



Senior Center Newsletter

May & June 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) 490-2056

City offices will be closed on
May 27 in observance of
Memorial Day

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NEW City Phone Numbers and Program Reminders

A friendly reminder that the city has new phone numbers. Make sure our new number is not blocked on your cell phone. We often send out reminders through our My Senior Center software, which will come up as 855-461-2292. We want you to be able to receive reminders and other important updates, especially your Happy Birthday phone call. If you have had a birthday this year and did not receive a phone call, it's because you haven't given us your birthday. You can fix that by stopping at the front desk or calling the office.

Veterans Memorial Dedication

Many of you have noticed the work going on across the street. The long-awaited Veterans Memorial will be dedicated on May 27 after the conclusion of the Memorial Day Parade. This project is made possible by the hard work of dedicated veterans in the community and will be a sacred space to honor those who served.

Carnival! June 27 10:30 a.m. - 12:00 p.m.

The annual summer carnival is BACK! We will have a number of community partners with favorite carnival games to play for chances to win a variety of prizes. Fun fair foods will also be available. Cost is only \$5 and includes all your game play, food and unlimited chances for prizes. **Register by June 26.**

Sponsor Thank Yous

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



Jennifer Herron-Underwood, Howard Hanna Realty

A MESSAGE FROM DIRECTOR EMILY LOCKSHINE



Greetings,

I am writing this on the day of the Great Solar Eclipse. As of now, it is extremely bright and sunny outside and not a lot of pedestrian activity or traffic around here. I will report back at the end of the message post-eclipse to update you.

Our outstanding Activities Coordinator, Stacey Allen has plenty of fun in store for May and June, including an old-fashioned Sock Hop, the Annual Carnival, our first ever puzzle competition and of course, field trips. Consider joining Stacey on one of our Nature Walks. Stacey worked as a naturalist with the Cleveland Metroparks for nearly 30 years and has a wealth of knowledge to share with you. Lastly, don't forget our free blood pressure screenings the first Wednesday in May.

In June we are excited to bring back the non-profit Food Conscious and Chef Vinnie Cimino for another healthy cooking demonstration. Vinnie has been selected as a James Beard Awards finalist in the category of Best Chef, Great Lakes category. Vinnie is one of five finalists nominated across four states. Thank you to Food Conscious for bringing Vinnie here to the center to cook for us. In June we are also offering a watercolors class for the first time. The class will be taught by Karen Staszko, a professional watercolors artist who has illustrated the children's book Sea Turtles Circle.

Thank you also to Liston Funeral Home for being our spaghetti dinner sponsor in April. Bob and Renee Liston are friendly fixtures in the community and support a number of great causes, we thank them for choosing to support the work of the Senior Center.

We continue to see new faces every month. Whether you are new to our center or have been coming for 15 years, we want to provide you with a fun, enjoyable experience while you are here. Thank you for being part of our days, we are grateful and fulfilled to be part of yours.

Emily

Eclipse update: Around 2:15 p.m. a resident wandered in asking "I heard there might be eclipse glasses here, do you have any left?" We had two pairs left and he gratefully took the pair and went back to his home in Meadow Lakes. At 2:20 p.m. I went outside to have a peek, the eclipse it already starting and wow it's cool. I went out about every ten minutes until around 3:05 p.m. at which point city hall employees were coming out to view the totality. We counted down like it was New Year's Eve, the world went dark, the lights around the city hall campus illuminated, someone shot off fireworks and we admired the awesomeness of this scientific phenomenon that we were all grateful to witness.

Office for Older Adults Staff

Emily Lockshine, Administrator
Stacey Allen, Activities Coordinator
Clancy McCool, Chef

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

A MESSAGE FROM MAYOR CORCORAN

Now that spring is here so are capital improvement projects! Many of our projects are weather dependent so the majority of the work is done in the spring/summer months. Below are just a few that are underway or starting soon:

- Fire Hydrant replacement project. A total of 35 existing fire hydrants along Chestnut Ridge Road, Lorain Road, Island Road, Pitts Blvd., Wil-Lou Lane, Root Road and Reed Road. Water will be shut off temporarily and impacted residents will be notified in advance.
- Bagley Road – Ohio Turnpike bridge replacement. The Ohio Turnpike Commission is replacing the bridge deck on Bagley Road over the turnpike. This will require a complete road closure for approximately six months with construction starting April 22.
- Construction of a roundabout at Route 83 and Chestnut Ridge Road which is an Ohio Department of Transportation project to commence this summer.
- The peanut-shaped roundabout at Mills, Stoney Ridge and Avalon will begin construction late summer.
- The Cypress Avenue extension will be bid this summer with construction to follow.



