

Senior Center

NORTH RIDGEVILLE OFFICE FOR OLDER ADULTS
7327 Avon Belden Road
North Ridgeville, Ohio 44039
Phone: (440) 353-0828



MAY—JUNE 2021

OFFICE HOURS:

Monday–Friday: 8 a.m. - 4:30 p.m.

City Offices Closed:
Monday May 31st
Memorial Day

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Memorial Day Parade & Service

- Monday, May 31st •
- Parade 9:45 a.m. •
- Memorial Service
at Ranger Stadium •

The 2021 Memorial Day Parade will begin at 9:45 a.m. at the Senior Center on Bainbridge Road and conclude at Ranger Stadium with the Memorial Service in association with the North Ridgeville Lions Club and VFW Post 9871

Kids Bike Decorating Contest & Awards, Best Float and Best Marching Group Awards, and classic car awards for "Best in Show" and "Crowd Pleaser"

Contact Parade Director Dennis Boose at 440-327-8528 for details.



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:

**Monday
May 31st
Memorial Day**

I would like to take this opportunity to say thank you for your continued support of our drive-thru spaghetti dinners. The April 30th dinner was very successful! A special thanks to the Rotary Club of North Ridgeville for sponsoring the event. Mark your calendar for Friday, September 24 and Friday, October 29 for the two remaining spaghetti dinners scheduled this year. My hope is the pandemic health orders will be lifted by then and that these two dinners will be held indoors at the Senior Center and not as a drive-thru. Watch for more details in a future newsletter.

With summer just around the corner, please consider taking advantage of our Parks & Recreation Department programming. Beginning Friday, June 4 at South Central Park Gazebo the Movies in the Park Series kicks off at dusk with *The Goonies* followed by June 18 *Jumanji: Next Level*, July 16 *Onward* and July 30 *Wonder Woman 1984*. Then, beginning Sunday, June 13 the Summer Concert Series kicks off at South Central Park Gazebo from 6-8 PM with the WIXY 1260 Ft. Cleveland Clearwater Revival followed by June 27 Just Jazz Live, July 11 Southern Cross Band and July 25 Bridgetown Junction. The movies and concerts are FREE! What better way to spend time with the family. Come early and enjoy a picnic in the park, spend time at the Splash Pad, enjoy the playground, walk the trail and try out the fitness equipment. And, don't forget to bring your fishing rod to catch a fish or two – no fishing license is required.

Below are several construction projects currently underway or will be commencing soon:

A roundabout will be constructed at Chestnut Ridge Road and Alternate SR 83. This intersection will close for up to 90 days beginning April 26, 2021. Closure and detour details are posted on the city's website.

The bridge over French Creek on Mills Road midway between Westminster Avenue and Greenwich Avenue will be replaced starting in May. One lane of traffic will be maintained during construction with the use of portable temporary signals.

Center Ridge Road sanitary sewer extension project is currently in the design phase with construction to follow to extend sewers from Barton Road east to the city limits for approximately 3,200 feet.

For a detailed listing of projects, visit our city's website at www.nridgeville.org.

After careful review of the master plan report for Pavement Condition Rating (PCR), we identified the streets that will be paved/repared this year within the city's allocated budget. Currently there are ten streets on the paving list that our Service Department will begin as early as the end of April or early May: Broad Boulevard, Charles Road, Emerald Street, Greenwich Avenue, Hedgerow Park Drive, Lorain Road (west of Island to SR 83), McKinley Avenue, Rose Street, Shady Moss Lane and Sycamore Street. The full-depth concrete repair list is comprised of six streets to begin in August: Greenlawn Drive from Center Ridge Road to 460 feet south, Harris Court, Nicoll Drive from Gail Drive to Browning Drive, Sourbrook Lane, Sweetbriar Court and Topaz Court.

To find out about current projects and others that are planned, or simply to ask a question, please join me at one of my upcoming coffee and conversation – Monday, May 24; Thursday, July 15; and, Wednesday, August 11 from 8:30-9:30 AM at City Hall in Council Chambers. If you are unable to attend and have questions, please don't hesitate to call my office at (440) 353-0811.

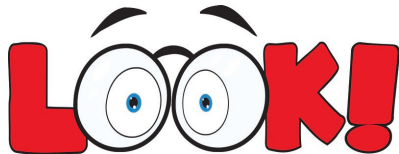
Mayor Kevin Corcoran





WELCOME TO NORTH RIDGEVILLE SENIOR CENTER

If you haven't already, it's time to renew your newsletter subscription for 2021. The \$8.00 fee per household helps defray our costs to mail this newsletter every other month so we can keep you updated on activities here at the Senior Center.



