

# Senior Center

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



MAY - JUNE 2022

## OFFICE HOURS:

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

**No Activities:**  
**Tuesday, May 3rd—voting**

**All City Offices Closed:**  
**Monday, May 30th—Memorial Day**



## Mind Challenge Trivia 2022

Mind Challenge is growing and is bigger than ever this year! North Ridgeville Senior Center will once again be participating.

Teams consist of 4-6 individuals. You may sign up as a group or join one on your own. A registration and release form is required for each individual participating—please see one of our friendly volunteers at the front desk for these forms.

**Team formation will occur May 10<sup>th</sup> at our Senior Center at 2:00 p.m.**

Competition dates are May 26<sup>th</sup> and June 2<sup>nd</sup> at 9:30 a.m. in Avon Lake. Teams moving on to the next round will compete again on June 8<sup>th</sup> at 9:30 a.m. in Sheffield Lake.

Finals rounds will take place June 14<sup>th</sup> and 15<sup>th</sup> at a location to be announced.

## Table of Contents

Cover	1
Message from the Director	2
Message from the Mayor	3
Subscription Info	4
Library News	5
Senior Services	6-7
Parks & Recreation	8
Getting Fit at the Center	9
Trips & Citywide Events	10
Fun at the Center	11-13
For the Guys and Ladies	14
Donations & Puzzle	15
Calendars	16-17
Advertising	18-19
Address/Back Cover	20



Our 2021 Team!

## A MESSAGE FROM DIRECTOR EMILY LOCKSHINE

Spring greetings from the Senior Center!

It's beginning to look and feel a lot like spring, complete with April showers. Like all of you, I am happy to see more sunshine and feel warmer temps. As I write this, I am looking forward to my daughter's graduation from The Ohio State University. It really is remarkable how quickly children grow up. I love being a mom, it is an absolute joy and a privilege, and this is one of those moments that reminds me that children are only ours for such a short period of time. After graduation, she will be heading to Georgetown for a graduate program in International Affairs.

Outdoor walking will resume in May. Please join us on Tuesdays at 10:00 a.m. As we head into summer, we will monitor the weather and potentially meet earlier (9:00 a.m.) - please call the morning of to confirm the start time.

We are pleased to be able to hold our Annual Volunteer Recognition Event on May 24<sup>th</sup>. We have many long-time plus some new volunteers, and I am happy we will be able to recognize their efforts and thank them for the time and valuable service they provide to support center operations and activities.

As we head into summer, we have some special community events in addition to our regular crop of activities:

**Mind Challenge** is gearing up for another fun summer of competition with other cities. Team formations will occur here at the center. If you have gotten your team together, please make sure all members have registered by completing both the registration and release forms. If you would like to be on a team, you can find additional information on the cover page of the newsletter. I know North Ridgeville will be well represented.

**Reading Buddies** is a partnership with Parks & Recreation and the library. The program pairs an older adult with one or two children to practice their reading skills in a nonjudgmental environment. For those of you who participated in the Intergenerational Olympics, we are planning another intergenerational competition-like event for the end of July-more details will be in our July & August newsletter.

**Summer Produce Program & Produce Stand Tours.** Heart & Sole will again be offering summer produce bags, along with bringing back produce stand tours. It is anticipated the tours will begin mid-July and run through September. These tours are a great way to access fresh, local produce and learn about where our food comes from. Heart & Sole will be providing produce bucks to everyone who participates in the tour.

Emily



### North Ridgeville Senior Center Staff

Kitty Wawszkiewicz—Case Worker  
Clancy McCool—Chef

Emily Radloff - Bookkeeper/Meals on Wheels/Volunteer Coordinator  
Steve Makowski—Driver

Scott Kelley - Driver

## A MESSAGE FROM MAYOR CORCORAN



Now that we are fully operational at the Senior Center, restoring all services and activities after the pandemic, I hope you are enjoying all that our Senior Center has to offer!

The city has a number of capital improvement projects planned for this year. I outlined a few in the last newsletter. One of the projects was the Center Ridge Road Urban Paving Project which has now been delayed until April 2023. This project entailed working with ODOT to resurface Center Ridge Road from the Elyria border to the Westlake border for the exception of the 2.1-mile section that was recently widened. For an up-to-date listing of projects, please visit the city's website at [nridgeville.org](http://nridgeville.org).

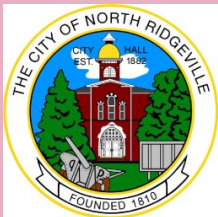
With summer around the corner, please take advantage of our Parks & Recreation Department programming. Back by popular demand are the summer concerts at South Central Park Gazebo. Enjoy the sounds of Disco Inferno (70's) on Sunday, June 26 from 5-8 p.m.; Jul Big Green (pop/rock) on Sunday, July 10 from 6-8 p.m.; and, Rubix Cubed (80's) on Sunday, July 24 from 6-8 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 fishing license is required.

Another event of interest is the annual Discover the Ridge sponsored by the North Ridgeville Visitors Bureau on Saturday, May 7. This is a family-friendly open house event throughout the city. Start out at the Discover the Ridge kick-off at Lorain County Community College Ridge Campus, 32121 Lorain Road, at 10 a.m. with the North Ridgeville Jazz Band performance. Visit all 24 participating businesses and locations. Brochures are available at City Hall or on the city's website highlighting the participants.