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. And, if you haven't signed up to receive our monthly eNewsletter, visit the city's website at nridgeville.org and click on eNews Signup to provide your email address. It's a great way for us to communicate timely information about upcoming projects and events.

Speaking of events, with summer around the corner, please take advantage of our Parks & Recreation programming. Back by popular demand are the summer concerts at South Central Park Gazebo. Enjoy the sounds of Disco Inferno on Sunday, June 9 from 6:00 p.m. until 9:00 p.m.; Benny and the Big Shot Sun on Sunday, June 30 from 6:00 p.m. until 8:00 p.m.; Spazmatics on Sunday, July 14 from 6:00 p.m. until 9:00 p.m.; and, Funkology on Sunday, July 28 from 6:00 p.m. until 8:00 p.m. The concerts are free and appropriate for all ages. 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 license is required.

Another event of interest is the annual Discover the Ridge sponsored by the North Ridgeville Visitors Bureau on Saturday, May 18. This is a family-friendly open house event throughout the city. Start out at the Discover the Ridge kick-off celebration at the newly renovated North Ridgeville Branch Library at 10 a.m. where you'll experience a carnival theme with petting zoo and balloon artist and more. Then, visit the 26 participating businesses and locations listed in the brochure. Brochures are available at City Hall or on the city's website at nridgeville.org highlighting the events for the day.

You are cordially invited to attend my monthly coffee and conversation at City Hall to learn more about projects and get your questions answered. The dates for May and June are Tuesday, May 7 and Friday, June 14 from 8:30 a.m. until 9:30 a.m. in Council Chambers. I hope to see you there!

If you have any questions, please feel free to call my office at (440) 490-2042.

Sincerely,
Mayor Kevin Corcoran



City Hall Hours:

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

City offices will be closed on May 27.

Senior Services

Kitty Wawszkiewicz

Case Manager (440) 490-2057

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 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: May 1 and June 5.

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

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 11:00 a.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. This program is intended for individuals who are homebound, struggling with chronic illness, impairments or otherwise frail.

For more information, please call (440) 490-2057.

Fitness at the Center

For information or to register
(440) 490-2056

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.

Summer Session I: May 28 - July 2

Summer Session II: July 9 - August 13

Chair Yoga with Kip Cronk

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

\$24 for 4 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.

Summer Session I: June 18 & 25, July 9 & 16 (no class 7/2)

Chair Volleyball

May 10 at 10:30 a.m.

May 13, June 10 and 24 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! Check the calendar for dates.



POWERED BY



United Way of
Greater Lorain County

North Ridgeville Heart and Sole is a Community Collaborative, powered by the United Way of Greater Lorain County. Heart & Sole is a group of organizations—from nonprofit, to government, to private business—dedicated to improving whole health and wellness through collaborative planning and action in the City of North Ridgeville.

Visit their website for cooking videos and recipes.
<https://www.nrheartandsole.com/healthy-eating>

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.

Summer Session I: May 16 - June 20

Summer Session II: July 11 - August 15

Drop in Fitness Classes

Cardio Drumming

Mondays, 11:00 a.m.

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. Second class at 2:00 p.m. on select Mondays, see calendar for details. \$2 class fee. **Safetyville Building.** Registration for June classes will begin May 22 at 9:00 a.m., registration for July classes will begin June 19 at 9:00 a.m. **PLEASE NOTE, the June 3 class will be held at 10:00 a.m.**

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!

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

Saturday, June 15, 10:00 - 11:30 a.m. \$10

Instructors: Brandy Reichman, OTR/L, Occupational Therapist and 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.

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.

Activities

For information or to register
(440) 490-2056

Men's Breakfast & Speaker

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.

May 2, 9:00 a.m.

Bob Piovarchy of the Far West Center. Bob facilitates our Senior Strong program on Friday mornings and will be speaking on the all-important and oft neglected topic of Men's Mental Health and resilience.

