branch Library, Inc. Preregistration required.

LPLS Geek Squad

Mondays, March 6, 20; April 3, 17; May 1, 15; 1 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.

Sunday Series: Eric Seddon's Hot Club Jazz Quintet

Sunday, March 19; 3 to 4 p.m.

Enjoy an afternoon of lively jazz music and learn fun tidbits about the history of jazz music. Sponsored by The Friends of the North Ridgeville Branch Library, Inc. Preregistration required.

Meditation for All

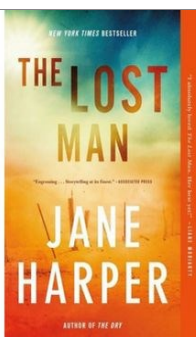
Monday, April 10; 6:30 to 7:30 p.m.

Learn the basics of meditation and enjoy the guided practice. This class uses breathing exercises, guided imagery and other grounding techniques. Classes will focus on feeling safe, comfortable and empowered within yourself. RSVP required.

Wire Wrapped Jewelry for Adults

Tuesday, April 18; 1 to 2:30 p.m.

Create a unique pendant by learning basic wire wrapped jewelry techniques. Preregistration required.



The Butler Did It Mystery Book Discussion

Wednesdays, March 15; April 19; 6:30 to 7:30 p.m.

Spend an evening each month discussing a great book and making friends.

Copies of the book are available at the library. New members are welcome.

Preregistration required.

March 15: "The Lost Man" by Jane Harper

April 19: "The Guest List" by Lucy Foley





SENIOR SERVICES

The services provided by the Office for Older Adults are funded entirely by the City of North Ridgeville, program fees 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 help the older adults in your life to purchase something they need. They are perfect gifts for family members, friends, or neighbors and can be purchased in a variety of denominations.

Gift certificates are always available by calling (440) 353-0857.

LOCKBOXES

A Lockbox saves damage to your property and saves time for our 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. Lock Boxes are available **for seniors 60 and over for a \$35 fee. Those under 60 can obtain a Lock Box 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 www.nridgeville.org/SeniorCenter.aspx under Forms and Links.

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.

MEALS-ON-WHEELS

CAN WE HELP?

The North Ridgeville Office for Older Adults 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 microwaveable containers and 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 each meal is \$3.75.

Individuals 60 or older who live in North Ridgeville are eligible. As we are unable to adhere to any 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. Call (440) 353-0857 for more information.

SENIOR SERVICES

SUPPORTIVE SERVICES

Supportive Services are provided for seniors 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 to assist older adults with maintaining independence. If you need assistance, or have questions, call (440) 353-0857.

FOOT CARE

Dr. Thomas Emmert is the Podiatrist of Total Foot Care and will return to the NR Senior Center on **April 19th at 8:00 a.m.** As always, appointments are first come first served by the sign-in sheet 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.**



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 services appointments, pharmacy pick ups and socialization at the center. Call (440) 353-0857 for more information.

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: March 1st and April 5th.**



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 the Community Care office during business hours, Mondays and Tuesdays 9:30 a.m.-1:30 p.m., Thursdays 3:00 p.m.-6:00 p.m.



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 older (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

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.

SENIOR CLASSES FROM PARKS & REC

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

Sound Bath

With Becky Hopp



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

Ages: 15 and up
 Class Size: 04 minimum / 20 maximum
 Pre-Registration Fee: \$50 Resident / \$60 Non-Resident
 Locations: NR Senior Center-Back Room

Day	Date	Time
MON	03.13	6:30-7:30 PM
MON	04.10	6:30-7:30 PM

Restorative Sound Bath

With Kip Cronk & Becky Hopp

Take a 90-minute relaxation journey with 60-minutes of easy restorative yoga and an extended 30-minute Savasana. During the entire journey crystal bowls and an eclectic mix of music will be played. The combination of yoga and crystal bowls will lead you into a deep state of peaceful relaxation. Bring a yoga mat, comfortable clothing and/or your favorite blanket and pillow.

