



# Senior Center Newsletter

## March & April 2024

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



### OFFICE HOURS:

**Monday-Friday: 8:00 a.m.-4:30 p.m.**

**Front Desk & Reservation Line**  
**(440) 353-0828**

**City offices will be closed on**  
**March 29 for Good Friday**  
**No activities on April 8th due to**  
**the solar eclipse**

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### Dementia Friends Education Session

Did you know that North Ridgeville has applied to be a dementia friendly community? What this means is that residents, businesses and city employees have received information on understanding what it is like to live with dementia and how to best serve those in our community living with the disease. The goal is to help everyone in a community understand how dementia impacts individuals and families, and the things we can each do to make a difference in the lives of those affected. A community education session will be presented on March 7 at 6:00 p.m. This event is free and open to the public. Additional details on page 7.

### March 19 General Election

March 12 is last day to submit an application for vote-by-mail ballot. Early voting will take place from February 21-March 17 at the Board of Elections. Check their website for hours, to view the list of candidates and a sample ballot.  
<https://www.voteloraincountyohio.gov/>

### Desserts Needed for the April 26 Spaghetti Dinner

If you love to bake and would like to contribute a dessert for our spaghetti dinner, please see a staff member or sign up at the front desk.

### Sponsor Thank You

Several events in March and April will be sponsored thanks to the generosity of the following local agencies who serve the older adult community:



*If you are 55 or older, you are welcome to join our vital and vibrant community for programs and events. Individuals must be 60 or older to receive social services such as transportation and Meals On Wheels in addition to program specific eligibility.*

# A MESSAGE FROM DIRECTOR EMILY LOCKSHINE



*Greetings,*

We continue to be a vital, vibrant and active Senior Center. Our Senior Strong mental-health resilience program in partnership with the Far West Center has been well received and we will continue to offer both individual weekly discussion topics and in March, a discussion of *The Four Agreements*, a Toltec wisdom book by Don Miguel Ruiz. The author presents four basic principles to live your life by that helps with letting go of those little (and sometimes big) things in our life that prevent us from living peacefully. Even if you do not join the book discussion, I encourage you to read the book- you will most definitely get something out of it.

The office received a grant from Western Reserve Area on Aging for our Meals On Wheels program. This is very welcome news and brings about improvements to the program, notably the addition of hot meals two times per week. As a result, the number of meals distributed weekly doubled during the month of January, necessitating additional volunteers. I would like to welcome our new volunteer drivers- Kelly Sciko, Kip Cronk and the former mayor of North Ridgeville, David Gillock. All of these individuals are not only residents, but connected to the community in various capacities. Kelly has volunteered for our spaghetti dinners and Kip is a yoga instructor who leads classes here at the center, for Parks & Recreation and is also a NRCS bus driver. We are thrilled to have them join our team of dedicated volunteer drivers.

We have several exciting and unique programs coming up. In addition to the March 7 Dementia Friends Education Session (see page 7 for details), on March 8, the Senior Center is hosting a Question, Persuade & Refer training facilitated by the MHARS Board in partnership with NR Heart & Sole. This training provides education as to how you can assist someone who is experiencing a mental health crisis. This particular session is geared toward older adults and caregivers. On a lighter note, March will also bring us our first post-pandemic Senior Dance with John Kowalski on March 18. John is a well known fixture in the older adult dance community and we are excited to bring him in to host what will be a fun afternoon event.

To kick-off spring, Stacey has two wildflower walks planned in April, see page 8 for details and I hope you will be able to join her.

*Emily*

## Office for Older Adults Staff

**Emily Lockshine**, Director  
**Stacey Allen**, Activities Coordinator  
**Clancy McCool**, Chef

**Kitty Wawzkiewicz**, Case Manager  
**Tess Dietrich**, MOW & Volunteer Coordinator  
**Steve Makowski**, Driver

# A MESSAGE FROM MAYOR CORCORAN

As we move into spring with warmer temperatures, you'll see movement around town with this year's list of capital improvement projects. A few of the major projects include construction of a roundabout at Route 83 and Chestnut Ridge Road which is an Ohio Department of Transportation project that will be bid sometime in March with construction to commence late spring/early summer. Progress continues on the Mills Creek Conservation and Flood Control Project and the peanut roundabout at Mills, Stoney Ridge and Avalon. The Cypress Avenue Extension will be bid this summer with construction to follow along with our annual streets and catch basin rehab programs.