We will be going through our list regularly and removing anyone who does not keep their subscription current so we can keep our costs down. If you move, please update us on your new address.

As subscriptions are renewed, we are adding the month to your subscription expiration date on your mailing label to help you keep track. You will see the month and year your subscription expires. If your mailing label reads "2021" or "0" for Lifetime Subscription, you are current on your subscription for this year.

SUBSCRIPTION FORM - OFFICE FOR OLDER ADULTS

7327 AVON BELDEN ROAD
NORTH RIDGEVILLE, OHIO 44039
PHONE: (440) 353-0828

YEAR _____ LIFETIME* _____ RENEWAL: YES / NO

DATE _____

*Please make checks payable to
The N. R. Office for Older Adults*

NAME _____

ADDRESS _____

CITY/STATE/ZIP CODE _____

PHONE _____

EMAIL _____

Please list below any areas of interest regarding classes, speakers, trips, activities at the Center, or any other interests you may have.

*Lifetime Subscription eliminates having to pay your annual subscription fees each year.
Annual Cost (per household): \$8.00 Lifetime Subscription: \$ 75.00
Your subscription expires 1 year from the date of your payment.

SENIOR CLASSES FROM PARKS & REC!

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



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



Mayor: Kevin Corcoran

Parks and Recreation Director: Kevin M. Fougousse

Tai Chi

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	04.17-05.22	10:00-11:00AM
Ses II	SAT	05.29-07.24	10:00-11:00AM
No Class 06.05.21, 06.12.21 & 07.03.21			
Ses III	SAT	07.31-09.11	10:00-11:00AM
No Class 08.14.21			

Mayor: Kevin Corcoran

Parks and Recreation Director: Kevin M. Fougousse

Chair/Gentle Yoga Fusion

Offered by: North Ridgeville Parks and Recreation



This class allows you to perform postures and breathing exercises with the aid of a chair and gentle yoga poses. You can experience the many benefits of yoga without having to get up or down from the floor. Benefits of this class include increased balance, strength, flexibility, range of motion, and stress reduction.

Instructor: Heather Gillespie
Ages: 15 and Up
Class Size: 04 minimum / 06 maximum
Fee: \$50 Resident / \$60 Non-Resident
Location: NR Senior Center 7327 Avon Belden Rd

Session	Day	Date	Time
Ses I	FRI	04.23-05.28	9:00-10:00AM
Ses II	FRI	06.04-07.09	9:00-10:00AM



Mayor: Kevin Corcoran

Parks & Recreation Director: Kevin Fougousse

NORTH RIDGEVILLE FIRE DEPARTMENT PRESENTS

CPR CLASSES

BECAUSE YOU JUST MIGHT BE ABLE TO SAVE A LIFE

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

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. 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.

Instructor: North Ridgeville Fire Department

Ages: 11 & up

Class Size: 04 minimum / 10 maximum

Fee: \$10.00 Resident / \$15.00 Non-Resident Per person

Location: NR Fire Station 1 7000 Ranger Way

Session	Day	Date	Time
Ses I	SAT	05.22	10:00AM-2:00PM
Ses II	SAT	09.04	10:00AM-2:00PM

Family & Friends® CPR

The Family & Friends CPR 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.

Instructor: North Ridgeville Fire Department

Ages: 8 & up

Class Size: 04 minimum / 10 maximum

Fee: \$3.00 Resident/ \$5.00 Non-Resident Per person

Location: NR Fire Station 1 7000 Ranger Way

Session	Day	Date	Time
Ses I	SAT	04.24	9:00-11:00AM
Ses II	SAT	05.29	9:00-11:00AM
Ses III	SAT	06.26	9:00-11:00AM
Ses IV	SAT	07.31	9:00-11:00AM
Ses V	SAT	08.28	9:00-11:00AM
Ses VI	SAT	09.25	9:00-11:00AM

REGISTER ONLINE AT:

WWW.NRIDGEVILLE.ORG/PARKSANDREC

OR

NORTH RIDGEVILLE PARKS AND REC OFFICE

7327 AVON BELDEN RD. MONDAY-FRIDAY 8:00AM-4:30PM



NORTH RIDGEVILLE BRANCH LIBRARY NEWS

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



Library Hours

WE'RE OPEN! All LPLS

branches are open from 9 a.m. to 8 p.m. Monday thru Thursday and from 10 a.m. to 6 p.m. Friday and Saturday.