You are cordially invited to attend my coffee and conversations at City Hall to learn more about these projects and others that are planned in the upcoming year as well as other city business. These coffees are held monthly in Council Chambers from 8:30-9:30 AM with the May/June schedule as follows: Friday, May 20 and Monday, June 20. I hope to see you there!

If you have any questions, please feel free to call my office at (440) 353-0811.

Sincerely,  
Mayor Kevin Corcoran

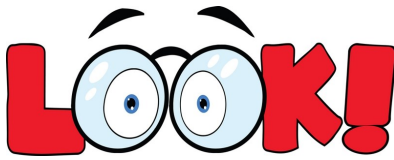


**City Hall Hours: Mon. - Fri. 8:00 a.m. until 4:30 p.m.**  
**City offices will be closed on: Monday, May 30th Memorial Day**  
**(440) 353-0811**



# WELCOME TO NORTH RIDGEVILLE SENIOR CENTER

If you haven't already, it's time to renew your newsletter subscription for 2022. 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 "2022-2023" or "0" for Lifetime Subscription, you are current on your subscription for the year.

## SUBSCRIPTION FORM - OFFICE FOR OLDER ADULTS

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

YEAR 2022                      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.**

FOR BUSINESS USE ONLY

Received Date \_\_\_\_\_ CASH \_\_\_\_\_ CHECK # \_\_\_\_\_ STAFF INITIAL \_\_\_\_\_

# NORTH RIDGEVILLE BRANCH LIBRARY NEWS

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



## Library Hours

Monday—Thursday 9 a.m.—8 p.m. Friday & Saturday 10 a.m.—6 p.m.  
Sunday (Sept—May) 1 p.m. – 5 p.m.

Please note preregistration is required for all programs except where noted. Visit the online calendar for the most current information [www.lorainpubliclibrary.com/events](http://www.lorainpubliclibrary.com/events). Programs listed as "Hybrid" can be attended in person or virtually.

## COMMUNITY SHRED DAY



**Saturday, June 25, 9 a.m. to noon**

Each household may bring up to five standard-size copier paper boxes or five grocery-size bags of documents. Staples are fine, but no paper clips, binder clips, binders, spiral-bound notebooks, other metal objects, batteries, or electronics. This free event is provided by the Lorain County Solid Waste Management District. **The event may end early if the truck is full.**



**American Red Cross**

**Thursday, June 23  
9 a.m. to 2 p.m.  
American Red Cross  
Blood Drive**

Appointments are needed and can be scheduled online by going to

[www.RedCrossBlood.org](http://www.RedCrossBlood.org) or by calling 1-800-RED CROSS.

**Tuesday, June 28, 6:30 to 7:30 p.m.**  
**Shipwrecks of the Great Lakes**  
Join Carrie Sowden, Archaeological Director at the National Museum of the Great Lakes, as she discusses the shipwrecks of the Great Lakes.  
Preregistration required.



## Crafternoon

Tuesday, May 17 or Thursday, May 19, 1 to 2:30 p.m.  
Thursday, June 16, or Tuesday, June 21, 1 to 2:30 p.m.

Each month staff will provide instruction on a new exciting project. Please register for the Tuesday or Thursday session only each month. Preregistration required.

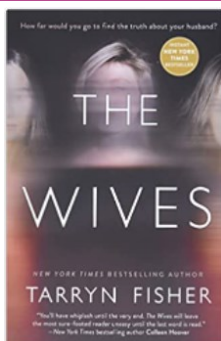


## The Butler Did It - Mystery Book Discussions:

**"The Wives" by Tarryn Fisher**

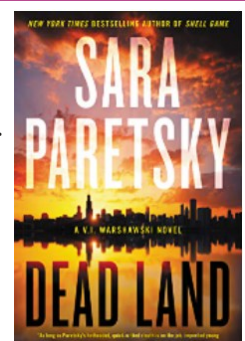
Wednesday, May 18, 6:30 to 7:30 p.m.

Spend an evening each month discussing a great book and making friends. Copies of the book are available at the library. New members are welcome! Preregistration required. **Hybrid**



**"Dead Land" by Sara Paretsky**

Hybrid - Wednesday, June 15, 6:30 to 7:30 p.m.





The services provided are funded entirely by the City of North Ridgeville and donations to the North Ridgeville Senior Center.

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



### NEED A BIRTHDAY GIFT IDEA?

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

Gift Certificates are always available and help your older family members 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.

## SENIOR SERVICES

### LOCK BOXES

A Lock Box saves damage to your property and saves time for our paramedics when trying to gain access into your home. North Ridgeville Senior Center and the North Ridgeville Fire Department are proud to provide Lock Boxes to our North Ridgeville residents. Lock Boxes are available **for seniors 60+ for a \$30 fee. Those under 60 can obtain a Lock Box for a \$40 fee. Checks should be made payable to the North Ridgeville Senior Center.** Applications can be found at the Senior Center or at [www.nridgeville.org](http://www.nridgeville.org) under the Departments tab, then Senior Center. *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 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 microwavable 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 are unable to accommodate special diets (e.g. diabetic). Our friendly, courteous volunteer drivers pick up the meals from the Senior Center and deliver them to your door. The price for a meal is \$3.75. For additional information, please call (440) 353-0857.