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](http://nridgeville.org) or by following City of North Ridgeville Government on Facebook. And, if you haven't signed up to receive our monthly eNewsletter, visit the city's website at [nridgeville.org](http://nridgeville.org) and click on eNews Signup to provide your email address. We have received positive feedback on the first two editions. It's a great way for us to communicate timely information about upcoming projects and events.

Also, as a reminder, this year's primary election is scheduled for Tuesday, March 19. There will be two renewal issues on the ballot for consideration. Because these levies are renewals, successful passage will not result in any additional taxes to property owners and are essential in maintaining the current level of services in our Fire Department and the Library. Both of these issues are renewed every five years.

- Issue #7 – Ambulance and EMS, 2.25 mill levy renewal, which will provide funds to ensure the Fire Department's ambulances, equipment, staffing and training meet the needs of our growing community.
- Issue #8 – North Ridgeville Branch Library, 1.91 mill levy renewal, will provide operating revenues that will be used for building maintenance and renovation, maintaining and growing the collection of books and other loaned items, program supplies, technology, staffing and more.

Save the date for the State of North Ridgeville Address on Thursday, March 21 at 6:00 p.m. at the North Ridgeville Academic Center. This will be a free event this year where North Ridgeville City School District Superintendent Roxann Ramsey-Caserio will join me as we provide our third annual joint city and school district presentation to the community. More details about this event will be coming soon and will be made available on our website, Facebook page and the March issue of our eNewsletter.

I also enjoy the opportunity to share updates and respond to your questions in person each month. Upcoming Coffee and Conversation dates are March 5, April 10 and May 7. Our March 5 event will be at 6:00 p.m., while the April and May dates begin at 8:30 a.m. and will be held in Council Chambers. I also look forward to seeing many of you at the Senior Center Spaghetti Dinner on Friday, April 26.

I wish you all a healthy and happy spring!

*Mayor Kevin Corcoran*



## City Hall Hours:

**Monday-Friday, 8:00 a.m. to 4:30 p.m.**  
City offices will be closed on March 29.

# Senior Services

Kitty Wawszkiewicz

Case Manager (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/Senior\\_Center](http://nridgeville.org/Senior_Center) under Forms and Links.

## Supportive Services

Supportive services are available for individuals age 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 aging adults and their families, and to assist older adults with maintaining independence.

## Transportation

Limited transportation services are available for residents 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 Senior Center.

## Blood Pressure Screening

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 6 and April 3.**

## 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 obtain a card from our front desk for a 45% discount on all food items (except bottled beverages and "Simply To Go"). Hours are Monday-Friday from 4:00-7:00 p.m. and Saturday & Sunday 4:00-5:30 p.m. There is a \$10 limit per customer for the discount, any purchases after that are full price.

## Senior Utilities Discounts

Residents aged 62 and older qualify for a water discount for usage less than 400 cubic feet and a \$1 refuse discount. Additional information and forms can be obtained from the Public Utilities Department.

## 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 **May 15** at 8:00 a.m. As always, appointments are first come first served by the sign-in sheet at the front desk. The cost of the clinic is usually covered by Medicare and supplemental insurance. If you are planning ahead, the doctor will be at the center on 8/7 and 10/30. **If it is your first visit with the doctor, contact Dr. Emmert's office at (216) 529-1800 before your appointment to verify they have the necessary information.**

## Meals-on-Wheels – Can We Help?

Meals-on-Wheels is available to NR residents 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 1/3 of the RDA for older adults.

It is our goal to provide a nutritious daily meal, 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.

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.

For more information, please call (440) 353-0828.

# Fitness at the Center

For information or to register  
(440) 353-0828

## Cardio Dance with Carrie Aquila

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.

**Winter Session II:** Feb 27 – April 9

**Spring Session I:** April 16 – May 21

## Chair Yoga with Kip Cronk

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

**\$36 for 6 weeks**

Chair Yoga is perfect for all ages and abilities - no experience necessary. In chair yoga we do not get down on the floor, but practice poses sitting in the chair or standing and using it as support. The benefits of yoga include relaxation, calming, range of motion, stretching, muscle building and balance. In yoga we allow our own body to be our guide. You are always welcome to modify a pose, come out of a pose or take a break as needed.

**Winter Session II : (two separate class sections)**

Tuesdays, March 5 – April 16 (no class March 26<sup>th</sup>).

*The March 19 class will be held at the Shady Drive complex.*

Fridays, March 8 - April 19 (no class March 29).

**Spring Session: (two separate class sections)**

Tuesdays, May 7 – May 28

Fridays, May 3 – May 31

## Chair Volleyball

First & Third Mondays at 12:45 p.m.

Join us for a spirited game of volleyball. We will divide into teams and let the fun begin. No prior experience necessary!

