



# Senior Center Newsletter

## July & August 2024

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



**Dementia  
Friendly  
Ohio**

**NORTH RIDGEVILLE**

An Initiative of Ohio Council for Cognitive Health

### 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  
July 4 in observance of  
Independence Day**

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### **North Ridgeville is a Dementia Friendly Community!**

We have exciting news to share – North Ridgeville has been designated a Dementia-Friendly Community through Dementia Friends America®. Our city is the first in Lorain County to receive this designation and only one of seven communities in the State of Ohio. We would like to offer a special acknowledgement to resident Terri Lanham for spearheading this effort. As part of ongoing efforts to engage the community, the Senior Center will once again be offering a one-hour public education session on July 10 (details on page 7) at 6:00 p.m. This session is free and open to the public.

### **Please Pardon Our Dust**

Thanks to a grant from NOPEC Foundation, some positive facility improvements will be occurring in July and August. Most of this work will be done without impacting programs and events.

### **Outdoor Flower Boxes**

Thank you to Jennifer Herron Underwood of Howard Hanna Realty for beautifying our outdoor flower boxes. Jennifer is a friendly face around the center, having hosted several lunch & learns the past two years.

### **Sponsor Thank Yous**

Several events in July and August 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,

The end of July will mark three years here at the Senior Center. What an adventure. It may have been a slow start (I have often described re-opening the center from COVID as starting a train from a full stop), but I'm amazed at how far things have come. Much of the credit is due to the dedicated and hard-working staff. Stacey has introduced many fun and even unique activities to our programs and event offerings. All of the staff have worked hard to be a fun, friendly, welcoming, inclusive and innovate space for older adults to gather, learn and grow. We have fun doing what we do and I hope it shows.

Thanks to a grant received by the NOPEC Foundation, you will see ADA improvements coming to our space this summer. The improvement I am most excited about is a power door at the main entrance. This is a long-awaited improvement that has a high level of benefit to many individuals who come into our space. Special thanks to Kim Lieber, Planning & Development Director for obtaining the grant for this work.

As many of you know, in late July we begin to receive an abundance of fresh produce from the community garden and other sources for local produce. We use and freeze as much as we can to use in meals at the center and give away produce to our participants for use at home. This year, we are excited to announce that we have received a grant from North Ridgeville Heart & Sole to purchase a water bath canner and canning jars. This will allow us to extend the time period locally grown, fresh produce is available, for use at the center, to give away to participants, as well as offer canning demonstrations. We are seeking donations of canning jars, if you have some you are willing to donate, we will gladly take them.

Lastly, please join me in welcoming our new van driver, Dave Brooks. Dave is a recently retired North Ridgeville resident and is excited to join our team.

*Emily*



*Photos left to right: Ladies Brunch Hat Program, April; Paint & Sip, May; Volunteer Appreciation Luncheon, May*

## 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      **Dave Brooks**, Driver

7327 Avon Belden Road, North Ridgeville, OH 44039 ■ (440) 490-2056 ■ [www.nridgeville.org](http://www.nridgeville.org)

# A MESSAGE FROM MAYOR CORCORAN

I would be remiss if I didn't start out by recognizing the Office for Older Adults, Emily Lockshine, for her contributions to North Ridgeville being recognized as Dementia-Friendly Community. North Ridgeville is one of only seven in Ohio and the only community in Lorain County to be recognized by Dementia Friendly America®.



We are gearing up for a busy summer! The city and our partner agencies are working on numerous capital projects to ensure our roadway network is meeting the needs of our community. Projects include the Stoney Ridge Road, Avalon Drive, and Mills Road roundabout; State Route 83 and Chestnut Ridge Road roundabout; Maddock Road box culvert replacement; catch basin rehabilitation; and Chestnut Ridge Road bridge replacement. On the subject of paving, our Public Works Department, Streets Division, has 10 streets on their list to pave this year with additional concrete streets that will be repaired or replaced by an outside contractor. You can find the complete list of streets on our city's website at [nridgeville.org](http://nridgeville.org), as well as the latest updates and repair schedule.