### WHO IS ELIGIBLE FOR MEALS-ON-WHEELS?

Anyone 60 or older who lives in North Ridgeville. As we are unable to adhere to any special diets, a doctor's authorization is required prior to anyone being added to the program. Our case manager will conduct a home visit prior to signing up a client to receive Meals-On-Wheels. Call (440) 353-0857 for more information.

## SENIOR SERVICES CONTINUED



### GOLDEN BUCKEYE CARD INFORMATION:

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

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

If you are just turning 60 and have an Ohio driver's license, you will automatically be mailed your card just before your birthday. If you have not received the card four weeks after your birthday, or your card was lost or stolen, call toll-free 1-800-422-1976 for a replacement.

To fill out an application or for more information visit their website at:  
[www.goldenbuckeye.com](http://www.goldenbuckeye.com)



### SUPPORTIVE SERVICES

Supportive Services are provided for persons 60 and older. These services provide linkage to social service agencies, home healthcare, support groups, telephone reassurances, and much more. The purpose of these services is to be a source of information for seniors and their families and assist older adults with maintaining independence. If you need assistance, or have questions, call (440) 353-0857 Monday through Friday, 10 a.m. - 4 p.m.

### FOOT CARE

Dr. Thomas Emmert is the Podiatrist of Total Foot Care and will return to the NR Senior Center on June 8, 2022 at 9:00 a.m. As always, appointments are first come first served by signing in at the front desk. **If this is your first visit with the doctor, it is recommended that you contact Dr. Emmert's office at (216) 529-1800 before your appointment to verify they have the necessary information. The cost of the clinic is usually covered by Medicare and supplemental insurance.**



### HEARING TESTING

Our hearing testing has not yet been rescheduled for 2022. Keep an eye out for more details at a later date.

### BLOOD PRESSURE CHECKS

Our friendly volunteer nurses are here the first Wednesday of every month from 10:00 a.m. - 11:30 a.m. This is a walk in service, first come first served.



### NORTH RIDGEVILLE COMMUNITY CARE

Community Care is the agency for North Ridgeville residents in need of food distribution or other human services needs. If you are a client and are homebound, please call Community Care at (440) 353-9716 and they will make arrangements to assist you. Donations of goods and non-perishable food items can be arranged by calling the Community Care office during business hours.

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

### HEALTH INSURANCE COUNSELING

Health insurance counseling is available by appointment only.

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

## SENIOR CLASSES FROM PARKS & REC!

REGISTER ONLINE AT [WWW.NRIDGEVILLE.ORG/PARKSANDREC](http://WWW.NRIDGEVILLE.ORG/PARKSANDREC) OR STOP IN TO THE OFFICE ATTACHED TO THE NORTH SIDE OF THE SENIOR CENTER. (440) 353-0860

MAYOR: KEVIN CORCORAN

PARKS &amp; RECREATION DIRECTOR: KEVIN M. FOUGEROUSSE

### North Ridgeville Parks & Recreation

2022 SPRING-SUMMER PROGRAM GUIDE



Registration  
BEGINS  
April 11



SCAN QR CODE

USE YOUR SMART PHONE TO ACCESS OUR ONLINE PROGRAM GUIDE AND WEBSITE TO REGISTER.

### Walking With Sole - Previously Healthy Strides

All members of the community are welcome! Combines a casual 30-minute walk, preceded by a brief informative talk by local health professionals and city officials. Consider coming to stay active and promote physical fitness, allowing yourself to physically and mentally recharge. Program is free to attend with no pre-registration needed. In case of inclement weather walks will be canceled for the evening. Cancellations will be posted on our website, department Facebook® page and Rainout Line (440) 210-6226.

Program will run for 12 consecutive Thursdays.  
Ages: Open To All Ages  
Fee: FREE to the general public  
Location: Pavilion 1 South Central Park  
7565 Avon Belden Rd.

Thursday, 06.09-08.25 6:00-7:00 p.m.

### Senior Adult Irish Dance Exercise Class

This class provides a low impact exercise opportunity for seniors. Irish Dance offers many health benefits including but not limited to improving balance, sharpening the memory and strengthening muscles around the joints to assist with arthritis and overall fitness. All are welcome and no experience is necessary. The class will cover various styles of Irish Dance from “old style” to “Irish social dance” and basic traditional Irish step dance. Movements can be modified to accommodate physical abilities and participation can be done from a chair if necessary.

Instructor: Peggy Cannon  
Ages: 50 and Up Class  
Size: 04 minimum / 15 maximum  
Fee: \$50 Resident / \$60 Non-Resident  
Location: Safetyville Building 35753 Bainbridge Rd.

Session I Monday, 05.02-06.13 10:00-11:00 a.m.  
Session II Monday, 06.20-08.01 10:00-11:00 a.m.