## NEW CLASS\*\* Senior Fitness with Kathy Hungerman

Thursdays, 9:00-9:50 a.m.

**\$36 for 6 weeks**

Senior Fitness is a new class, with an emphasis on strength, flexibility, posture and falls prevention. Kathy has over 20 years experience teaching fitness classes, most recently at UH's Avon Health Center. You will need to bring light weights (2 or 3 pounds) to class.



**Spring Session I:** April 4 – May 9

## Tai Chi for Balance and Arthritis

Michael Stadul and Ann C. Daniels

Thursdays, 10:00-11:30 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 **Tai Chi** movements that focus on strengthening muscles of the ankles, knees, hips and legs.

**Winter Session II:** February 22 – April 4  
(no class March 21)

**Spring Session I:** April 11 – May 16

## Drop in Fitness Classes

### Cardio Drumming

Mondays, 11:00 a.m.

Second class at 2:00 p.m. on select Mondays, see calendar for details. \$2 class fee. **Safetyville Building**  
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.

### Beginning Line Dancing

Mary Harwood

Wednesdays, 10:00 - 11:00 a.m. **\$6 class fee**

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!

# Activities

For information or to register  
(440) 353-0828

## Men's Breakfast & Speaker First Thursday, 9:00 a.m. \$4

If you are 55 or older, join us for a morning of good food, fellowship and a speaker or entertainment. Breakfast includes a hot entrée, coffee, fruit and juice for \$4.

**March 7, 9:00 a.m.**  
**All About the Eclipse**

This major event is just one month away and Lorain County is a prime viewing location. Our program will provide a little background on this specific eclipse, what you can expect on that day and how to view the eclipse safely.

**April 4, 9:00 a.m.**  
Program TBD

## Ladies' Brunch & Speaker Third Thursday, 10:30 a.m. \$4

If you are 55 or older, join us for a hot entrée, coffee, fruit cup and juice for \$4. Brunch includes a speaker or entertainment.

**March 21, 10:30 a.m.**

Diana: The people's princess, tribute program. Learn detail about her childhood and teenage years, her marriage to Prince Charles and charity work, delightfully presented by Julie Koenig of Royally Amused.

**April 18, 10:30 a.m.**

History of Hats – get ready for the Derby with this intriguing program about the fascinating history of ladies hats. Attendees are encouraged to wear a hat and dress to complement the theme.

## The Breakfast Club – Second Friday at 9:30 a.m.

A monthly social breakfast open to adults 55 and over. Come start your Friday out with friends and a hot breakfast for just \$4. See the calendar pages for menu

## Monday Soup Lunch 12:00 p.m. \$2

Come in for a light lunch of one of Clancy's home-made soups and bread. See the menu for the soup of the day. **RSVP by the previous Friday.**

## Make It Mondays

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

Join us for a different project each week. No experience will be needed—open to all skill levels. Come try something new or revisit an old skill. Some will be crafts, some will be treats, all will be fun! Everyone is welcome. Please register, so we know how many to expect.

**Mar. 4 Macramé Plant Hangers with Kris \$12**

**Mar. 11 Homemade Noodles**

**Mar. 18 Dryer Balls with Stacey \$5**

**Mar. 25 Egg Decorating**

**Apr. 1 Crafting with O'Neill's staff /MOW gifts**

**Apr. 8 No crafts**

**Apr. 15 Welcome Signs for your door with The Avenue of NR**

**Apr. 22 Thank You Cards with Laura Petek**

**Apr. 29 TBD**

Details will be shared following your preregistration for each project.

## Taco & Trivia Tuesday!

**First & Third Tuesdays, 12:00 – 2:00 p.m.**

Join us for a taco-inspired lunch followed by trivia covering a wide range of topics. Come as a team or join new friends to make a team. No trivia on March 19 due to the general election, we will play on March 26 instead. **Registration is required for lunch, cost is \$4.**

## Cards Wednesdays & Thursdays

Join in on Pinochle, Euchre, Hand & Foot or Dominos. Check the calendar for start times.

## Learn to Play Cards

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

Want to learn to play Hand & Foot, Canasta or Euchre? Join some of our regular card players for a lesson.

## Mahjongg Thursdays, 12:00 p.m.

This group 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.

## 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. Community Cabin at South Central Park

Our art enthusiasts gather for a morning of painting and conversation. There is no formal instruction, but all attendees assist each other.