Our Parks & Recreation Department is once again offering free concerts at South Central Park Gazebo this summer. These performances are a great way to enjoy the outdoors and spend time with family and friends listening to live music. There are two remaining concerts in the series. Enjoy Spazmatics, the ultimate 80's new wave show, on Sunday, July 14 from 6:00 p.m. until 9:00 p.m. and Funkology, Motown to Country, Disco to Classic Rock, on Sunday, July 28 starting at 6:00 p.m. until 8:00 p.m. Don't forget your blanket or lawn chair!

More summer fun awaits us! Victory Park Ohio will once again be hosting the annual Freedom Festival and Fireworks on Wednesday, July 3 from 4:00 p.m. until 11:00 p.m. A list of family-fun activities, schedule of events and ticket information is available on their website at [www.victoryparkohio.com](http://www.victoryparkohio.com). The Corn Festival Committee is busy working on finalizing this year's activities. The event will be held August 9-11 on Bainbridge Road between Route 83 and Root Road. Visit the North Ridgeville Corn Festival website at [www.nrcornfest.org](http://www.nrcornfest.org) for a list of activities or call their hotline at (440) 218-9802.

Stay informed about our projects and initiatives in the city by visiting our website at [nridgeville.org](http://nridgeville.org), following our city on social media and sign up for the monthly eNewsletter accessible on our website. Keep an eye out for my weekly videos reporting the latest and greatest city news. Also, I invite you to stop by City Hall for one of my monthly Coffees and Conversation where I provide project updates and answer your questions. Upcoming dates are Tuesday, July 16 at 6:00 p.m.; Wednesday, August 14 at 8:30 a.m. and Thursday, September 12 at 8:30 a.m. 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) 490-2042.

**Mayor Kevin Corcoran**



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

# 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/SeniorCenter](http://nridgeville.org/SeniorCenter) 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: July 3 and August 7.**

## 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 **August 7** 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 October 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 II:** July 9 - August 13

**Fall Session I:** August 20-October 1

## 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:** June 18 & 25, July 9 & 16 (no class 7/2). Individuals are encouraged to attend classes as their schedule allows.

## Chair Volleyball

**July 8 & 22, August 12 & 26, 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!

The Senior Center is lucky enough to be the recipient of very generous donations of fresh produce from a variety of sources. We sometimes share those donations with you, our guests, but sometimes that timing doesn't work out to take full advantage of the donation. Not any more! We are going to begin canning and preserving some of the fresh produce so Clancy can use it for upcoming meals. We will be offering some demonstration classes so you can learn how to can yourself.

But, we are need of canning jars. If you have canning jars of any size that you would be willing to donate to the Senior Center, you can drop them off anytime during our regular business hours.

## 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 II:** July 11- August 15

**Fall Session I:** August 22 - September 26

## 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 July classes will begin June 19 at 9:00 a.m., registration for August classes will begin July 23 at 9:00 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!

## News from NR Heart & Sole

Produce pick-ups are returning this August! Reserve a fresh produce bag for pick-up at a designated location. Pricing, reservation instructions and pickup locations will be shared in July at [nrheartandsole.com](http://nrheartandsole.com). For more information, visit [facebook.com/nrheartandsole/](https://facebook.com/nrheartandsole/) or email [nrheartandsole@gmail.com](mailto:nrheartandsole@gmail.com).

Need some inspiration in the kitchen? Heart & Sole has you covered! Explore new recipes sponsored by Good Soul Nutrition. Head to [nrheartandsole.com](http://nrheartandsole.com) to download for free every month. Heart & Sole is a community-based group powered by the United Way of Greater Lorain County and facilitated by Lorain County Public Health. The collaborative includes partners from local businesses, agencies and organizations working to improve physical, social, and mental well-being of those who live, work, and visit the community.



# 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.

**July 11, 9:00 a.m.**  
**Doc Holliday Program**

John Henry Holliday, better known as Doc Holliday, was an American dentist, gambler, and gunfighter who was a close friend and associate of lawman Wyatt Earp. Holliday is best known for his role in the events surrounding and his participation in the Gunfight at the O.K. Corral.

**August 1, 9:00 a.m.**  
**Akron Toy Museum**

Michael Cohill of the Akron Toy Museum will take you down nostalgia lane, presenting favorite toys of yesteryear. Each attendee will receive a special surprise!

## 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.

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

Annual Tea Party! Join us for our annual tea party and a presentation about the history of tea cups and saucers. Be sure to wear your favorite garden party outfit and a hat.