### Top 10 Estate-Planning Mistakes

Most people don't think they need an “estate plan” because their situation is simple or their assets are modest. But the fact is that everyone has an estate plan whether they know it or not and regardless of whether their assets are generous or modest. Estate planning occurs every time you name a beneficiary on a retirement account, open a bank account or even when you fail to prepare formal legal directives. This course will cover the 10 common planning mistakes that can put you and loved ones in jeopardy and increase expenses during a crisis and at death. Attendees will leave with an understanding of the core directives essential in every plan as well as how to avoid planning gaps and conflicts to maintain maximum control at minimum cost.

Instructor: Candace M. Pollock  
Ages: 18 and Up Class  
Size: 04 minimum / 25 maximum  
Fee: \$25 Resident / Non-Resident  
Location: Council Chambers 7307 Avon Belden Rd.  
Monday, 08.22 6:30-8:00 p.m.



## GETTING FIT AT THE CENTER!

Register for these programs at the Senior Center front desk.



### Tai Chi for Arthritis and Fall Prevention and Tai Chi Balance with Michael W. Stadul

#### Tai Chi for Arthritis and Fall Prevention

Thursdays, 5/5/22-6/9/22, 9:00 a.m. - 10:00 a.m., \$30 for a six-week session. Medical studies have shown that practicing this program reduces pain significantly, prevents falls in the elderly, and improves many aspects of health. The exercises can be learned by anyone regardless of physical condition – even someone in a wheelchair.

#### Tai Chi Balance

Balance will be held immediately following the 9:00 a.m. class from 10:15-11:15 a.m. on Thursdays, 5/5/22-6/9/22, \$30 for a six-week session. Tai Chi Balance is a program designed to reduce the fear and likelihood of falling, stop the fear of falling cycle and improve activity levels of older adults. The program combines techniques from Chinese Qigong and Tai Chi movement that focus on strengthening muscles of the ankles, knees, hips and legs and is suitable for all ages and abilities.

*Tai Chi for Arthritis and Fall Prevention* and *Tai Chi Balance* program participants should wear loose clothing and comfortable shoes.

Call (440) 353-0828 by May 5th to register. Payment is due by the first class session.

### CardioDance!!

We are happy to announce that instructor Carrie will be back on Tuesdays for a six-week session at 9:00 a.m.

Cost is \$30 for session dates from 5/24 - 6/28.

Payments can be made by cash or check made payable to NR Office for Older Adults. Registration can be done in person up until 5/24. Please call (440) 353-0828 for more information.



### Walking Warriors are Back!

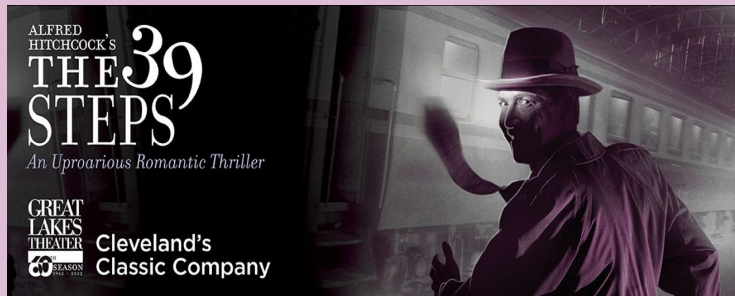
Starting on Tuesday, May 3 at 10:00 a.m. our Walking Warriors will meet here at the Senior Center for fitness and fellowship.

Pop in to the lobby and scan your card then join others in the parking lot for an hour walk around the South Central Loop. All levels of walkers are welcome.

Call 440-353-0828 and sign up so we know to wait for you.



# TRIPS!



## Field Trip, May 3<sup>rd</sup> The 39 Steps Theatre and Lunch

Mix a Hitchcock masterpiece with a juicy spy novel, add a dash of Monty Python and you have this fast-paced, madcap whodunit for anyone who loves the magic of theatre! This two-time Tony and Drama Desk Award-winning treat is packed with nonstop laughs, over 150 zany characters (played by a ridiculously talented cast of four), an onstage plane

crash, handcuffs, missing fingers, and some good old-fashioned romance! The show is at 10:00 a.m. The Senior Center Van will depart at 8:30 a.m. for the theater. Lunch on your own will follow at Canary's in North Olmsted. The van will return to the Senior Center at approximately 2:00 p.m. A limited number of spots are available. RSVP beginning April 26th. Cost is \$22 which includes your ticket and transportation fee. Payment is due by May 1<sup>st</sup>.



## Friday June 10th Schoepfle Garden & Downtown Vermilion

Schoepfle Garden, part of the Lorain County Metroparks System, is a 70-acre botanical garden and natural woodland bordered by the Vermilion River. The garden features collections of rhododendrons, roses, lilies, hosta, various shade plants, along with many varieties of shrubs, topiary and trees. Enjoy a 45 minute tram tour around the gardens, followed by lunch on your own and shopping in downtown Vermilion (approximately 2 hours). The Senior Center van will depart at 9:00 a.m. and arrive back at the center at approximately 3:00 p.m. A limited number of spots are available.

RSVP beginning May 4<sup>th</sup>. There is no fee for the garden, but bring money for lunch or BYO bagged lunch.



# CITYWIDE EVENTS

North Ridgeville is  
**"Growing Toward  
 the Future."**  
 Won't you join us?