### **Dementia Friends Education Session**

**March 7, 6:00 – 7:00 p.m.**

The goal of this one hour session is to help community members understand how dementia impacts individuals and families, and things we can each do to make a difference in the lives of those affected. *This session open to the public.*

### **Question, Persuade & Refer – Suicide Prevention Training**

**March 8, 10:00 a.m.**

The Senior Center is hosting this training session presented by the MHARS Board. Question, Persuade & Refer is a technique that teaches you about the warning signs of a suicide crisis and how you can effectively respond. This session is intended for older adults & caregivers, but is open to anyone. **RSVP by March 6.**

### **Senior Strong - The Four Agreements Book Discussion**

**Fridays, March 1-22 11:00 a.m.-12:00 p.m. Council Chambers**

A practical guide to personal freedom, The Four Agreements outlines four principles for living a meaningful life. Discussion led by Bob Piovarchy of the Far West Center. **RSVP for this series by February 29.**

### **Fact or Myth? Shakespeare is Scary.**

**March 12, 11:30 a.m.**

Big MYTH! Do you find Shakespeare to be boring, daunting or a combination of both? It doesn't have to be. Join Emily as she breaks down the basic plots and comedic nuances of the Merry Wives of Windsor. You do not need to be attending the field trip to participate in this program.

### **St. Patrick's Day Party**

**March 14, 11:00 a.m.**

Sunday in the Park is back presenting their musical program of traditional Irish songs. The luncheon menu will include traditional corned beef with cabbage and noodles. **RSVP by March 12.**

### **Hobby Hour**

**March 20, 2:00 - 4:00 p.m.**

**April 29, 1:00 - 3:00 p.m.**

Do you knit, crochet, whittle, paint, quilt, Sudoku, wordsearch or any hobby that you can bring to the Senior Center? Join us to chat & (you fill in the blank). Coffee, tea and light snacks provided. You might pick up a new hobby or find others like you.

### **Music Bingo**

**March 15, 11:30 a.m. (1970s)**

**April 10, 2:15 p.m. (1960s)**

**April 30, 1:00 p.m. (1960s)**

Come play along with Stacey as she calls bingo with the top hits from these rock 'n roll influenced decades.

### **It's Almost Spring Dance w/John Kowalski**

**March 18, 1:30 - 3:30 p.m.**

These popular dances are held at various venues in Northeast Ohio. We are excited to host a dance of our own so you can cha-cha, line dance or foxtrot all afternoon long. Cost is \$5, payable at the door. Light refreshments, coffee & tea provided.

### **My Body and Yoga, the Benefits of Yoga As We Age**

**March 23, 10:00 - 11:30 a.m. \$10**

Instructors: Brandy Reichman, OTR/L, Occupational Therapist Kip Cronk, E-RYT200, Yoga Instructor  
Join Brandy and Kip for this 90-minute workshop focused on the natural changes our bodies make as we age and how yoga may benefit us. Interact with the instructors about topics including changes in our posture, balance, flexibility and strength. We will then learn yoga poses to help us adapt to these changes. Everyone is welcome and no yoga experience is necessary. Yoga poses will be done using chairs. Dress comfortably and wear walking shoes or something similar.

### **The Best Medicine?**

**Mondays, April 1 - May 20, 11:00 a.m.**

**Ted Smith, Instructor**

Did Norman Cousins really laugh himself back to health in the 1960's? Was it all in his head? Is there any scientific research to explain the Placebo Effect? How do emotions impact our physical health? This seven-part series will explore how Western medicine is coming to grips with the fact that how a patient *feels* about their condition is a determining factor in recovery. No class April 8.

### **Dementia Resources**

Did you know that North Ridgeville is working to become a dementia friendly community? As part of this effort, several public education sessions will be held later this year. Stay tuned for details in a future newsletter. If you would like more information, or a friend or loved one is facing dementia and you are looking for resources, please call our office at (440) 353-0828.

## Activities Continued

### Lunch & Learn: Acupuncture as an Effective Treatment for Neurological Conditions

April 9, 11:30 a.m.

**Dr. Brenden Hales, Transcendence Health**  
**Lunch provided by Wellspring Hospice**

Learn how Eastern and Western medicine practices have been combined to improve the treatment outcomes of neurological deficits. Treatment for conditions discussed include stroke, traumatic brain injury and concussion, shingles, Bell's palsy, neuropathy, paralysis, vertigo and more! Hear testimonials from patients that have seen success from neuro-acupuncture! Register by April 5th.

*Dr. Brenden Hales is an Ohio board-licensed Chiropractic Physician. Dr. Hales has over 500 hours of acupuncture continuing education classes and specializes in neuro-acupuncture. He has over 18 years of experience as a personal trainer, nutritional counselor, and physician.*

### Medicaid & Estate Planning

April 11, 10:00 a.m.