The first hour of each day is reserved for our senior patrons and those that are immunocompromised.

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

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

Visit the online calendar for the most current information www.lorainpubliclibrary.com/events.

Free Shred Day



Bring your sensitive documents such as tax forms and medical records to be shredded onsite in the library parking lot. Each household may bring up to five standard size copier paper boxes or five grocery size bags of documents. Staples and paper clips are fine, but no binder clips, binders, spiral bound notebooks, other metal objects, batteries, or electronics. This free event is co-sponsored by the Friends of the North Ridgeville Branch Library, Inc. You do not need to be a North Ridgeville resident to participate

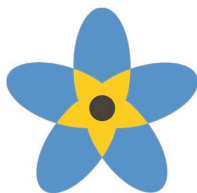
Shred Day

Saturday, June 26; 9 a.m. to noon
Shred Day

North Ridgeville Branch

Check Out

Your Local Library's
Incredible FREE
Resources



Dementia Friends
Information Session

Dementia Friends via Zoom

On Wednesday, June 23; 2 to 3 p.m., join Kendal at Home Care Coordinators Terri Lanham and Cheryl Deatherage to gain an awareness and understanding of dementia. Learn about the small things that they can do to make a difference and better support your friend, neighbor, loved one, co-worker, colleague, and even first time acquaintances.

The Lorain Public Library System adapted its programs, so you enjoy them from the comfort of your own home using Facebook or Zoom.



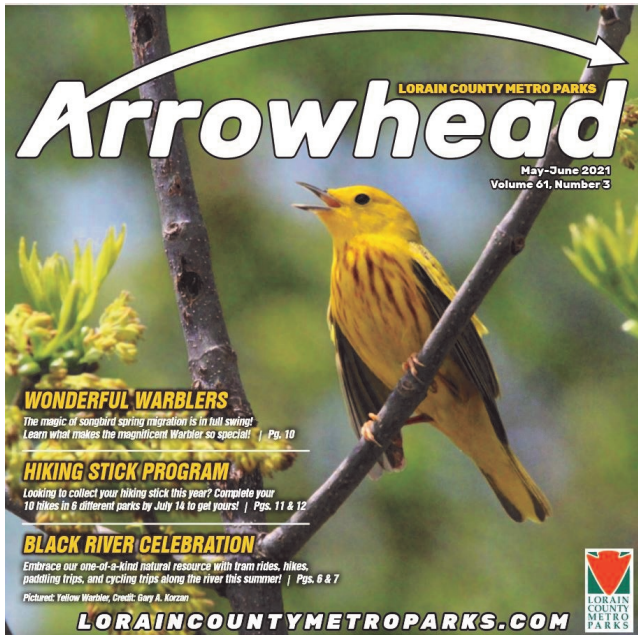
LORAIN COUNTY METROPARKS

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

HIKING STICK PROGRAM

The hiking stick program started in 1986 with 7 parks and 4,200 acres. This program was adapted to get people into the parks and enjoying nature. As an incentive, hiking sticks were given out after completing 10 hikes in 6 different parks (a list of hikes can be found in the Arrowhead newsletter). Please note that a park naturalist has to sign off on the hiking stick form. For returning participants, a metal tag is given to attach to your hiking stick.

Now with 28 parks and over 10,000 acres, the program continues today. It has become a great outing for the scout troops, senior citizens and families. What a fantastic way to visit your parks, learn about nature firsthand and engage in a healthy lifestyle. Hiking stick forms are available online at <https://www.loraincountymetroparks.com/activities>, or at any park. Hikes run April 1st through June 30th.



INTERESTED IN LEARNING MORE?

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

The Arrowhead program guide is distributed on the third Friday of every other month (February, April, June, August, October and December). The Arrowhead can be found in the Chronicle Telegram, Morning Journal and the Plain Dealer on these Fridays. Arrowheads can also be found at Lorain County Metro Parks nature and visitor centers and at local libraries.

If you are a North Ridgeville resident, we have our own Lorain County Metropark on Otten Road. Sandy Ridge! If you haven't checked it out for a nice walk, try it today! See you there!

MAYOR: KEVIN CORCORAN

P&R DIRECTOR: KEVIN M. FOUGEROUSSE

FREE


6:00-8:00PM

SOUTH CENTRAL PARK GAZEBO
ENJOY SUNDAY NIGHTS WITH
GOOD MUSIC!