Discover the Ridge sponsored by the  
 North Ridgeville Visitors Bureau  
 on Saturday, May 7, 2022.

Brochures are available at City Hall or on the  
 city's website highlighting the participants.

## FUN AT THE CENTER



Reservations are required by Thursday, June 23rd at noon. (440) 353-0828

Carnivale! June 30<sup>th</sup> from 11:00 a.m.-1:30 p.m. Community partners and friends of the Senior Center will be putting on a carnival-themed event in the lot adjacent to the center. Attendees have a chance to play fun carnival-style games and win prizes. \$5 gets you in and includes food and beverages. RSVP by June 23rd.



### Taco and Trivia Tuesday!

Come with a team or form one at the event. Lunch will be served at noon and trivia will start at 12:30 p.m. The cost per person is \$4.00. We will make it mild so if you want it spicy, bring your own hot sauce! Please **RSVP by Monday at noon if you will be having lunch with us.** If you are just joining us for trivia, reservations are not required. Please call the front desk at (440) 353-0828

Mind Challenge Trivia Team formation May 10th at 2:00 p.m.  
(See cover for details)

Tuesday, May 17th  
Tuesday, June 7th & Tuesday, June 21st

### Brain Games with Bob

Exercising your brain muscle every day is just as important as exercising all our other muscles daily, but we don't always focus on the brain the same way. On May 23<sup>rd</sup>, Bob Pontius from Danbury will join us for an Intro to Brain Games with Bob. The first "game" is June 14<sup>th</sup> at 11:00 a.m. You won't want to miss this!



### Paint & Sip Party, May 16<sup>th</sup>, 1:00 p.m.

Based on the success of the first party, we will once again be holding another paint & sip event with Karen Statszko. Cost is \$12.00 per person. RSVP by May 9<sup>th</sup>, (440) 353-0828.

You know you're getting older when your childhood toys are now



**Fresh produce pick-ups are returning in late summer 2022!**

Support North Ridgeville farmers by reserving a fresh produce bag for pick-up at a

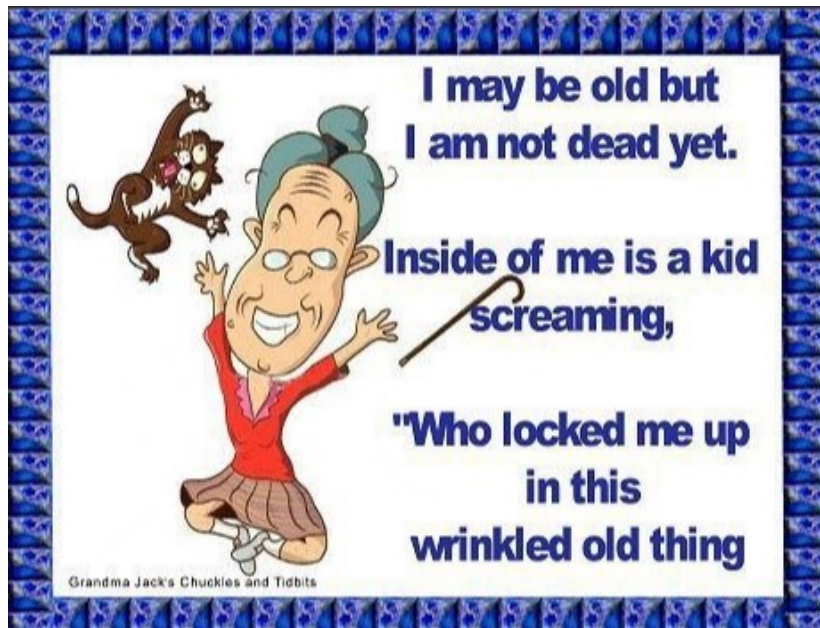
designated location. Pricing, reservation instructions and pickup locations will be listed closer to the event. This event is sponsored by North Ridgeville Heart and Sole - a community collaborative that strives to increase access to physical activity and healthy eating.

For more information visit [facebook.com/nrheartandsole/](https://facebook.com/nrheartandsole/) or email or [nrheartandsole@gmail.com](mailto:nrheartandsole@gmail.com).



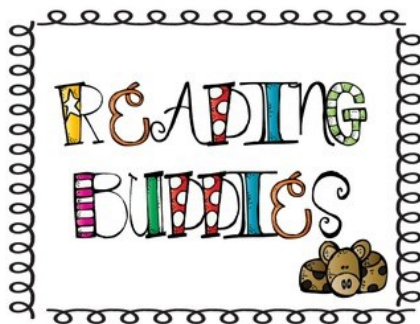
**The North Ridgeville Police Department collects medicines you can no longer use right in their front lobby 24 hours a day. Just bring any unwanted/no longer needed medicine and drop it in the receptacle in the front lobby located**

**right next to City Hall.**

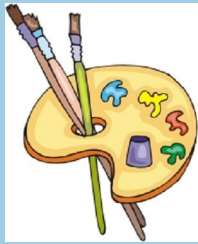


**May 26<sup>th</sup> at 10:00 a.m.  
Exercises and Aging Gracefully: Osteoporosis and Osteoarthritis Considerations.**

Leslie Heighberger, PT, Director of Rehabilitation at Life Care Center will be talking about impact of exercises, nutrition, and reducing stress to help delay and slow down the processes of osteoporosis and osteoarthritis in our ability to move and remain independent as we get older.