Scott Winfield, a Certified Probate Real Estate Specialist and Daniel Kloos, an elder law attorney will present this informational session that includes helpful information about selling an estate, wills, trusts, POA's, the Medicaid 5-year look back period and Medicaid Estate Recovery. Light refreshments will be provided. RSVP by April 9.

### Eclipse Viewers

The total eclipse is an exciting phenomenon that will be visible in our area on April 8. While it is exciting, it does require some precautions when viewing it.

You can obtain special eclipse viewing glasses. Your regular sun glasses, no matter how dark the tint, are not safe for looking directly at the eclipse. Another option is to make a viewer. We will be making one of the more basic styles that will allow you to view safely.

Stop in anytime between March 18 – April 5 to make an Eclipse Viewer. You will need to bring an empty cereal box (or similar) or a shoe box. Written instructions will be in the activity room and you can make one to take home.

As for the day of, we encourage you to shop in advance and have adequate food and medications on hand so that you can avoid driving that day.

## Outings

For information or to register  
(440) 353-0828

*Please note our new field trip policy – you may register yourself and one other individual via phone only. Thank you for understanding.*

### Maple Sugaring in the Park Tuesday, March 12 12:00 p.m. \$8

We will go to Rocky River Nature Center to learn about the process of maple sugaring and have time to tour the nature center and gift shop. The trip will include a special maple treat. **Reservations will be taken starting March 1 at 1:00 p.m. 13 spots available.**

### Be A Sweetie & Malley's Friday, March 22

12:30 - 3:00 p.m. \$5

Just in time for all the Easter treats, we will visit two of the largest candy stores in the area. Both will have large varieties of specialty candies. Malley's will also have an ice cream treat at the end of the trip! **Reservations will be taken starting March 6 at 1:00 p.m. 13 spots available.**

### Merry Wives of Windsor Great Lakes Theater

Tuesday, April 2

9:00 a.m. - 2:30 p.m. \$25

Join us for another fabulous production by the Great Lakes Theater. Tickets must be paid in full by March 20. **Reservations will be taken March 13 at 1:00 p.m. 13 spots available.**

### Wildflower Walk

April 12, 11:30 a.m. – 12:30 p.m.

April 23, 1:00 - 2:00 p.m.

Join Stacey for a very SLOW paced, short walk at a nearby park. We will be looking for spring wildflowers and learning about them. Call the Senior Center for the meeting location one week before the walk.





# North Ridgeville Parks & Recreation

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

## **Restorative Sound Bath with Kip Cronk & Becky Hopp**

**Monday, March 18 6:00 - 7:30 p.m.**

60 minutes of easy restorative yoga and an extended 30 minutes of Savasana.

Ages: 15 and up Location: Senior Center

Pre-Registration Fee: \$25 Resident / \$30 Non-Resident

## **American Heart Association CPR / Basic Life Support Certification**

**Saturdays, March 2 and April 6**

**9:00 a.m. - 1:00 p.m.**

This class is designed for healthcare professionals and other personnel who need to know how to perform CPR and other basic cardiovascular life support skills in a wide variety of in-facility and prehospital settings.

Cost covers CPR certificate and materials.

Instructor: NR Fire Department

Ages: 11 and up

Class Size: 4 minimum / 20 maximum

Fee: \$10 Resident / \$15 Non-Resident

## **Gentle Yoga with Kip Cronk**

**Tuesdays, March 19 - May 7**

**6:00 - 7:00 p.m.**

The Ashtanga yoga sequence is set, it never changes. So, you can go to any Ashtanga class in the world and be guided through the exact same postures. The benefit of this is that you will start to see the progress in your practice as your body begins to find ease in the postures that you once found difficult.

Ages: 15 and up Location: Safetyville Building

Class Size: 6 minimum / 15 maximum

Fee: \$70 Resident / \$80 Non-Resident

## **Mindful Yoga with Kip Cronk**

**Wednesdays, March 13 and April 17**

**6:00-7:30 p.m.**

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

Ages: 15 and up Location: Safetyville Building

Pre-Registration Fee: \$70 Resident / \$80 Non-Resident

# 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](http://www.lorainpubliclibrary.com/programs).*

## **Gardening with Native Plants**

Thursday, April 4; 6:30 - 7:30 p.m.

Discover what goes into the planning and maintenance of the Myrtle S. Holden Wildflower Garden at Holden Arboretum. We'll also cover recommended native plants for the home garden and how to combine and care for them.

## **Backyard Birds**

Sunday, April 7; 3:00 - 4:00 p.m.