2021 SERIES LINE UP

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

SUNDAY JUNE 27, 2021 "JUST JAZZ LIVE" JAZZ 

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

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

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

SPONSORED BY:



MAYOR: KEVIN CORCORAN

PARKS AND REC DIRECTOR: KEVIN M. FOUGEROUSSE



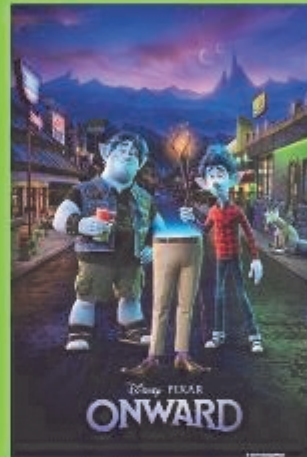
FREE

2021 MOVIES

JUNE 4



JULY 16



JUNE 18



JULY 30



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

SOUTH CENTRAL PARK CAZEBO

7565 AVON BELDEN RD.

MOVIES START AT DUSK.

CHECK OUR WEBSITE

OR

CALL 440-210-6226

FOR MOVIE TIMES AND INFO.

SPONSORED BY:



WWW.NRIDGEVILLE.ORG/PARKSANDREC



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



SENIOR SERVICES

The services provided are funded entirely by the City of North Ridgeville, donations and North Ridgeville Seniors, Inc. Transportation receives a small grant from Title III-B of the Older Americans Act through the Ohio Department on Aging administered by the Western Reserve Area Agency on Aging.

Please call us at (440) 353-0828 with any questions you might have regarding the services we provide.

NEED A BIRTHDAY GIFT IDEA!

Gift certificates for our Meals-on-Wheels Program are always available by calling (440) 353-0857. These are always wonderful Birthday or anytime gifts!

They are always available and help your older family member by purchasing something they need.

This is a perfect gift for family members, friends or neighbors and can be purchased in a variety of denominations.

PUZZLE #1 ANSWERS

1. Red in the face, 2. Green Eggs and Ham, 3. Backrub, 4. All thumbs, 5. Two left feet, 6. Black sheep of the family, 7. Big fish in a little pond, 8. Tennis shoes, 9. Long time, no see, 10. All in a day's work..

LOCK BOXES

The Lock Box saves damage to your property and saves time for our paramedics when trying to gain access into your home. North Ridgeville Seniors, Inc., and the North Ridgeville Fire Department are proud to provide Lock Boxes to our North Ridgeville seniors. **A donation of \$30 is required for a Lock Box for seniors 60+. Lock Boxes are available to anyone else for \$40.** Applications can be found at the Senior Center or at www.nridgeville.org. *The cost of the Lock Boxes are supplemented by North Ridgeville Seniors, Inc. Thank You!*

SENIOR SUPPER CLUB

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

MEALS – ON – WHEELS

CAN WE HELP?

The North Ridgeville Office for Older Adults (Senior Center) offers a Meals-on-Wheels program to seniors 60 years and older. A nutritious meal is delivered right to their door on Mondays and Wednesdays for a total of up to 5 meals per week. Each meal is delivered before noon and contains an entrée and fruit or 100% juice. Meals are delivered in microwaveable containers and will need to be heated before consumption.

It is our goal to provide a nutritious noon meal to all of our clients; however, we cannot do special diets (e.g. diabetic). The price for a meal is \$3.75. Our friendly, courteous volunteer drivers pick up the meals from the Senior Center and deliver them to our clients. For additional information, please give us a call at (440) 353-0857.

WHO IS ELIGIBLE FOR MEALS-ON-WHEELS?

Anyone 60 or older who lives in North Ridgeville. We do not adhere to any special diets so we do require a doctor's authorization prior to anyone being added to the program. Our case manager will do a home visit prior to signing up the client on Meals-on-Wheels.

SENIOR SERVICES CONTINUED



OUTREACH PROGRAM

A very special thank you to the Grafton V.F.W. Post 3341 for staffing/organizing our Outreach Program in Grafton. Located at 783 Huron St., they always have something special happening. The Grafton VFW and the North Ridgeville Senior Center team up to provide Outreach Programs for Seniors at the VFW hall at **NO COST** to the senior. A calendar of events can be found in the **Rural Urban Newspaper**. For information on the programs, please contact the VFW at (440) 926-3341 for an updated schedule.