The Senior Center is partnering with Parks & Recreation and the library for a reading buddies program. The program pairs an older adult with one or two youth participating in our Parks and Rec Summer Adventure Camp. Adults will help youth practice their reading skills in a nonjudgmental environment. Each session lasts for approximately one hour and includes reading and fun literacy-based games (e.g. bingo, board games, riddles, Madlibs, etc.). The program runs every other Monday from 1-2 p.m., June 13<sup>th</sup>, 27<sup>th</sup>, July 11<sup>th</sup>, 25<sup>th</sup> and August 8<sup>th</sup>. You need only sign up for the sessions you can make by calling (440) 353-0828.



**Freestyle  
(Watercolors) Art  
Group**

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

9:30 a.m.- 12:30 p.m. There is no formal instruction, but all that attend assist each other with projects when needed. If interested, call to let us know you are coming & bring your paints.

**EUCHRE &  
CANASTA**

Group meets on **Wednesdays** from 12:30 p.m. until 4:00 p.m.

**EUCHRE,  
PINOCHLE,  
DOMINOS**

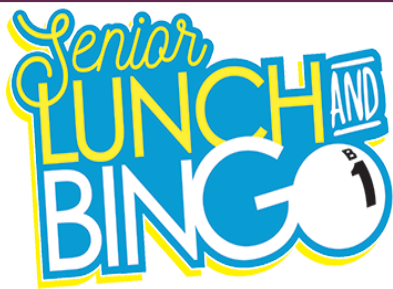
Our card players meet on **Thursdays** from 12:00 p.m. until 4:00 p.m. to play Euchre, Pinochle or Dominos.



**Monday Crafts 10:00 a.m. – 2:00 p.m.**

Our craft group continues to welcome new people and keeps busy making new, different and exciting craft projects. They welcome ideas to make for the Craft Store here at the Senior Center. \$2 soup lunch will be available.

**Please RSVP the week before** by calling (440) 353-0828.



Our Midweek Social is a lot of fun with lunch, cards or bingo! On **Wednesdays** come at 11:45 for a delicious hot lunch served from 12:00 –12:15 pm.

**The Wednesday lunch menu can be found on the calendar at the back of the newsletter.**

\$4.00 includes a hot entrée, dessert and beverage.

**Reservations are required for lunch by calling (440) 353-0828 by 12 noon on Tuesday.**

*If you are interested in volunteering to call BINGO on Wednesday afternoons, please call (440) 353-0828.*

**PUZZLE EXCHANGE**



We have plenty of puzzles to choose from each month, please limit 3 puzzles back to us, but you are welcome to take as many as you'd like. Just stop on in and browse the selection on the **last Tuesday of each month**

**from 11:00 a.m. -12:00 p.m. May 31st and June 28th.**

**MAHJONGG**

“Mahjongg” is an Ancient Chinese Tile Game. This group meets every **Thursday** at 12:00 p.m. and always welcomes new members. If you can play, please join us. If you have never played, we offer instruction as to how to play the game. A player’s card is required for a small fee.



The Red Hat Society meets once a month at the Senior Center for fun and fellowship. If you are interested in becoming a Red Hatter, please call the front desk at (440) 353-0828 or contact Johanna at (440) 748-9777.

Meetings start at 2:00 p.m.

Upcoming meetings:  
May 10th and June 14th

## FOR THE GUYS AND THE LADIES



It's a wonderful morning of friendship at our Men's Breakfast. If you are 55 or older, join us at 9:00 a.m. for a hot entrée, coffee, fruit cup, and juice all included for the \$3.00 price. It's a fun-filled morning of good food,

fellowship and a wonderful speaker or entertainment. **Reservations please by calling (440) 353-0828, by 10:00 a.m. Wednesday morning.**

**May 5th** – North Ridgeville Fishing Club - Come and learn about the North Ridgeville Fishing Club, how the club is involved with youth and the community and how you too can be part of this group.

**June 2nd** - Tim Alcorn, the voice of the Cavs will be here to talk all things Cavs and basketball. You won't want to miss this one. Special thanks to Life Care Center for arranging this special guest.



Ladies meet at 10:30 a.m. for friendly conversation and a program on Thursdays once a month. The Brunch is a hot entrée, fruit, juice and coffee for only \$3.00.

**Reservations please by 10:00 a.m. Wednesday morning by calling (440) 353-0828.**



**May 12th** - Marie Aheimer has spent 40 years hand-sewing Barbie clothes for ill children at Rainbow Babies & Children's Hospital and underprivileged children both locally and abroad. Her clothes have been sent to orphanages and organizations all over the world. You will hear about how she got started and get to view samples of her work. *If you have any vintage Barbies in your possession, please bring them so we can have a fun display of Barbie through the years.* Our friends from the Northridge will also be here with a special take-home gift.

**June 16th** - What should you be eating at 65? 75? 85? Come prepared to ask all your nutrition questions and have them answered by our friendly O'Neill Healthcare Dietician.