**August 15, 10:30 a.m.**  
TBD

## 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.

**July 1 Picnic Accents**

**July 18 Canning with Stacey Stengel \$5**

**July 15 Diamond Art Butterflies with Laura Petek**

**July 22 3D Flowers**

**July 29 Wreath Making - BYO Supplies**

**August 5 Crafts with O'Neill Healthcare**

**August 12 Heat Press & Cricut**

**August 19 Tie Dye BYO Shirt**

**August 26 Salsa Making**

Details will be shared after you register.

## Medical Mondays with Dr. Alexander Zolli

**July 29 and August 26 2:00 p.m.**

Dr. Alexander Zolli is the Surgeon in Residence at LCCC. He will be presenting health topics monthly through November. July you will learn about Stress and in August he will present Sleep, One of the Pillars of Health.

## 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.

**July 2** South Central Park, meet at NRSC

**July 9** Miller Nature Preserve, Avon, meet in the parking lot

**July 16** South Central Park, meet at NRSC

**July 23** Bradley Woods, Westlake, meet in the parking lot

**July 30** South Central Park, meet at NRSC

**August 6** South Central Park, meet at NRSC

**August 13** Cascade Park, Elyria, meet in the first parking lot off the Furnace Street entrance

**August 20** North Olmsted Community Park, meet in the parking lot in the center of the park nearest to the Senior Center

**August 27** South Central Park, meet at NRSC

## 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.**

### **Try It Out Tuesdays**

**July 23 and August 27, 12:00 p.m.**

Have you ever thought about ordering that Thai chicken dish on the menu but were too afraid you wouldn't like it? Or maybe you just want to try something new. In this series, we will explore a variety of less common or international food items in a comfortable, no risk setting. This will be an ongoing series on the fourth Tuesday of the month.

**July** Summer Soups **August** Zucchini 5 Ways

### **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.

### **Dementia Friends Education Session**

**July 10, 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 is free and open to the public.*

### **Disc Golf**

**July 19 and August 8, 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 July 18 and August 7 respectively.**

### **Music Bingo**

**Wednesday, July 24, 2:30 – 3:30 p.m. 1950s**

**Friday, August 23, 2:00 - 3:00 p.m. 1970s**

Join Stacey for musical memories. Maybe you'll hear some old favorites or some forgotten tunes. Come sing along or just tap your toes.

### **Brain Games with Bob**

**July 25, 10:00 a.m.**

Bob Pontius of Danbury Senior Living is back with his BIG personality, brain games and teasers to help keep your noggin' sharp. **RSVP by July 23.**

### **Therapy Dog Time, July 31 and August 21**

**11:10 a.m. - 11:40 a.m.**

Gemma and Odin, our four-legged friends, will be here with their owners to provide some companionship and of course, get some pets from their human friends.

### **Lunch & Learn: Home Safety**

**Tuesday, August 13, 11:30 a.m.**

Certified Occupational Therapy Assistant, Justina Miller from CarePatrol will discuss home safety and identify various hazards found in senior homes. This presentation will outline essential safety tools that should be present in every home. **RSVP by August 9.**

### **National Banana Split Day \$4**

**Friday, August 23, 1:30 p.m.**

Pop in for a refreshing celebration. We will have all the fixings. **RSVP by Wednesday August 21.**

### **Brunch & Learn at The Northridge Senior Living Apartments**

**Tuesday, August 27, 11:00 a.m.**

The Northridge Senior Living is located right in the city of North Ridgeville only minutes away from the Senior Center. Their chef and pastry chef invite you to lunch and a crepe making demonstration. Tours will follow. **Register by August 23.**



# Activities continued

## **SUPER THURSDAY**

### **Woodstock 55th Anniversary Party**

**Thursday August 29, 10:30 a.m. \$5**

Join us for a groovy, far-out celebration of music from 1969 and Woodstock inspired food. Can you dig it? **RSVP by August 28.**

## **Hobby Hour**

**Tuesday, July 30, 1:00 - 3:00 p.m.**

**Friday, August 16 1:00 - 3:00 p.m.**

Bring a project and meet others from the center.