Birds can bring delight and awe to those who take the time to observe them. Lorain County Metro Parks will introduce common bird species that visit our county throughout the year.

## **Mini Tree of Life Sculpture for Adults**

Wednesday, April 10; 2:00 - 3:30 p.m.

Create an unusual Tree of Life sculpture by learning basic wire wrapping techniques.

## **The History of Cedar Point**

Tuesday, April 23; 6:30 - 7:30 p.m.

Gear up for another summer of thrills with a journey through the past, present and future of one of America's oldest and favorite amusement parks, Cedar Point!

## **Attracting Wildlife**

Wednesday, April 24; 6:30 - 7:30 p.m.

Join OSU Extension Lorain County to learn about our impact on the environment and how we can try and transform our properties to be more wildlife friendly. This program will also cover the pros and cons of attracting wildlife, including benefits and risks.

## **Lorain County History Spotlight**

Tuesday, April 30; 6:00 - 7:00 p.m.

Join the Lorain County Historical Society for an overview of impactful events that shaped the history of Lorain County and North Ridgeville.

# March

Monday	Tuesday	Wednesday
 <b>Assisting Hands®</b> <i>Home Care</i>		Thank you to Assisting Hands for being our coffee sponsor this month!
4 Make It Monday 10:00 a.m. Cardio Drumming 11:00 a.m. & 2:00 p.m. <b>Soup Lunch 12:00 p.m.</b> Chair Volleyball 12:45 p.m.	5 <b>Cardio Dance 9:00 a.m.</b> <b>Chair Yoga 10:00 a.m.</b> <b>Taco &amp; Trivia Tuesday!</b> <b>Taco Lunch 12:00 p.m.</b> <b>Trivia 12:30 p.m.</b>	6 Watercolors 9:30 a.m. Line Dancing 10 :00 a.m. Blood pressure screenings 10:30 a.m. <b>Lunch 12:00 p.m. sponsored by The Northridge Health Center</b> Bingo, Euchre & Canasta 12:30 p.m.
11 National Eat a Noodle Day Make It Monday 10:00 a.m. Cardio Drumming 11:00 a.m. <b>Soup Lunch 12:00 p.m.</b>	12 <b>Cardio Dance 9:00 a.m.</b> <b>Chair Yoga 10:00 a.m.</b> NR Hatters 2:00 p.m. <b>Maple Sugaring 12:00 p.m. \$5</b>	13 Watercolors 9:30 a.m. Line Dancing 10:00 a.m. <b>Lunch 12:00 p.m.</b> Bingo, Euchre & Canasta 12:30 p.m.
18 Make It Monday 10:00 a.m. Cardio Drumming 11:00 a.m. <b>Soup Lunch 12:00 p.m.</b> <b>Senior Dance 1:30 p.m.</b> Chair Volleyball 12:45 p.m.	19 <b>No activities in the center due to the General Election</b> <b>Cardio Dance 9:00 a.m.</b> <b>Chair Yoga 10:00 a.m.—Shady Drive Complex</b>	20 National Cheese Ravioli Day  Watercolors 9:30 a.m. Line Dancing 10 :00 a.m. <b>Lunch 12:00 p.m. Sponsored by O’Neill Healthcare of NR</b> Bingo, Euchre & Canasta 12:30 p.m. Hobby Hour 2:00 - 4:00 p.m.
25 Make It Monday 10:00 a.m. Cardio Drumming 11:00 a.m. & 2:00 p.m. <b>Soup Lunch 12:00 p.m.</b>	26 <b>Cardio Dance 9:00 a.m.</b> <b>Chair Yoga 10:00 a.m.</b> Puzzle Exchange 11:00 a.m. <b>Taco &amp; Trivia Tuesday</b> <b>Taco Lunch 12:00 p.m.</b> <b>Trivia 12:30 p.m.</b>	27 Watercolors 9:30 a.m. Line Dancing 10 :00 a.m. <b>Easter Lunch 12:00 p.m. sponsored by The Northridge Health Center</b> Bingo, Euchre & Canasta 12:30 p.m.