Ages: 15 and Up
 Class Size: 04 minimum / 20 maximum
 Fee: \$25 Resident / \$30 Non-Resident
 Locations: NR Senior Center-Back Room

Day	Date	Time
MON	03.27	6:00-7:30 PM

Mindful Yoga

With Kip Cronk

Join us for a 90-minute yoga experience that combines gentle and restorative styles. This event may help with strength, balance, range of motion and relaxation. Poses will include those on our backs, stomachs, hands & knees, and standing. Modifications may be made for those in need. No yoga experience is necessary, and everyone is invited. If you have never tried yoga this is a perfect first class. Please dress comfortably and bring a yoga mat, blanket and pillow.

Ages: 15 and up
 Class Size: 04 minimum / 15 maximum
 Pre-Registration Fee: \$10 Resident / \$15 Non-Resident
 Locations: Safetyville Building

Day	Date	Time
TUES	03.14	6:30-8:00 PM
TUES	04.18	6:30-8:00 PM

Spring into Yoga

With Danielle Smith

Springtime is a time to reawaken the body from a sleepy, often sluggish winter. It's a time of renewal, cleansing, and balance. This special class is perfect for getting energy moving for our Spring. We'll take time to set up our yoga space (bubble) & then introduce ourselves. We will take time to meditate & then set our intention(s) for our spring season in our lives & write it down to help manifest it. Our practice will involve more chest openers to release the cobwebs of our winter days. Then reap what we sowed from our practice in our savasana. An extended savasana that will include an essential oil massage! Then stay for a bit a social, spiritual connectivity with smoothies & bites!

Ages: 13 and Up
 Class Size: 04 minimum / 20 maximum
 Fee: \$22 Resident / \$25 Non-Resident
 Locations: Safetyville Building

Day	Date	Time
WED	03.22	6:45-8:30 PM

GETTING FIT AT THE CENTER



CardioDance with Carrie Tuesdays, 9:00-10:00 a.m.

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

Spring Session I 4/4-5/9
Spring Session II 5/16-6/20

Payment can be made by cash or check payable to NR Office for Older Adults. Payment is due by the first class session. \$30 for a six-week session.
Winter class sessions will begin March 1

Chair Yoga with Kip Cronk

Tuesdays, 10:00-11:00 a.m.

Spring Session I: 3/7-4/11 (no class 3/21)
Spring Session II: 4/25-5/23

Payment can be made by cash or check payable to the NR Office for Older Adults. Payment is due by the first class session. \$30 for a six-week session.

Tai Chi for Balance and Arthritis with Michael W. Stadul Thursdays, 9:30 a.m.—11:00 a.m.

Tai Chi for Balance and Arthritis is a program 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**. The program combines techniques from **Chinese Qigong** and **Tai Chi** movements that focus on strengthening muscles of the ankles, knees, hips and legs.

Instructors: Michael W. Stadul and
Ann C. Daniels

Class fee: \$42.00/six-week session

Spring Session: April 7th—May 18th
(no class April 13th)

Payment can be made by cash or check payable to NR Office for Older Adults. Payment is due by the first class session.



North Ridgeville Heart & Sole health collaborative invites residents to participate in their indoor walking program.

LCCC University Partnership Ridge Campus, 32121 Lorain Road, North Ridgeville on Mondays 5 p.m. - 6:30 p.m. (through March 27)

Liberty Elementary School, 5700 Jaycox Road, North Ridgeville on Tuesdays and Thursdays, 5 p.m. - 6:30 p.m. (through March 30)

Enter through the main doors and sign in at the indoor walking table each time you attend and provide your name and email.

If the school or building is closed due to weather or holiday, indoor walking is also canceled. For cancellations, please check the school website or the Heart & Sole [Facebook page](#). Contact Heart & Sole at nrheartandsole@gmail.com for more information.

TRIPS!

Grand American Tours

The Senior Center has partnered with Grand American Tours to offer the following:

Alaska Cruise & Rail July 25-August 4, 2023

11 days/10 nights

Board the Celebrity Millennium in Anchorage with ports in Denali, Juneau, Skagway, Icy Straight Point, Ketchikan and concluding in splendid Vancouver.

Canada & New England October 5-14, 2023 PASSPORT REQUIRED

10 days/9 nights

Experience New England and Canada at peak fall season. You will board the Liberty of the Seas in Cape Liberty, NJ and visit Boston, Portland, Bar Harbor, Saint John New Brunswick, Halifax Nova Scotia.