## **Genesis and the Big Bang**

**Instructor, Ted Smith**

**Mondays, August 5, 12 & 19;**

**September 9, 16 & 23**

Ted is back for a fascinating look at event depicted in the first chapter of Genesis and those described in the Big Bang Theory. They are eerily similar. The real question is was it six days or 13.7 billion years? This class will explore how the answer is actually "yes" to both. **Register by August 2.**

# 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. If your call is not picked up, your message is time*

## **Lorain Summer Market**

**Friday, July 19, 3:30 - 7:30 p.m. \$5**

The Summer Market features repurposed home décor, jewelry, food vendors, live music and more. You will have time to explore, shop and eat.

**Reservations will be taken Wednesday, July 10 at 1:00 p.m. 13 spots available on the bus (\$5) or unlimited spots if you drive yourself and meet-up (no cost).**

## **Lorain County Fair**

**Thursday, August 22, 11:00 - 3:00 p.m. \$5**

Spend the day at the fair! There will be a horse pull, free music, and fair food plus more. **Reservations will be taken Wednesday, July 31 at 1:00 p.m. 13 spots available on the bus (\$5) or unlimited spots if you drive yourself and meet-up (no cost).**

## **Goodtime III Tour**

**Friday, August 30**

**1:15 p.m. - 5:30 p.m. \$40**

Enjoy a site-seeing tour on the Goodtime III. Hopefully there will be a few extras sights in the sky. **Reservations will be taken July 5 at 1:00 p.m. 13 spots available on the bus. Tickets must be paid for by July 10.**



## **Crushers Game**

**Wednesday, August 28**

**12:15 - 4:45 p.m.**

**\$15 (bus) \$10 (drive yourself)**

Join us for a fun afternoon at the ballpark. Wear purple or green to support the team. We get to have all the fun of the game, but without the big crowds. Join us for a lunch at noon (for a separate \$5 fee) before leaving. **Reservations will be taken July 11 at 1:00 p.m. 13 spots available on the bus. Tickets must be paid for by July 31.**

# Meet Ups

**For information or to register**

**(440) 490-2056**

## **Nature Walk**

**Friday, July 26, 10:00 a.m.**

**Sandy Ridge Reservation**

Join Stacey for a very SLOW paced, nature walk. We will be looking for clues about what is happening in the woods and wetlands around us. We usually walk about 1.25 miles.

## **Concert In the Park: The Big North Band** **Lakeview Park**

**Thursday, August 1, 6:00 - 7:30 p.m.**

Bring a lawn chair and a picnic dinner to join us for this free outdoor performance in the rose garden.

## **Concert In the Park: Ronnie Clinton** **Miller Nature Preserve**

**Thursday, August 22, 6:00 - 7:30 p.m.**

Bring a lawn chair and a picnic dinner to join us for this free outdoor performance on the porch. perspectives. **Register by August 1.**



# North Ridgeville Parks & Recreation

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

## **American Heart Association CPR / Basic Life Support Certification Saturdays, July 6 or August 3 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

## **Zumba Fitness (evenings) Tuesday, July 2-30 and August 6 - 27 Thursdays, July 11- 25 and August 1 - 29 6:30 p.m. - 7:30 p.m.**

Are you ready to party yourself into shape? That's exactly what the Zumba® program is all about. It's an exhilarating, effective, easy-to-follow, Latin-inspired, calorie-burning dance fitness-party that's moving millions of people toward joy and health. Class is one hour and offered year-round.

Instructor: Isa Serra

Ages: 15 and Up      Location: Shady Drive Batting Cage

Class Size: 04 minimum / 20 maximum

Fee: \$20 Resident / \$30 Non-Resident

## **Total Body Tone Wednesdays, August 14 - September 18 9:00 a.m. - 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 increasing energy, toning muscles, and stretching.

Instructor: Kathy Hungerman

Ages: 15 and up

Pre-Registration Fee: \$50 Resident / \$60 Non-Resident

Location: Safetyville Building

# 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).

## **Quilting Machine 101**

Monday, July 8; 5:30 to 7:30 p.m.

Thursday, August 22, 2:00 - 4:00 p.m.

Learn the basic skills required to use the quilting machine. Preregistration required. Registration opens June 15.

## **Machine Embroidery 101**

Fridays, July 12 and August 23, 2:00 to 4:00 p.m.

Thursday, July 25, 5:30 to 7:30 p.m.

Tuesday, August 6, 5:30 to 7:30 p.m.

Learn the basic skills required to use the embroidery machine in the Create Space. Preregistration required. Registration opens June 15.