June 6, 9:00 a.m.

Master Plan Update. Kim Lieber, the City's Planning and Development Director will talk about the newly adopted Master Plan, which drives the future vision of North Ridgeville.

Ladies' Brunch & Speaker

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.

May 16, 10:30 a.m.

Women In History: Agatha Christie. Learn about how she began writing and became one of the most prolific mystery writers of her time.

June 20, 10:30 a.m.

Women In History: Julia Child. Experience live storytelling of the cooking master who brought French cuisine into the homes of America in the 1960s. We will enjoy her signature Quiche Lorraine in her honor.

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 coffee and a hot breakfast for just \$4.

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 the previous week, so we know how many to expect.

May 6 - Homemade Hummus \$5

May 13- Herb Container Gardens \$20

May 20 - Plant Markers

May 27- Closed

June 3 - Windchimes - O'Neill Healthcare of NR

June 10 - Summer Decor - Laura Petek

June 17- Pine Cone Flowers

June 24 - Life Care Center of Elyria

Details will be shared following your preregistration for each project.

Walking Warriors

Tuesdays at 9:00 a.m.

This is an informal walking group that meets weekly. This year we are mixing up the locations, schedule appears below. All paces are welcome—no one gets left behind. If the weather is looking questionable, please call to find out if we are still meeting.

May 7 South Central Park, meet at NRSC

May 14 Miller Nature Preserve, Avon, meet in the parking lot

May 21 South Central Park, meet at NRSC

May 28 Bradley Woods, Westlake, meet in the parking lot

June 4 Westlake Community Services Building, meet in the parking lot closest to the building

June 11 South Central Park, meet at NRSC

June 18 Cascade Park, Elyria, meet in the first parking lot off the Furnace Street entrance

June 25 North Olmsted Community Park, meet in the parking lot in the center of the park nearest to the Senior Center.

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 form a team. **Registration is required for lunch at a cost of \$4.**

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.

Cards Wednesdays & Thursdays

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

Watercolor Wednesdays, 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 with projects when needed. If interested, call to tell us you are coming & bring your paints!

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.

Senior Strong Fridays, 11:00 a.m.

Senior Strong is a program that focuses on mental health wellness and building resilience in older adults. Bob Piovarchy of The Far West Center will facilitate a different topic each week. One week a month will be dedicated to current events. This is not a session, please register for the days you wish to attend.

Professional Panel Discussion Wednesday, May 1, 2:30 p.m.

Join the discussion of a variety of topics including: private duty home care, home health skilled nursing, palliative and hospice care, funeral planning, financial and estate planning, and elder law. **Register ASAP.**

Paint & Sip

Monday, May 20, 1:00 - 3:00 p.m. \$15

Join professional watercolor artist Karen Staszko as she guides you step-by-step to create a beautiful watercolor painting. No experience necessary. All supplies provided. **Register by May 17.**

Healthy Cooking Demonstration sponsored by Food Conscious and James Beard award finalist Chef Vinnie Cimino Monday, June 3, 12:00 p.m.

Local nonprofit Food Conscious will provide a lunch and cooking demonstration by James Beard award finalist Chef Vinnie Cimino of Cordelia Restaurant in Cleveland. **RSVP by May 29.**

SUPER THURSDAY Sock Hop Thursday May 30, 10:30 a.m. \$6

Dance to your favorite rock 'n roll songs from the 1950's while enjoying drive-in food, complete with milkshakes and root beer floats. **RSVP by May 28.**

Disc Golf

May 23 & June 25, 10:30 a.m.

Disc Golf is a fun, inexpensive self-paced healthy outdoor activity. Meet at the center and we will walk over to South Central Park as a group. Please note that disc golf requires a moderate amount of walking, some of which will be on uneven or possibly muddy terrain. Participants should wear athletic shoes. Equipment and instruction will be provided. We will be playing from the Senior Tees so you won't miss lunch! **RSVP by May 22 and June 23 respectively.**

Hobby Hour

Friday, May 3, 2:00 - 4:00 p.m.

Friday, June 21, 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.

Lunch & Learn: Palliative vs. Hospice Care

Friday May 31, 12:00 p.m. presented by O'Neill Healthcare of North Ridgeville

You may have many questions about the differences in these two types of care. Hospice can be provided for a variety of illnesses and supports not just the patient, but the family as well, including support after your loved one passes. Palliative care focuses on quality of life for the patient. Register by May 29.