For additional information, call Emily at (440) 353-0856. For reservations, call Mary Ellen Sokoloff at 1-800-423-0247.

Market Monday



Monday, March 27th, 9:30 a.m.

Cleveland's oldest public market is home to 100 vendors offering meats, seafood, fruits, vegetables, baked goods, dairy, flowers, ready-to-eat foods, spices and nuts. Pick up fresh produce, quality meats, freshly baked breads, spices, and sample ready to go foods like crepes, empanadas and cannoli's. You will have approximately an hour and a half to shop. Lunch to follow at an establishment to be determined. Cost is \$2 for transportation, bring money for purchases and lunch. **Reservations will be taken starting March 6th at 8:00 a.m.**

Signs of Spring Nature Walk Friday, April 14th 2-3 p.m.

Join Stacey at the Miller Nature Preserve of Lorain County Metroparks for a 1 mile leisurely walk to look for signs of spring. We will be looking for returning birds, blooming trees and wildflowers that are beginning to emerge. We might even find an amphibian or two that are celebrating spring as well.

Meet in the parking lot of Miller
Nature Preserve
Lorain County Metroparks
2739 Center Rd.
Avon, Ohio

LEARNING AND FUN AT THE CENTER

St. Patrick's Day Party

**Thursday, March 16th 11:00 a.m.
Musical & Irish Humor Program**

Join Dr. Joel Keller, aka the Doc of Rock 'n Roll. He will present a history of Irish Music and Humor. Lunch will include corned beef, cabbage and potatoes.

Cost is \$6 and includes, lunch, dessert and entertainment. RSVP by March 14th.

Egg Decorating

Monday, April 3rd from 1:30-2:30 p.m.

Join Stacey for an Egg Decorating Party. Come be creative and inspired to make colorful eggs to brighten up your Easter celebration. Bring up to 2 doz cooked eggs. All other supplies will be provided. This event is FREE, but you must RSVP by March 29, (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. Please **RSVP by Monday at noon if you will be having lunch with us.** If you are just joining us for trivia, a reservation is not required. Please call the front desk at (440)353-0828.

**March 7th and 21st
April 4th and 18th**

**O'Neill
Healthcare**

**Light Lunch with Light
Fun hosted by O'Neill
Healthcare**

O'Neill Healthcare will sponsor lunch the third

Wednesday of every month and bring a little bit of fun along with a special dessert to celebrate those who have birthdays that month.

**More Brain Games with Bob
March 13th at 1:00 p.m.**

Exercising your brain muscle every day is just as important as exercising all our other muscles daily, but we don't always focus on the brain the same way. Bob Pontius from Danbury will join us for an expanded version of his intro Brain Games with Bob. RSVP by March 9th.

Dyngus Day Lunch

April 10th, 12:30-2:00 p.m.

Join us for a fun tradition of celebrating Dyngus Day, the Monday after Easter. This is a celebration of the end of all of the restrictions of the Lent season. We will be eating some Polish treats and listening (and dancing) to a few polkas. \$5 for lunch RSVP by April 5th.



Spaghetti Dinner Sponsor Spotlight: Liston Funeral Home

We are thrilled to announce Liston Funeral Home as the sponsor for the April 28th spaghetti dinner. Bob and Renee Liston have operated their family business since 2001 when they were given the opportunity to purchase the funeral home from Busch Funeral Homes. The Liston's have been living upstairs and operating the business as Liston Funeral Home, historic site of Bogner Funeral Home, since that time. They are honored to be entrusted with serving local families out of North Ridgeville's historic funeral home. Bob was raised in Columbia Station, just a few miles from the funeral home, and has been a licensed funeral director and embalmer for over 35 years. In purchasing the Liston Funeral Home he fulfilled a lifelong dream of serving people by caring for them when they most need compassion, direction and respect.

Bob is an active member of Grace Baptist Church of Westlake. He is also a member of the Rotary Club of North Ridgeville. Liston Funeral Home is an integral thread in the fabric of the North Ridgeville Community and their support and partnership is deeply valued. For additional information, visit www.listonfuneralhome.com.