## **Mindfulness Drop-In**

Tuesday, July 16, 1:00 to 4:00 p.m.

Stop in to learn about mindfulness and enjoy related activities and crafts.

## **Raw Cooking Techniques: Fruits**

Thursday, July 18, 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 fruits in their natural state to help reduce your carbon footprint. Preregistration required.

## **Intro to CultureGrams**

Thursday, August 15, 2:00 to 3:00 p.m.

Broaden your understanding of the world and its people. Know your world, family, food, holidays, greetings, lifestyle and travel with this digital library resource. Preregistration required.


## **Raw Cooking Techniques: Desserts**

Thursday, August 15, 6:00 to 7:30 p.m.

In this demonstration, learn the health benefits of a raw diet, as well as how to prepare a no heat peach-lavender frozen yogurt using local peaches and herbs. Preregistration required.

# July

Monday	Tuesday	Wednesday
<p>1</p> <p><b>Make It Monday 10:00 a.m.</b>  <b>Cardio Drumming 11:00 a.m.</b>  <b>Soup Lunch &amp; Ice Cream Sundae 12:00 p.m. \$4</b>  Beginning Watercolors 2:00 p.m.</p>	<p>2</p> <p>Walking Warriors 9:00 a.m.  <b>Cardio Dance 9:00 a.m.</b>  <b>Taco Lunch 12:00 p.m.</b>  <b>Trivia 12:30 p.m.</b></p>	<p>3 <b>Eat Your Beans Day</b>  Watercolors 9:30 a.m.  <b>Line Dancing 10:00 a.m.</b>  Blood pressure screenings 10:30 a.m.  <b>Lunch 12:00 p.m.</b>  Bingo, Euchre &amp; Canasta 12:30 p.m.</p>
<p>8</p> <p><b>Make It Monday 10:00 a.m.</b>  <b>Cardio Drumming 11:00 a.m.</b>  <b>Soup Lunch 12:00 p.m.</b>  Chair Volleyball 12:45 p.m.  Beginning Watercolors 2:00 p.m.</p>	<p>9</p> <p>Walking Warriors 9:00 a.m.  <b>Cardio Dance 9:00 a.m.</b>  NR Hatters 2:00 p.m.</p>	<p>10</p> <p>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>15</p> <p><b>Make It Monday 10:00 a.m.</b>  <b>Cardio Drumming 11:00 a.m.</b>  <b>Soup Lunch 12:00 p.m.</b>  Beginning Watercolors 2:00 p.m.</p>	<p>16</p> <p>Walking Warriors 9:00 a.m.  <b>Cardio Dance 9:00 a.m.</b>  <b>Chair Yoga 10:00 a.m.</b>  <b>Taco Lunch 12:00 p.m.</b>  <b>Trivia 12:30 p.m.</b></p>	<p>17</p> <p>Watercolors 9:30 a.m.  Line Dancing 10:00 a.m.  <b>Lunch 12:00 p.m.</b>  <b>Sponsored by O'Neill Healthcare of North Ridgeville</b>  Bingo, Euchre &amp; Canasta 12:30 p.m.</p>
<p>22</p> <p><b>Make It Monday 10:00 a.m.</b>  <b>Cardio Drumming 11:00 a.m.</b>  <b>Soup Lunch 12:00 p.m.</b>  Chair Volleyball 12:45 p.m.</p>	<p>23</p> <p>Walking Warriors 9:00 a.m.  <b>Cardio Dance 9:00 a.m.</b>  <b>Try It Tuesday 12:00 p.m.</b>  <b>Summer Soups</b></p>	<p>24</p> <p>Watercolors 9:30 a.m.  Line Dancing 10:00 a.m.  <b>Christmas in July Lunch 12:00 p.m.</b>  Bingo, Euchre &amp; Canasta 12:30 p.m.  Music Bingo 2:30 - 3:30 p.m.</p>
<p>29</p> <p><b>Make It Monday 10:00 a.m.</b>  <b>Cardio Drumming 11:00 a.m.</b>  <b>Soup Lunch 12:00 p.m.</b></p> <p><b>Medical Monday 2:00 p.m.</b>  <b>Stress, one of the Pillars of Health</b></p>	<p>30</p> <p>Walking Warriors 9:00 a.m.  <b>Cardio Dance 9:00 a.m.</b>  Puzzle Exchange 11:00 a.m.</p>	<p>31 <b>National Avocado Day</b>  Watercolors 9:30 a.m.  Line Dancing 10:00 a.m.  Therapy Dogs 11:10 a.m.  <b>Lunch 12:00 p.m.</b>  Bingo, Euchre &amp; Canasta 12:30 p.m.</p>