Beginner Watercolor Class

Mondays 2:00-3:30 p.m.

June 3, 10, 17, July 1, 8, 15 (no class June 24)

\$45 for a six-week session

If you would like to learn to paint with watercolors, this beginner class is for you. Karen Staszko, a professional artist with 30 years of experience will provide all the instruction you need — no experience necessary. Students must provide their own supplies, a list will be available at the Senior Center.

Puzzle Competition, Wednesday, June 19, 2:30 p.m. \$5

Calling all puzzlers, it's time to put your puzzle skills to the test. Participants will compete in teams of 3-4 people. Each team gets the same puzzle. It's a race to see who finishes first. Prizes will be awarded to the top 3 teams. Come as a team or come solo and we will form a team for you. Light refreshments will be provided. **Register by June 14.**

Outings

For information or to register
(440) 490-2056

Please note new field trip policy – you may register yourself and one other individual via phone only. When you hear the menu, Press 1. Your call/message is time stamped, if we don't pick up, the time of your message is factored into the order of calls received.

Herb Container Gardens at Don Mould's Monday, May 13, 10:00 a.m. \$20

We will go to Don Mould's, learn about herbs and make a container garden to take home. You will have your choice of several combinations.

Reservations will be taken starting May 1 at 1:00 p.m. 13 spots available.

Amish Country

Friday, May 17, 9:30 a.m. – 4:00 p.m. \$15

We will venture to Berlin, Ohio and make several stops that will include hardware, home decor, hand-crafts, bakery and of course lunch (not included). Be prepared for a lot of walking & shopping! **Reservations will be taken starting May 7 at 1:00 p.m. 13 spots available.**

Crushers Game

**Wednesday, May 29, 12:15 p.m.
\$15 (bus) \$10 (drive yourself)**

Join us for fun afternoon at the ballpark. Wear your purple or green to support the team. We get to have all the fun of the game, but without the big crowds. You can join us for a "ballpark themed lunch" at noon (for a separate \$5 fee) before we leave. Tickets must be paid for by May 15.

Reservations will be taken May 8 at 1:00 p.m. 13 spots available on the bus.

Coshocton Balloon Festival

**Thursday, June 6, 3:00 p.m. - 10:30 p.m.
\$15**

If you have ever wanted to experience a balloon festival, this is your chance! There will be food vendors at the festival, or you can pack a dinner. Tethered rides will be available for an additional fee. We will stay to see the evening light flights of the balloons, then make our way home.

Reservations will be taken May 14 at 1:00 p.m. 13 spots available on the bus.

Sandusky Highlights

Friday, June 14, 10:30 a.m. - 3:30 p.m. \$15

We will tour the Merry-Go-Round Museum and fish hatchery, go to lunch (not included) and maybe more. **Reservations will be taken May 8 at 2:00 p.m. 13 spots available on the bus.**

Kent State Fashion Museum & Lunch

Friday, June 28, 10:30 a.m. \$15

We will start with lunch at the River Merchant Restaurant (lunch not included) then venture to the Kent State Fashion Museum where we will have a guided tour and view several exhibits on display.

Reservations will be taken May 15 at 1:00 p.m. 13 spots available on the bus.

Meet Ups

For information or to register
(440) 490-2056

Nature Walk

Tuesday, May 14, 2:30 p.m.

Sandy Ridge Reservation

Thursday, June 20, 2:00 p.m.

Miller Nature Preserve

Join Stacey for a very SLOW paced, nature walk. We will be looking for clues about what is happening in the woods around us.

Ballet In the Park: Peter Pan

Lakeview Park

Friday, May 17, 6 p.m.

Bring a lawn chair and a picnic dinner to join us for this free outdoor performance in the rose garden. The performance begins at 7:00 p.m. and will be over before dark.

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) 490-2056.

North Ridgeville Parks & Recreation

For information and to register
www.nridgeville.org/parksandrec

Mindful Yoga with Kip Cronk **Wednesday, May 15, 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: \$10 Resident / \$15 Non-Resident

Sound Bath

May 13 and June 10, 6:30-7:30 p.m.

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.