Activities Coordinator Corner, Stacey Allen

My name is Stacey Allen and I am so excited to join the team here at the Senior Center. I grew up in Lorain County and started my career at Lorain County MetroParks. I have worked in outdoor education and recreation in Northeast Ohio since 1989. I have a long history of leading programs and outings about local natural and cultural history. I am looking forward to scheduling a wide variety of programs to take advantage of all of the outstanding resources that we have located near us. If you have suggestions for outings, speakers, or even just a topic of interest, please let me know.

Did You Know: It is tempting to take advantage of those early warm spring days and do things like rake all the leaves out of your flower beds, but it would be best if you wait until we are sure we are beyond the threat of frost. Many animals need that leaf cover to survive the cold weather. Many of our local butterflies spend the winter under leaf litter as either a caterpillar or in their chrysalis, only to emerge in the spring to feast on the nectar from early spring wildflowers.

If you're interested in learning more facts like this join me on some of our nature outings. The first will be to Miller Nature Preserve in April.



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

FBI Elder Fraud Presentation March 9th at 10:00 a.m.

Elder Fraud is fast-growing and ever-changing crime. A representative from the Cleveland FBI will be here to inform you about the characteristics of fraud schemes, what to look for and how to protect yourself. You will not want to miss this highly informative presentation. RSVP by March 7th, (440) 353-0828.

WANTED

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 any questions, ask Emily or Stacey.



Freestyle (Watercolors) Art Group

Our art enthusiasts gather for a morning of painting and conversation on **Wednesdays**

from 9:30 a.m. to 12:30 p.m. There is no formal instruction, but all attendees assist each other with projects when needed. If interested, call to tell us you are coming at 440-353-0828. Bring your paints!

EUCHRE & CANASTA

Meets on **Wednesdays** from 12:30 p.m.-4:00 p.m.

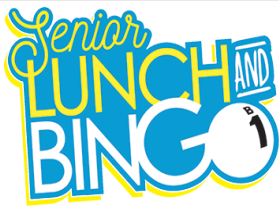
EUCHRE, PINOCHLE, DOMINOS

Meets on **Thursdays** from 12:00-4:00 p.m.



Monday Crafts 10:00 a.m.-1:00 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** by calling (440) 353-0828.



Wednesdays are a whole lot of fun with lunch and cards or bingo! Come at 11:45 a.m., for a delicious hot lunch served at 12:00 p.m. **The Wednesday lunch menu can be found on the calendar at the back of the newsletter.** \$5.00 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.

PUZZLE EXCHANGE

We have plenty of puzzles to choose from each month, please limit 3 puzzles back to us, but take as many as you'd like. Just stop in and browse the selection on the **last Tuesday of each month (March 28th, April 25th) from 11:00 a.m. -12:00 p.m.**



MAHJONGG

This group meets every **Thursday** at 12:00 p.m. and always welcomes new members. If you can play, feel free to join! If you have never played, instruction is offered. 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, contact Johanna at (440) 748-9777.

Meetings start at 2:00 p.m.

Upcoming meetings: March 14th & April 11th

PROGRAMS OF INTEREST



If you are 55 or older, join us at 9:00 a.m. 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.

Make your reservation by calling (440) 353-0828 by 10:00 a.m. Wednesday morning.

March 2nd - "The First Automobiles in Oberlin" by the Oberlin Heritage Center

April 6th - Spirituality: Tapping Into Your Inner Peace and Strength presented by Chuck Behrens, Spiritual Care Coordinator, Hospice of the Western Reserve. He is an ordained minister who comes with a wide background in spiritual care and serves patients on a daily basis.

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 \$4.00.



Make your reservation by calling (440) 353-0828 by 10:00 a.m. Wednesday morning.

March 23rd - "Eleanor Roosevelt Visits Oberlin in 1942" by the Oberlin Heritage Center

April 20th - "Everything's Coming Up Roses"

The Escape for Seniors will present a fun and lively musical program featuring standards from the great American divas.

Stacey Stangel—Family & Consumer Science Educator **Central State University Extension-Northeast Ohio Region**

Diabetes Empowerment Education Program (DEEP), March 15th 3:00-4:00 p.m.