Thursday	Friday
<p>4 Closed for 4th of July holiday</p> 	<p>5 Senior Strong 11:00 a.m. Music Bingo 2:00 - 3:00 p.m.</p>
<p>11 <b>Men's Breakfast, 9:00 a.m.</b> <b>Senior Fitness 9:00 a.m.</b> Disc Golf 10:30 a.m. Euchre, Pinochle, Dominos &amp; Mahjongg 12:00 p.m. Dementia Friends Education Session 6:00 p.m.</p>	<p>12 <b>Breakfast Club 9:30 a.m.</b> <b>Sponsored by The Northridge Health Center</b> Senior Strong 11:00 a.m.</p>
<p>18 National Dole Whip Day <b>Senior Fitness 9:00 a.m.</b> <b>Ladies Brunch 10:30 a.m. Tea Party &amp; History of Cups &amp; Saucers</b> Euchre, Pinochle, Dominos &amp; Mahjongg 12:00 p.m.</p>	<p>19 Disc Golf 10:30 a.m. Senior Strong 11:00 a.m. Rotary Club meeting 12:00 p.m. <b>Summer Market 3:30 p.m. - 7:30 p.m.</b></p>
<p>25 <b>Senior Fitness 9:00 a.m.</b> Brain Games with Bob 10:00 a.m. Euchre, Pinochle, Dominos &amp; Mahjongg 12:00 p.m.</p>	<p>26 Senior Strong 11:00 a.m.</p>

## Menu

- 1 Burger Soup with Ginger Snap Cookie Sundae
- 2 Taco Plate
- 3 Chili
- 8 Chicken & Vegetable Soup
- 10 BBQ Chicken, Coleslaw & Corn
- 11 Pancakes, Bacon, Eggs & Fruit
- 12 Eggs, Bacon, Hashbrowns & Fruit
- 15 Steak & Potato Soup
- 16 Beef & Bean Quesadilla
- 17 Hot Dog, Baked Beans & Potato Salad
- 18 Pancakes, Bacon, Eggs & Dole Whip
- 22 French Onion Soup
- 24 Roasted Sirloin with Mashed Potatoes & Vegetables
- 29 Lasagna Soup
- 31 Sunshine Salad with Chicken

## KEY

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

# August

Monday	Tuesday	Wednesday
5 <b>Make It Monday</b> 10:00 a.m. Cardio Drumming 11:00 a.m. <b>Soup Lunch 12:00 p.m.</b> Genesis and the Big Bang 2:00 p.m.	6 Walking Warriors 9:00 a.m. <b>Cardio Dance 9:00 a.m.</b> <b>Taco Lunch 12:00 p.m. Sponsored by Wellspring Home Health Care</b> <b>Trivia 12:30 p.m.</b>	7 Dr. Emmert 8:00 a.m. Watercolors 9:30 a.m. <b>Line Dancing 10:00 a.m.</b> Blood pressure screenings 10:30 a.m. <b>Lunch 12:00 p.m.</b> Bingo, Euchre & Canasta 12:30 p.m.
12 <b>Make It Monday</b> 10:00 a.m. Cardio Drumming 11:00 a.m. <b>Soup Lunch 12:00 p.m.</b> Chair Volleyball 12:45 p.m. Genesis and the Big Bang 2:00 p.m.	13 Walking Warriors 9:00 a.m. <b>Cardio Dance 9:00 a.m.</b> <b>Lunch &amp; Learn 11:30 a.m.-1:00 p.m.</b> NR Hatters 2:00 p.m.	14 Watercolors 9:30 a.m. <b>Line Dancing 10:00 a.m.</b> <b>Lunch 12:00 p.m.</b> Bingo, Euchre & Canasta 12:30 p.m.
19 <b>Make It Monday</b> 10:00 a.m. Cardio Drumming 11:00 a.m. <b>Soup Lunch 12:00 p.m.</b> Genesis and the Big Bang 2:00 p.m.	20 Walking Warriors 9:00 a.m. <b>Cardio Dance 9:00 a.m.</b> <b>Taco Lunch 12:00 p.m.</b> <b>Trivia 12:30 p.m.</b>	21 World Senior Citizens Day Watercolors 9:30 a.m. <b>Line Dancing 10:00 a.m.</b> Therapy Dogs 11:10 a.m. <b>Lunch 12:00 p.m. Sponsored by O'Neill Healthcare of NR</b> Bingo, Euchre & Canasta 12:30 p.m.
26 <b>Make It Monday</b> 10:00 a.m. Cardio Drumming 11:00 a.m. <b>Soup Lunch 12:00 p.m.</b> Chair Volleyball 12:45 p.m. <b>Medical Monday 2:00 p.m.</b> <b>Sleep, one of the Pillars of Health</b>	27 Walking Warriors 9:00 a.m. <b>Cardio Dance 9:00 a.m.</b> Puzzle Exchange 11:00 a.m. <b>Crepe Brunch &amp; Learn 11:00 a.m. at The Northridge Apartments</b> <b>Try It Tuesday 12:00 p.m.</b> <b>Zucchini 5 ways</b>	28 Watercolors 9:30 a.m. <b>Line Dancing 10:00 a.m.</b> <b>Lunch 12:00 p.m.</b> Bingo, Euchre & Canasta 12:30 p.m. <b>Crushers Game 12:15 \$15</b>