Instructor: Becky Hopp
Ages: 15 and Up Location: NR Senior Center
Class Size: 04 minimum / 20 maximum
Fee: \$20 Resident / \$30 Non-Resident

Restorative Sound Bath with Kip Cronk & Becky Hopp

Monday, June 3, 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

Total Body Tone

Wednesdays, June 19-July 10, 9:00- 10:00 a.m.

The class will focus on improving muscular strength and toning utilizing various resistance equipment, such as weights, bands, and stability balls. Class will target on increasing energy, toning muscles, and stretching.

Instructor: Kathy Hungerman
Ages: 15 and Up Location: Safetyville Building
Class Size: 04 minimum / 15 maximum
Fee: \$50 Resident / \$60 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.

Cat-tastic Castles

Tuesday, May 7; 6:30 to 7:30 p.m.
Cats can't resist a good cardboard box! Join us in decorating your own cat-stles to take home to your favorite feline friend.

Around the Country in 50 Books

June 1 to August 31
Can library patrons collectively read their way across the country? Share the title of a book you've read that's set in one of the 50 states on the map at your branch and use the map to find a suggested title for your next great read.

Adventures in Thrifting

Tuesday, June 11; 6:30 to 7:30 p.m.
Before you buy something new, consider your local thrift store. Our expert thriftier Bethany shares her secrets for getting the most out of thrift shopping, including where and when to shop, what to look for and how to get the best deals.

Shred Day

Saturday, June 15; 9:00 a.m. to noon
Each household may bring up to five standard-size copier paper boxes or five grocery-size bags of documents. The event may end early if the truck is full.

Raw Cooking Techniques: Vegetables

Thursday, June 20; 6:00 to 7:30 p.m.
In this demonstration, learn the health benefits of a raw diet, as well as how to chop, cut, slice and tear vegetables in their natural state to help reduce your carbon footprint.

Vegetable Gardening Basics

Wednesday, June 26; 6:30 to 7:30 p.m.
Join Thomas Becker, the Agriculture and Natural Resources Educator for OSU Extension Lorain County, to learn the basics of vegetable gardening, including integrated pest management, crop rotation, different kinds of production systems, general plant health and more.

May

Monday	Tuesday	Wednesday
		<p>1 Watercolors 9:30 a.m. Line Dancing 10:00 a.m. Blood pressure screenings 10:30 a.m. Lunch 12:00 p.m. Bingo & Canasta 12:30 p.m. Professional Panel Discussion 2:30 - 3:30 p.m.</p>
<p>6 Make It Monday 10:00 a.m. Cardio Drumming 11:00 a.m. Soup Lunch 12:00 p.m. The Best Medicine 2:00 p.m.</p>	<p>7 Cardio Dance 9:00 a.m. Walking Warriors 9:00 a.m. SC Park Chair Yoga 10:00 a.m. Taco Lunch 12:00 p.m. Trivia 12:30 p.m. Sponsored by The Avenue of North Ridgeville</p>	<p>8 National Coconut Crème Pie Day Watercolors 9:30 a.m. Line Dancing 10:00 a.m. Lunch 12:00 p.m. Sponsored by The Northridge Health Center Bingo & Canasta 12:30 p.m.</p> 
<p>13 National Apple Pie Day Make It Monday 10:00 a.m. Cardio Drumming 11:00 a.m. Soup Lunch 12:00 p.m. Chair Volleyball 12:45 p.m. The Best Medicine 2:00 p.m.</p> 	<p>14 Cardio Dance 9:00 a.m. Walking Warriors 9:00 a.m. Miller Nature Preserve - meet in the parking lot Chair Yoga 10:00 a.m. NR Hatters 2:00 p.m. Nature Walk 2:00 p.m.</p>	<p>15 National Chocolate Chip Cookie Day Dr. Emmert 8:00 a.m. Watercolors 9:30 a.m. Line Dancing 10:00 a.m. Lunch 12:00 p.m. Sponsored by O'Neill Healthcare of NR Bingo & Canasta 12:30 p.m.</p> 
<p>20 Make It Monday 10:00 am. Cardio Drumming 11:00 a.m. Soup Lunch 12:00 p.m. Paint & Sip 1:00 p.m. The Best Medicine 2:00 p.m.</p>	<p>21 Walking Warriors 9:00 a.m. SC Park Cardio Dance 9:00 a.m. Chair Yoga 10:00 a.m.</p>	<p>22 National Vanilla Pudding Day Watercolors 9:30 a.m. Line Dancing 10:00 a.m. Lunch 12:00 p.m. Bingo & Canasta 12:30 p.m.</p> 
<p>27 Center closed in observance of Memorial Day</p>	<p>28 Cardio Dance 9:00 a.m. Walking Warriors 9:00 a.m. Bradley Woods - meet in parking lot Puzzle Exchange 11:00 a.m. Chair Yoga 10:00 a.m. Taco Lunch 12:00 p.m. Trivia 12:30 p.m.</p>	<p>29 Watercolors 9:30 a.m. Line Dancing 10:00 a.m. Lunch 12:00 p.m. Bingo & Canasta 12:30 p.m. Crushers game 12:15 p.m.</p>