### Men's Father's Day Cookout, June 23<sup>rd</sup> 11:00 a.m.

Our friends at the Northridge will be on hand to celebrate fathers and father figures. Enjoy a cookout style lunch. \$5.00 includes hamburger or hot dog, side dish and dessert. **RSVP by June 16th.**

## DONATIONS/MEMORIALS/WILLS

Please continue to remember the Senior Center for donations, memorials and bequests of your loved ones. Checks can be made payable to the North Ridgeville Senior Center.

We also accept and appreciate donations made through your Will or Trust.

*Thank You for remembering us!*


# Start to Finish

## Brain Teasers

**DIRECTIONS:** For each clue, find a corresponding word that starts and finishes with the same letter. There is one word for each letter of the alphabet except for i, j, q, u, v and z.


Spend time in front of the mirror.	PRIMP
Intuitive inkling.	
Pioneer in photocopying.	
Bitterly sarcastic.	
Gas in some signs.	
Inuit transportation.	
Chinese medicinal root.	
Where a rubber duckie lives.	
Roll in the mud.	
Pleasure traveller.	
Temporary loss of memory.	
Deadly.	
Pizza herb.	
Very knowledgeable.	
Forty-eight hours before tomorrow.	
The most.	
Excessive.	
Feudal land.	
Trepidation	
Water storage area.	

# MAY 2022

Monday	Tuesday	Wednesday	Thursday	Friday
<p>2 Crafts 10:00 a.m.</p> <p>ILR Innovations and Inventions 12:45 p.m.</p>	<p>3 Election Day CENTER CLOSED</p> <p>Field Trip: The 39 Steps, Great Lakes Theater, Hanna Theater Van Departs at 8:30 a.m.</p> <p>Walking Warriors - 10:00 a.m.</p>	<p>4 Watercolors 9:30 a.m. Blood pressure screenings 10:00 a.m. Lunch 12 p.m. <b>Turkey w/ mashed potatoes, gravy and vegetable</b> Bingo, Euchre &amp; Canasta 12:30 p.m. ILR Women Who Changed the World 2:40 p.m.</p>	<p>5 Men's Breakfast 9:00 a.m. biscuits w/sausage gravy and hash browns</p> <p>Tai Chi for Arthritis 9:00 a.m. Tai Chi for Balance 10:15 a.m.</p> <p>Cards/Mahjongg/Dominos 12:00 p.m.</p>	6
<p>9 Crafts 10:00 a.m.</p> <p>ILR Innovations and Inventions 12:45 p.m.</p>	<p>10 CardioDance 9:00 a.m.</p> <p>Walking Warriors 10:00 a.m.</p> <p>Mind Challenge Team Formation 2 p.m.</p> <p>Red Hats 2 p.m.</p>	<p>11 Watercolors 9:30 a.m.</p> <p>Lunch 12 p.m. <b>Beef burritos w/refried beans topping</b></p> <p>Bingo, Euchre &amp; Canasta 12:30 p.m.</p> <p>ILR Women Who Changed the World 2:40 p.m.</p>	<p>12 Tai Chi for Arthritis 9:00 a.m. Tai Chi for Balance 10:15 a.m.</p> <p>Ladies Brunch 10:30 a.m. <b>Quiche w/fruit</b></p> <p>Cards/Mahjongg / Dominos 12:30 p.m.</p>	13
<p>16 Crafts 10:00 a.m.</p> <p>Paint &amp; Sip Party 1:00 p.m.</p>	<p>17 CardioDance 9:00 a.m.</p> <p>Walking Warriors 10:00 a.m.</p> <p><b>Taco &amp; Trivia Tuesday!</b> Chicken taco plate lunch at 12:00 p.m. with Trivia starting at 12:30 p.m.</p>	<p>18 Watercolors 9:30 a.m.</p> <p>Lunch 12 p.m. <b>Salisbury steak w/baked beans and corn</b></p> <p>Bingo, Euchre &amp; Canasta 12:30 p.m.</p>	<p>19 Tai Chi for Arthritis 9:00 a.m. Tai Chi for Balance 10:15 a.m.</p> <p>Cards/Mahjongg/Dominos 12:00 p.m.</p>	20 NR Rotary Meeting 12 p.m.
<p>23 Crafts 10:00 a.m.</p> <p>Brain Games w/Bob Intro 12:00 noon.</p>	<p>24 CardioDance 9:00 a.m.</p> <p>Walking Warriors 10:00 a.m.</p> <p>Volunteer recognition luncheon 11:00 a.m.</p>	<p>25 Watercolors 9:30 a.m.</p> <p><b>Mind Challenge Competition at Avon Lake 9:30 a.m.</b></p> <p>Lunch 12 p.m. <b>Crispy chicken salad</b></p> <p>Bingo, Euchre &amp; Canasta 12:30 p.m.</p>	<p>26 Tai Chi for Arthritis 9 a.m. Tai Chi for Balance 10:15 a.m.</p> <p>Health Talk: <b>Exercises and Aging Gracefully: Osteoporosis and Osteoarthritis Considerations</b> 10:00 a.m.</p> <p>Cards/Mahjongg/Dominos 12:00 p.m.</p>	27
<p>30 CENTER CLOSED MEMORIAL DAY</p> 	<p>31 CardioDance 9:00 a.m.</p> <p>Walking Warriors 10:00 a.m.</p> <p>Puzzle Exchange 11:00 a.m.</p>			