SUPPORTIVE SERVICES

Supportive Services are provided for persons 60 and older. These services provide linkage to social service agencies, home healthcare services, support groups, telephone reassurances, and much more. The purpose of Supportive Services is to try to help seniors maintain independence, and to be a source of information for and about seniors. If you need assistance, or if you have any questions, call (440) 353-0857 Monday thru Friday, 10 a.m. - 4 p.m.

FOOT CARE

Dr. Thomas Emmert is the Podiatrist of Total Foot Care. At this time Dr. Emmert is taking appointments at his office in Lakewood. **He will not be visiting the Senior Center.** If it is your first visit with him, it is recommended that you contact Dr. Emmert's office before your appointment to insure they have the necessary information. They can be reached at (216) 529-1800. The cost of the clinic is usually covered by Medicare and supplemental insurance.

HEARING TESTING & BLOOD PRESSURE CHECKS

These services will remain suspended until further notice.

NORTH RIDGEVILLE COMMUNITY CARE

As the health and safety of their volunteers and clients is paramount Community Care has made the difficult decision to change the way they will be serving clients. They will be open, but will not have any volunteers at the center. North Ridgeville residents in need of food distribution will be assisted from a pass through at the side door. If you are a client and are homebound or feel it is unsafe to come out please call the center and they will make arrangements for you. Contact them at (440) 353-9716.

Temporary Hours of Operation:
Monday and Tuesday 9:30 a.m. -1:30 p.m. ,
Thursday 3:00 p.m. - 6:00 p.m.

GOLDEN BUCKEYE CARD INFORMATION:

Participation in the Golden Buckeye program is free to all Ohio residents who are:

- Age 60 or over (proof of age required).
- Age 18-59 with a Social Security Administration defined disability.

If you are just turning 60 and have an Ohio driver's license, you will automatically be mailed your card just before your birthday. If you have not received the card four weeks after your birthday, or if your card was lost or stolen, call 1-866-301-6446 to get a new card.

To fill out an application or for more information visit their website at www.goldenbuckeye.com.

HEALTH INSURANCE COUNSELING

Health insurance counseling is available by appointment only.


To arrange for a counseling appointment, call (440) 353-0856 or (440) 353-0857 for information.

PUZZLE

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

REBUS FOR YOU !

Can you solve these visual word puzzles? Let your mind explore and you are sure to find the answers. Good luck!

<p>1.</p> <p>FACE</p>	<p>2.</p> <p>EGG EGG HAM</p>
<p>3.</p> <p>BUR</p>	<p>4</p> <p>THUMBS THUMBS THUMBS THUMBS THUMBS THUMBS ...</p>
<p>5.</p> <p>TEEF FEET TEEF</p>	<p>6.</p> <p>FAMILY  SHEEP</p>
<p>7.</p> <p>poFISHnd</p>	<p>8.</p> <p>ISSUE ISSUE ISSUE ISSUE ISSUE ISSUE ISSUE ISSUE ISSUE ISSUE</p>
<p>9.</p> <p>TIME</p> <p>a b d e f g h i j k l m n o p q r s t u v w x y z</p>	<p>10.</p> <p>DAYSALLWORK</p>

CLASSIC LITERATURE WORD SEARCH PUZZLE



A TALE OF TWO CITIES

ETHAN FROME

LITTLE WOMEN

THE ODYSSEY

ANNA KARENINA

GREAT EXPECTATIONS

MOBY DICK

THE SCARLET LETTER

CYRANO DE BERGERAC

HUCKLEBERRY FINN

OLIVER TWIST

TREASURE ISLAND

DAVID COPPERFIELD

IVANHOE

ROBINSON CRUSOE

WHITE FANG

DON QUIXOTE

JANE EYRE

SILAS MARNER

WUTHERING HEIGHTS

www.WordSearchAddict.com

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

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

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

Address Service Requested

To Our Friend:

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



North Ridgeville Senior Center Newsletter

MAY & JUNE 2021

(440) 353-0828
7327 Avon Belden Road



Free Community Dinner

Many of you have asked if any of the churches that used to provide meals have restarted their programs. We are happy to report that Fields UMC, 34077 Lorain Road in North Ridgeville will be restarting their Tuesday Night Dinner. **It will be a drive thru meal on the 3rd Tuesday of the month from 5:30-6:30pm . May 18th and June 22nd. Everyone is welcome, no reservations are needed. Call the church at 440-327-8753 with questions.**