Thursday	Friday
2 Men's Breakfast, 9:00 a.m. Senior Fitness 9:00 a.m. Tai Chi 10:00 a.m. Euchre, Pinochle, Dominos & Mahjongg 12:00 p.m.	3 Chair Yoga 10:00 a.m. Senior Strong 11:00 a.m. Rotary Club meeting 12:00 p.m. Hobby Hour 2:00 - 4:00 p.m.
9 Senior Fitness 9:00 a.m. Tai Chi 10:00 a.m. Euchre, Pinochle, Dominos & Mahjongg 12:00 p.m.	10 The Breakfast Club 9:30 a.m. Sponsored by My New Villa Chair Yoga 10:00 a.m. 10:30 a.m. Chair Volleyball Senior Strong 11:00 a.m.
16 Senior Fitness 9:00 a.m. Ladies' Brunch 10:30 a.m. Euchre, Pinochle, Dominos & Mahjongg 12:00 p.m.	17 Amish Country Bus Trip 9:00 a.m. Chair Yoga 10:00 a.m. Senior Strong 11:00 a.m. Ballet In the Park Meet Up 6:00 p.m.
23 Senior Fitness 9:00 a.m. Disc Golf 10:30 a.m. Euchre, Pinochle, Dominos & Mahjongg 12:00 p.m.	24 Senior Strong 11:00 a.m. NO Chair yoga today
30 Senior Fitness 9:00 a.m. SUPER THURSDAY SOCK HOP 10:30 a.m. CARDS START at 12:30 p.m. Euchre, Pinochle, Dominos & Mahjongg 12:30 p.m.	31 Chair Yoga 10:00 a.m. Senior Strong 11:00 a.m. Lunch & Learn 12:00 p.m. Sponsored by O'Neil Healthcare of North Ridgeville

Menu

- 1 Chicken Salad Sandwich, & Green Salad
- 2 Eggs, Bacon, Hashbrowns, Fruit & Juice
- 6 Chicken Noodle Soup
- 7 Taco Plate
- 8 BBQ Pork, Pasta Salad & Coconut Crème Pie
- 10 Ham & Vegetable Omelet, Home fries, Fruit & Juice
- 13 Italian Sausage & Barley Soup
- 15 Meatloaf, Mashed Potatoes & Gravy, Vegetables & Chocolate Chip Cookies
- 16 Quiche Lorraine, Fruit & Juice
- 20 Jambalaya
- 22 Chicken Malibu, Rice, Vegetables & Pudding
- 28 Taco Salad
- 29 Hot Dog, Potato Salad & Baked Beans
- 30 Burgers, Potato Chips & Root Beer Floats