Thursday	Friday
	<p>1  <b>Senior Strong 11:00 a.m.</b> The Four Agreements book discussion</p> <p>Rotary Club meeting 12:00 p.m.</p>
<p>7 National Flap Jack Day</p> <p><b>Men's Breakfast, 9:00 a.m. sponsored by The Northridge Health Center</b></p> <p><b>Senior Fitness 9:00 a.m.</b></p> <p><b>Tai Chi 10:00 a.m.</b></p> <p>Euchre, Pinochle, Dominos &amp; Mahjongg 12:00 p.m.</p> <p>Dementia Friends Education Session 6:00 p.m.</p>	<p>8  <b>Chair Yoga 10:00 a.m.</b></p> <p>QPR training 10:00 a.m.</p> <p><b>Senior Strong 11:00 a.m.</b> The Four Agreements book discussion</p>
<p>14  <b>Senior Fitness 9:00 a.m.</b></p> <p><b>Tai Chi 10:00 a.m.</b></p> <p><b>St. Patrick's Day program/luncheon 11:00 a.m. sponsored by Wellspring Home Health Care</b></p> <p>Euchre, Pinochle, Dominos &amp; Mahjongg 12:00 p.m.</p>	<p>15  <b>The Breakfast Club 9:30 a.m.</b></p> <p><b>Chair Yoga 10:00 a.m.</b></p> <p><b>Senior Strong 11:00 a.m.</b> The Four Agreements book discussion</p> <p>Rotary Club meeting 12:00 p.m.</p> <p>Music Bingo 1970s 11:30 a.m.</p>
<p>21  <b>No Senior Fitness or Tai Chi</b></p> <p><b>Ladies Brunch 10:30 a.m.</b></p> <p>Euchre, Pinochle, Dominos &amp; Mahjongg 12:00 p.m.</p>	<p>22  <b>Chair Yoga 10:00 a.m.</b></p> <p><b>Senior Strong 11:00 a.m.</b> The Four Agreements book discussion</p> <p><b>BA Sweeties &amp; Malley's 12:30 p.m.</b></p>
<p>28  <b>Senior Fitness 9:00 a.m.</b></p> <p><b>Tai Chi 10:00 a.m.</b></p> <p>Euchre, Pinochle, Dominos &amp; Mahjongg 12:00 p.m.</p>	<p>29  <b>Center closed in observance of Good Friday</b></p>

## Menu

- 4 **Bean and Bacon Soup**
- 5 **Taco Plate**
- 6 **Hamburger Stew & Roll**
- 7 **Flap Jacks, Scrambled Eggs, Bacon, Fruit, and Juice**
- 11 **Beef Noodle Soup**
- 13 **Chicken Marsala with Rice & Vegetable**
- 14 **Corned Beef, Red Potatoes & Cabbage**
- 15 **Breakfast Burrito w/ Fruit**
- 18 **Reuben Soup**
- 20 **Cheese Ravioli, Marinara Sauce & Salad**
- 21 **Pancakes, Scrambled Eggs, Bacon, Fruit & Juice**
- 25 **Philly Cheesesteak Soup**
- 26 **Taco Lasagna**
- 27 **Ham, Scalloped Potatoes & Green Beans**

KEY
<b>Bold</b> = Requires Registration
Blue = Field Trip
Maroon = Fitness
Green = Food

# April

Monday	Tuesday	Wednesday
<p>1 April Fool's Day            Make It Monday 10:00 a.m.            Cardio Drumming 11:00 a.m.  <b>Dingus Day 11:30 a.m.</b>  <b>The Best Medicine 2:00 p.m.</b>            Chair Volleyball 12:45 p.m.</p>	<p>2  <b>Cardio Dance 9:00 a.m.</b>  <b>Great Lakes Theater 9:00 a.m.</b>  <b>Chair Yoga 10:00 a.m.</b>  <b>Taco &amp; Trivia Tuesday!</b>  <b>Taco Lunch 12:00 p.m.</b>  <b>Trivia 12:30 p.m.</b></p>	<p>3            Watercolors 9:30 a.m.            Line Dancing 10 :00 a.m.            Blood pressure screenings 10:30 a.m.  <b>Lunch 12:00 p.m.</b>            Bingo, Euchre &amp; Canasta 12</p>
<p>8  <b>No activities today, the office will be open.</b></p>	<p>9  <b>Cardio Dance 9:00 a.m.</b>  <b>Chair Yoga 10:00 a.m.</b>  <b>Lunch &amp; Learn: Acupuncture for Neurological Conditions 11:30 a.m.</b>            NR Hatters 2:00 p.m.</p>	<p>10            Watercolors 9:30 a.m.            Line Dancing 10:00 a.m.  <b>Lunch 12:00 p.m.</b>            Bingo, Euchre &amp; Canasta 12:00 p.m.            Music Bingo 1950s 2:15 p.m.</p>
<p>15            Make It Monday 10:00 a.m.            Cardio Drumming 11:00 a.m.  <b>Soup Lunch 12:00 p.m.</b>  <b>The Best Medicine 2:00 p.m.</b>            Chair Volleyball 12:45 p.m.</p>	<p>16  <b>Cardio Dance 9:00 a.m.</b>  <b>Chair Yoga 10:00 a.m.</b>  <b>Taco &amp; Trivia Tuesday!</b>  <b>Taco Lunch 12:00 p.m.</b>  <b>Trivia 12:30 p.m.</b></p>	<p>17            Watercolors 9:30 a.m.            Line Dancing 10 :00 a.m.  <b>Lunch 12:00 p.m. Sponsored by O'Neill Healthcare of NR</b>            Bingo, Euchre &amp; Canasta 12:30 p.m.</p>
<p>22            Make It Monday 10:00 a.m.            Cardio Drumming 11:00 a.m.  <b>Soup Lunch 12:00 p.m.</b>  <b>The Best Medicine 2:00 p.m.</b></p>	<p>23  <b>Cardio Dance 9:00 a.m.</b>  <b>Chair Yoga 10:00 a.m.</b>            Wildflower Walk 1:00 p.m.</p>	<p>24            Watercolors 9:30 a.m.            Line Dancing 10 :00 a.m.  <b>Lunch 12:00 p.m.</b>            Bingo, Euchre &amp; Canasta 12:30 p.m.</p>
<p>29            Make It Monday 10:00 a.m.            Cardio Drumming 11:00 a.m.  <b>Soup Lunch 12:00 p.m.</b>  <b>Hobby Hour 1-3 p.m.</b>  <b>The Best Medicine 2:00 p.m.</b></p>	<p>30  <b>Cardio Dance 9:00 a.m.</b>            Puzzle Exchange 11:00 a.m.            Music Bingo 1960s 1:00 pm.</p>	