Thursday	Friday
1 <b>Senior Fitness 9:00 a.m.</b> <b>Men's Breakfast 9:00 a.m.</b> Euchre, Pinochle, Dominos & Mahjongg 12:00 p.m. <b>Meet Up Concert in the park 6-7:30 Lakeview</b>	2 Senior Strong 11:00 a.m. Rotary Club meeting 12:00 p.m. <b>Ice Cream Sandwich Treat 1:15 p.m. \$3</b>
8 <b>Senior Fitness 9:00 a.m.</b> Disc Golf 10:30 a.m. Euchre, Pinochle, Dominos & Mahjongg 12:00 p.m. move cards to an alt location due to ADA work	9 <b>The Breakfast Club 9:30 a.m.</b> Senior Strong 11:00 a.m.
15 <b>Senior Fitness 9:00 a.m.</b> <b>Ladies Brunch 10:30 a.m.</b> Euchre, Pinochle, Dominos & Mahjongg 12:00 p.m.	16 Senior Strong 11:00 a.m. Rotary Club meeting 12:00 p.m. Hobby Hour 2:00 - 4:00 p.m.
22 <b>Senior Fitness 9:00 a.m.</b> Euchre, Pinochle, Dominos & Mahjongg 12:00 p.m. <b>Lorain County Fair 11:00 a.m.- 3:00 p.m.</b> Meet Up Concert 6:00 p.m. -7:30 p.m. Miller Nature Preserve	23 Senior Strong 11:00 a.m. <b>Banana Splits 1:00 p.m. \$4</b> Music Bingo 1960s 1:30 p.m.
29 <b>Senior Fitness 9:00 a.m.</b> <b>Super Thursday Woodstock Party 10:30 a.m.</b>  Euchre, Pinochle, Dominos & Mahjongg <b>begin at 12:30 p.m.</b>	30 Senior Strong 11:00 a.m. <b>Goodtime III Field Trip 1:15 - 5:30 p.m.</b>

## Menu

- 1 Breakfast Burrito, Potatoes & Fruit
- 2 Ice Cream Sandwich Treat
- 5 Split Pea Soup
- 6 Taco Plate
- 7 Roasted Pork Loin, Red Skin Potatoes, Vegetables & Raspberry Dessert
- 9 Breakfast Sandwich, Potatoes & Fruit
- 12 Tomato & Grilled Cheese Soup
- 14 French Dip & JoJos
- 15 Breakfast Burrito, Potatoes & Fruit
- 19 Potato Soup
- 20 Chicken Taco Salad
- 21 Chicken Ala King over Mashed Potatoes
- 23 Banana Split Treat
- 26 Soup
- 28 Roasted Pork over Pasta with Marinara & Garlic Bread
- 29 Assorted Sandwiches, Raw Vegetables, Fruit & Granola

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Green = Food

## NEWSLETTER SUBSCRIPTION FORM

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