KEY
Bold = Requires Registration
Blue
Maroon
Green

June

Monday	Tuesday	Wednesday
		<p>Thank you to Assisting Hands for being our coffee sponsor this month!</p> <p style="text-align: right;">Assisting Hands® Home Care</p>
<p>3 Make It Monday 10:00 a.m. Cardio Drumming 10:00 a.m.</p> <p>Food Conscious Healthy Cooking Program 12:00 p.m.</p> <p>Watercolors Class 2-3:30 p.m.</p>	<p>4 Cardio Dance 9:00 a.m. Walking Warriors 9:00 a.m. Westlake Community Services building. Taco Lunch 12:00 p.m. Trivia 12:30 p.m.</p>	<p>5 Watercolors 9:30 a.m. Line Dancing 10:00 a.m. Blood pressure screenings 10:30 a.m. Lunch 12:00 p.m. Bingo, Euchre & Canasta 12:30 p.m.</p>
<p>10 Make It Monday 10:00 a.m. Cardio Drumming 11:00 a.m. Soup Lunch 12:00 p.m. Chair Volleyball 12:45 p.m.</p> <p>Watercolors Class 2-3:30 p.m.</p>	<p>11 Cardio Dance 9:00 a.m. Walking Warriors 9:00 a.m. SC Park NR Hatters 2:00 p.m.</p>	<p>12 Watercolors 9:30 a.m. Line Dancing 10:00 a.m. Lunch 12:00 p.m. Bingo, Euchre & Canasta 12:30 p.m.</p>
<p>17 Make It Monday 10:00 a.m. Cardio Drumming 11:00 a.m. Soup Lunch 12:00 p.m.</p> <p>NO Watercolors Class today</p>	<p>18 Walking Warriors 9:00 a.m. Cardio Dance 9:00 a.m. Chair Yoga 10:00 a.m. Taco Lunch 12:00 p.m. Trivia 12:30 p.m.</p>	<p>19 Watercolors 9:30 a.m. Line Dancing 10:00 a.m. Lunch 12:00 p.m. Sponsored by O'Neill Healthcare of NR Bingo, Euchre & Canasta 12:30 p.m. Puzzle Competition 2:30 p.m.</p>
<p>24 Make It Monday 10:00 a.m. Cardio Drumming 11:00 a.m. Soup Lunch 12:00 p.m. Chair Volleyball 12:45 p.m. Watercolors Class 2-3:30 p.m.</p>	<p>25 Walking Warriors 9:00 a.m. Cardio Dance 9:00 a.m. Chair Yoga 10:00 a.m. Disc Golf 10:30 a.m. Puzzle Exchange 11:00 a.m.</p>	<p>26 National Chocolate Pudding Day Watercolors 9:30 a.m. Line Dancing 10:00 a.m. Lunch 12:00 p.m. Bingo, Euchre & Canasta 12:30 p.m.</p> <div style="text-align: right;">  </div>

Menu

- 4 Taco Plate
- 5 Beef Tips, Mashed Potatoes & Vegetable
- 6 Eggs, Sausage, Potatoes, Fruit & Juice
- 10 Beef Vegetable Soup
- 12 Chicken w/gravy, Stuffing & Vegetables
- 17 Chicken & Rice Soup
- 18 Beef & Bean Burrito
- 19 BLT's & Coleslaw
- 20 Quiche Lorraine, Fruit & Juice
- 21 Breakfast Scramble, Potatoes, Fruit & Juice
- 24 Vegetable & Black Bean Soup
- 26 Sloppy Joes, Potato Salad & Chocolate Pudding
- 27 Burgers, Baked Beans & potato salad

Thursday	Friday
<p>6 Senior Fitness 9:00 a.m. Men's Breakfast, 9:00 a.m. Sponsored by The Northridge Health Center Coshocton Balloon Festival 3:00 p.m. Euchre, Pinochle, Dominos & Mahjongg 12:00 p.m.</p>	<p>7 Senior Strong 11:00 a.m.</p>
<p>13 NRCOC breakfast 8:30 a.m. Senior Fitness 9:00 a.m. Euchre, Pinochle, Dominos & Mahjongg 12:00 p.m.</p>	<p>14 Sandusky Field Trip 9:30 a.m. Senior Strong 11:00 a.m.</p>
<p>20 National Peaches & Cream Day Senior Fitness 9:00 a.m. Ladies' Brunch 10:30 a.m. Euchre, Pinochle, Dominos & Mahjongg 12:00 p.m. Nature Walk—Miller Nature Preserve</p>	<p>21 Breakfast Club 9:30 a.m. Senior Strong 11:00 a.m. Rotary Club meeting 12:00 p.m. Hobby Hour 1:00 - 3:00 p.m.</p>
<p>27 Carnival! 10:30 a.m. -12:00 p.m. CARDS START at 12:30 p.m. Euchre, Pinochle, Dominos & Mahjongg</p>	<p>28 Kent State Textile Museum & Lunch 10:30 a.m.</p>

KEY

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

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