This program is designed to help adults with pre-diabetes and diabetes learn skills to control diabetes and reduce health risks. Presented by a DEEP certified Central State University Extension educator.

Eat Smart/Move More, April 25th 3:00-4:00 p.m.

Join us to find out how you can make healthier food choices in order to feel better and have more energy. This session will help you understand healthy choices for both your diet and exercise routines.

Programs are free to attend, please RSVP by calling (440) 353-0828. These sessions are intended to be an intro to the topic. If there is sufficient interest, we will offer the full program.

"Every year should teach you something valuable; whether you get the lesson is up to you. Every year brings you closer to expressing your whole and healed self. I celebrate that. Honor it. Hold it in reverence. And I'm grateful for every age I'm blessed to become."

- Oprah Winfrey

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

- A spring month.
- A spring flower.
- The young of a chicken.
- A colour of spring.
- A young rabbit.
- A flower especially of a fruit tree.
- Plants that have narrow green leaves, that are eaten by cows, sheep, horses etc.
- The fifth month of the year.
- To come out of an egg.
- See picture.
- A rounded part of a plant that is under the ground and that grows into a new plant during the growing season.
- A baby goat.
- The place where a bird lays its eggs.
- See picture.
- Spring, winter, summer, fall!
- What snow does in spring.
- When the sun shines.
- A long, thin animal that has a soft body with no legs or bones. It lives in the ground.
- An indoor or outdoor spring activity.
- To stop being frozen.
- A baby sheep.
- A small part that grows on a plant and develops into a flower, leaf, or new branch.
- A baby horse.

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MARCH 2023

Monday	Tuesday	Wednesday	Thursday	Friday
		1 Watercolors 9:30 am Blood Pressure checks 10:30—11:45 a.m. Lunch 12:00 p.m. Beef stew w/ biscuit \$5 Bingo 12:30 pm Euchre & Canasta 12:30 p.m.	2 Men's Breakfast 9:00 a.m. Eggs, hash browns & bacon \$4 Tai Chi for Arthritis/ Balance 9:30 a.m. Cards/Mahjongg 12:00 p.m.	3 Rotary Club Meeting 12:00 p.m.
6 Crafts 10 a.m.	7 AARP Taxaide 8:00-4:00 CardioDance 9 a.m. Chair Yoga 10:00 a.m. Taco & Trivia Tuesday! 12:00 p.m. Quesadilla lunch with Trivia starting at 12:30. \$4 for lunch.	8 Watercolors 9:30 a.m. Lunch 12:00 p.m. Ham steak, mashed sweet potatoes, veggie & roll \$5 Bingo 12:30 pm Euchre & Canasta 12:30 p.m.	9 Tai Chi for Arthritis/ Balance 9:30 a.m. FBI Elder Fraud Presentation, 10:00 a.m. Cards/Mahjongg 12:00 p.m. Coffee & Conversa- tion with the Mayor, 6-7 p.m.	10 Rotary Club Meeting 12:00 p.m.
13 Crafts 10 a.m. More Brain Games with Bob, 1:00 p.m.	14 AARP Taxaide 8:00-4:00 CardioDance 9 a.m. Chair Yoga 10:00 a.m. Lunch & Learn: Estate Planning 101 11:30 a.m. Red Hats 2 p.m.	15 Watercolors 9:30 a.m. Lunch 12:00 p.m. Malibu chicken, rice & veggie \$5 Bingo 12:30 p.m. Euchre & Canasta 12:30 p.m. Diabetes Empowerment Intro 3-4 p.m.	16 Tai Chi for Arthritis/ Balance 9:30 a.m. St. Patrick's Day Party Irish Music Program & Humor Corned beef lunch 11:00 a.m. \$6 Cards/Mahjongg 12:30 p.m.	17 
20 Crafts 10 a.m.	21 AARP Taxaide 8:00-4:00 CardioDance 9 a.m. No chair yoga this week Taco & Trivia Tuesday! Taco plate lunch 12:00 with Trivia starting at 12:30 p.m. \$4 for lunch	22 Watercolors 9:30 a.m. Lunch 12:00 p.m. Sau- sage w/peppers, potato salad \$5 Bingo 12:30 p.m. Euchre & Canasta 12:30 p.m.	23 Tai Chi for Arthritis/ Balance 9:30 a.m. Ladies Brunch Eggs hashbrowns & bacon 10:30 a.m. \$4 Cards/Mahjongg 12:00 p.m.	24 Rotary Club Meeting 12:00 p.m.
27 Market Monday Field Trip Van Departs at 9:30 a.m. Crafts 10 a.m.	28 AARP Taxaide 8:00-4:00 CardioDance 9 a.m. Chair Yoga 10:00 a.m. Puzzle Exchange 11 a.m.	29 Watercolors 9:30 am Lunch 12:00 p.m. Roast beef, potato, roll \$5 Bingo 12:30 pm Euchre & Canasta 12:30 p.m.	30 Tai Chi for Arthritis/ Balance 9:30 a.m. Cards/Mahjongg 12:00 p.m.	31