# JUNE 2022

Monday	Tuesday	Wednesday	Thursday	Friday
 <p><i>Foot Clinic 6/8 @ 8:00a.m.</i></p>		<p>1 Watercolors 9:30 a.m. Blood pressure screenings 10:00 a.m.</p> <p>Lunch 12 p.m. <b>Roast pork loin w/mashed potatoes, vegetable</b></p> <p>Bingo, Euchre &amp; Canasta 12:30 p.m.</p>	<p>2 Men's Breakfast 9:00 a.m. <b>French toast w/ sausage</b> Tai Chi for Arthritis 9:00 a.m. Tai Chi for Balance 10:15 a.m. Cards/Mahjongg/ Dominos 12:00 p.m. <b>Mind Challenge Competition at Avon Lake 9:30 a.m.</b></p>	<p>3 NR Rotary Meeting 12:00 p.m.</p>
<p>6 Crafts 10:00 a.m.</p>	<p>7 CardioDance 9:00 a.m. Walking Warriors 10:00 a.m. <b>Taco &amp; Trivia Tuesday!</b> Fajita lunch at 12:00 p.m. with Trivia starting at 12:30 p.m.</p>	<p>8 Foot Clinic 8:00 a.m. Watercolors 9:30 a.m. <b>Mind Challenge Competition at Sheffield Lake 9:30 a.m.</b> Lunch 12 p.m. <b>Chef Salad</b></p> <p>Bingo, Euchre &amp; Canasta 12:30 p.m.</p>	<p>9 Tai Chi for Arthritis 9:00 a.m. Tai Chi for Balance 10:15 a.m. Cards/Mahjongg/ Dominos 12:00 p.m.</p>	<p>10 Field Trip Friday: Shoepfle Garden, lunch/shopping in Vermilion Van Departs at 9:00 a.m.</p>
<p>13 Crafts 10:00 a.m. Reading Buddies 1-2 p.m. NR library</p>	<p>14 CardioDance 9:00 a.m. Walking Warriors 10:00 a.m. Brain Games w/Bob 11:00 a.m. Red Hats 2 p.m.</p>	<p>15 Watercolors 9:30 a.m. Lunch 12 p.m. <b>Cabbage roll with pierogis</b></p> <p>Bingo, Euchre &amp; Canasta 12:30 p.m.</p>	<p>16 Tai Chi for Arthritis 9:00 a.m. Tai Chi for Balance 10:15 a.m. Ladies Brunch 10:30 a.m. <b>French Toast w/ sausage</b> Cards/Mahjongg/ Dominos 12:30 p.m.</p>	<p>17 NR Rotary Meeting 12:00 p.m.</p>
<p>20 Crafts 10:00 a.m.</p>	<p>21 CardioDance 9:00 a.m. Walking Warriors 10:00 a.m. <b>Taco &amp; Trivia Tuesday!</b> Taco salad lunch at 12:00 p.m. with Trivia starting at 12:30 p.m.</p>	<p>22 Watercolors 9:30 a.m. Lunch 12 p.m. <b>Turkey sandwich w/ slaw</b></p> <p>Bingo, Euchre &amp; Canasta 12:30 p.m.</p>	<p>23 Tai Chi for Arthritis 9:00 a.m. Tai Chi for Balance 10:15 a.m. Men's Cookout 11:00 a.m. Cards/Mahjongg/ Dominos 12:00 p.m.</p>	<p>24</p>
<p>27 Crafts 10:00 a.m. Reading Buddies 1-2 p.m. NR library</p>	<p>28 CardioDance 9:00 a.m. Walking Warriors 10:00 a.m. Puzzle exchange 11:00 a.m.</p>	<p>29 Watercolors 9:30 a.m. Lunch 12 p.m. <b>Italian sausage in marinara over fettucine w/vegetable and garlic bread</b></p> <p>Music Bingo, Euchre &amp; Canasta 12:30 p.m.</p>	<p>30 <b>Super Thursday</b>— Carnivale 11:00 a.m.-1:30 p.m. Cards/Mahjongg/ Dominos 12:30 p.m.</p>	

Office for Older Adults  
North Ridgeville Senior Center  
7327 Avon Belden Road  
North Ridgeville, OH 44039  
Phone: (440) 353-0828



U.S. POSTAGE PAID  
ELYRIA, OHIO 44035  
PERMIT # 41

**LOOK AT THE LABEL:**  
**Your subscription is paid**  
**through the month & year listed**  
**in the left hand corner.**

Address Service Requested

To Our Friends at:

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



## North Ridgeville Senior Center Newsletter



***MAY - JUNE 2022***

***(440) 353-0828***  
***7327 Avon Belden Road, North Ridgeville***  
***www.nridgeville.org***



2022 Memorial Day Parade and service is being Sponsored by the  
Lions Club of N. Ridgeville and VFW Post 9871

Memorial Day Parade and Memorial Service will take place on Monday, May 30,  
2022. The parade will begin at 9:45 a.m. at the Senior Center and travel down  
Bainbridge Road and conclude at Ranger Stadium with the Memorial Service.