## Menu

Thursday	Friday
<p>4  <b>Men's Breakfast, 9:00 a.m.</b>  <b>Senior Fitness 9:00 a.m.</b>  <b>Tai Chi 10:00 a.m.</b>                      Euchre, Pinochle, Dominos &amp; Mahjongg 12:00 p.m.</p>	<p>5  <b>Senior Strong 11:00 a.m.</b>                      Rotary Club meeting 12:00 p.m.</p>
<p>11  <b>Senior Fitness 9:00 a.m.</b>  <b>Tai Chi 10:00 a.m.</b>  <b>Estate Planning &amp; Medicaid Presentation 10:00 a.m.</b>                      Euchre, Pinochle, Dominos &amp; Mahjongg 12:00 p.m.</p>	<p>12 National Grits Day  <b>The Breakfast Club 9:30 a.m.</b>  <b>Senior Fitness 9:00 a.m.</b>  <b>Senior Strong 11:00 a.m.</b>                      Rotary Club meeting 12:00 p.m.  <a href="#">Wildflower Walk 11:30 a.m.</a></p>
<p>18  <b>Senior Fitness 9:00 a.m.</b>  <b>Tai Chi 10:00 a.m.</b>  <b>Ladies Brunch 10:30 a.m.</b>                      Euchre, Pinochle, Dominos &amp; Mahjongg 12:00 p.m.</p>	<p>19  <b>Senior Strong 11:00 a.m.</b></p>
<p>25  <b>Senior Fitness 9:00 a.m.</b>  <b>Tai Chi 10:00 a.m.</b>                      Euchre, Pinochle, Dominos &amp; Mahjongg 12:00 p.m.</p>	<p>26  <b>Senior Strong 11:00 a.m.</b>  <b>Spaghetti Dinner 5-7 p.m.</b></p> <div style="text-align: center;">  <p><i>Spaghetti Dinner</i></p> </div>

- 1 Pierogies, Sausage & Vegetable
- 2 Taco Plate
- 3 Salisbury Steak w/ Mushroom Gravy, Mashed Potatoes & Vegetable
- 4 Scrambled Eggs, Ham Steak, Potatoes, Fruit & Juice
- 10 BBQ Chicken, Potato Salad & Corn
- 12 Sponsor provided breakfast & grits
- 15 Cream of BLT
- 16 Chicken and Bean Burritos
- 17 Pork Chops, Rice & Vegetable
- 18 Scrambled Eggs, Ham Steak, Potatoes, Fruit & Juice
- 22 Tomato Soup & Grilled Cheese
- 24 Open-faced Burger Sandwich, Mashed Potatoes & Vegetable
- 29 Beef with Black Beans & Vegetables Soup

<b>KEY</b>
<b>Bold</b> = Requires Registration
<span style="color: blue;">Blue</span> = Field Trip
<span style="color: maroon;">Maroon</span> = Fitness
<span style="color: green;">Green</span> = Food

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