APRIL 2023

Monday	Tuesday	Wednesday	Thursday	Friday
3 Crafts 10:00 a.m. Egg Decorating 1:30-2:30 p.m.	4 AARP Taxaide 8:00-4:00 CardioDance 9 a.m. Chair Yoga 10:00 a.m. Taco & Trivia Tuesday! Steak burrito lunch at 12:00 p.m. with Trivia starting at 12:30 p.m. \$4 for lunch	5 Watercolors 9:30 a.m. Blood Pressure checks 10:30—11:45 a.m. Lunch 12 p.m. Kielbasa w/baked beans, veggie, roll \$5 Bingo 12:30 pm Euchre & Canasta 12:30 p.m.	6 Men's Breakfast 9:00 a.m. Ham steak, eggs, home fries \$4 Tai Chi for Arthritis/ Balance 9:30 a.m. Cards/Mahjonng 12:00 p.m.	7 Good Friday Center Closed
10 Crafts 10:00 a.m. Dyngus Day Lunch 12:30-2 p.m.	11 AARP Taxaide 8:00-4:00 CardioDance 9 a.m. Chair Yoga 10:00 a.m. Red Hats 2:00 p.m.	12 Watercolors 9:30 a.m. Lunch 12 p.m. Chicken salad sandwich w/fruit & chips \$5 Bingo 12:30 p.m. Euchre & Canasta 12:30 p.m.	13 Tai Chi for Arthritis/ Balance 9:30 a.m. Cards/Mahjonng 12:00 p.m.	14 Rotary Club Meeting 12:00 p.m. Miller Nature Preserve Walk, 2-3 p.m. Meet at the Nature Preserve Parking lot
17 Crafts 10:00 a.m. Lunch & Learn: Understanding Your Long Term Care Policy 12:00 p.m.	18 CardioDance 9 a.m. Chair Yoga 10:00 a.m. Taco & Trivia Tuesday! lunch at 12:00 p.m. with Trivia starting at 12:30 p.m. \$4 for lunch	19 Dr. Emmert, 8:00 a.m. Watercolors 9:30 a.m. Lunch 12 p.m. Beef stroganoff w/noodles, veggie, roll \$5 Bingo 12:30 p.m. Euchre & Canasta 12:30 p.m.	20 Tai Chi for Arthritis/ Balance 9:30 a.m. Ladies Brunch 10:30 a.m. Ham steak, eggs, home fries \$4 Cards/Mahjonng 12:00 p.m.	21 Rotary Club Meeting 12:00 p.m.
24 Crafts 10:00 a.m.	25 CardioDance 9 a.m. Puzzle Exchange 11:00 a.m. Chair Yoga 10:00 a.m. Lunch & Learn, Downsizing 101 11:30 a.m.	26 Watercolors 9:30 a.m. Lunch 12 p.m. BBQ pork sandwich w/beans, cole-slaw \$5 Euchre & Canasta 12:30 p.m. Eat Smart Move More Intro, 3-4 p.m.	27 Tai Chi for Arthritis/ Balance 9:30 a.m. Cards/Mahjonng 12:30 p.m.	28 Spaghetti Dinner 5:00-7:00 p.m. Sponsored by Liston Funeral Home



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MARCH-APRIL 2023

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