



# Senior Center Newsletter

## January & February 2025

**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**  
**January 20 and February 17**



### Table of Contents

Cover	1
Message from the Director	2
Message from the Mayor	3
Senior Services	4
Fitness	5
Activities	6-7
Outings	8
Parks & Rec and Library Programs	9
January Calendar	10-11
February Calendar	12-13
Advertisements	14-15
Subscription Info/Back Cover	16

### AARP Tax Appointments

AARP will once again be providing complementary tax services by volunteer tax preparers between February 4 and April 8. The center will accept calls to schedule a tax appointment through AARP starting January 7 at 9:00 a.m. Voice mails left before 9:00 a.m. will not be accepted. Please do not call before this date. *Appointments will be scheduled via phone call only*, no walk ins. Please note, this service is intended for older adults in North Ridgeville and surrounding areas.

### Wallet

Did you know that My Senior Center has a virtual wallet feature? You can deposit money into your “wallet” and then use the balance to pay for programs and events. This eliminates the need to make sure you have cash on hand.

**Thank You To the Following for Sponsoring a Program or Event in January or February :**



GARDEN  
HEALTHCARE



**Laura Petek**



**Jennifer Herron Underwood**



# A MESSAGE FROM DIRECTOR EMILY LOCKSHINE



Greetings and Happy New Year!

As I reflect on 2024, I am in awe of the growth we have experienced. Many new faces have joined us for lunch, line dancing, cardio drumming, chair yoga and the watercolors instructional class. The staff is dedicated to continuing to provide fun and innovative programming for 2025 and are happy to have you along for the ride.

In December we bid Stacey Allen a fond farewell. I don't have to tell anyone reading this about the tremendous impact she has had on the center and the individuals who come and enjoy our programs and events. To say she will be missed is a huge understatement and I know that she will miss all of you as much as you will miss her. Stacey has indicated an interest in volunteering at the center, so you may see her around from time to time. In the meantime, we are working to hire someone into the position.

In addition to our regular programming, January kicks off with a monthly health talk by Dr. Alexander Zolli on January 9. Dr. Zolli is the Surgeon-in-Residence at LCCC. We are incredibly lucky to have him speak on topics relevant to the older adult population. Several Lunch & Learns are planned, as well as a Chinese New Year Celebration for Super Thursday. Lecturer Ted Smith returns in February with a series on Near Death Experiences.

The Rotary Club of North Ridgeville is our January spaghetti dinner sponsor. The club's motto is Service Above Self and the members live this motto daily. In addition to supporting the center, they actively support numerous community service organizations and projects, including Community Care, and act as the sole sponsor of the North Ridgeville Annual Easter Egg Hunt. Vocational and Youth Services have been a particular emphasis of the club, sponsoring the Interact Club at the North Ridgeville High School, North Ridgeville School Endowment, and annual scholarships to graduating North Ridgeville students, including the acknowledgement of two Students of the Month during the school term. Their commitment to and impact on the community cannot be measured. We are grateful for their support. On that note, stay warm and I look forward to seeing you at the spaghetti dinner and other programs throughout the month.

*Emily*

## Office for Older Adults Staff

**Emily Lockshine**, Administrator      **Kitty Wawszkiewicz**, Case Manager  
**Tess Dietrich**, MOW & Volunteer Coordinator      **Clancy McCool**, Chef  
**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

Happy New Year!

I hope your holidays were joyous. As we begin a new year, I like to pause and reflect on the incredible spirit of community we share. Our Senior Center is a shining example of what makes our city special. It's a place where friendships flourish, talents are celebrated and lives are enriched.



I am excited about the programs and opportunities planned for you by the Senior Center staff and volunteers. Whether it's the healthy meals prepared by Chef Clancy, the activities that bring us together or the resources that support your well-being, the Senior Center continues to be a cornerstone of connection in North Ridgeville. Thank you for being an essential part of our city's story.

Staying connected with you is a priority for us. If you haven't already signed up for the city's e-newsletter, visit [nridgeville.org](http://nridgeville.org) and click on the eNews Signup link. By providing your email address, you'll receive the monthly e-newsletter, and rest assured, your information will remain private.

I also invite you to join our monthly Coffee and Conversation events, where I share city updates, answer questions, and welcome your thoughts about our community. On January 23, we are excited to host special guest Toni Krone from the Kiwanis Club to recognize World Kiwanis Week. On February 12, as we observe National Alzheimer's and Dementia Care Education Week, Emily Lockshine from the Senior Center will join us to share her insights. Both events begin at 8:30 a.m. in the Council Chambers of City Hall. I look forward to seeing you there.

Here's to a happy, healthy, and fulfilling 2025 for all of us.

Sincerely,  
Mayor Kevin Corcoran



**City Hall Hours:**  
**Monday-Friday, 8:00 a.m. to 4:30 p.m.**  
City offices will be closed January 20 and February 17.

# 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, support groups, and referrals to resources. 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: January 8 & February 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 visit the center on **February 5** 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 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.** If you are planning out your year, the doctor will be at the center April 23, July 16 and October 8.

## 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 and courteous volunteer drivers pick up the meals from the Senior Center and deliver them to your door.

An assessment and 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

## Chair Yoga with Kip Cronk

Tuesdays 10:00 - 11:00 a.m.  
\$24 for 4 weeks

**Individuals may attend a single class for an \$8 fee.**

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

**Winter Session I: January 14 - February 4**

**Winter Session II: February 18 - March 11**

## Senior Fitness for Strength & Flexibility with Kathy Hungerman

Tuesdays & Thursdays  
9:00 - 9:50 a.m.

**\$72 for 6 weeks (two days a week, \$36 if you register for one day a week)**

Senior Fitness emphasizes 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.



**Winter Session I: December 31 - February 6**

**Winter Session II: February 13 - March 20**

## Exercise for Joint Health with Kathy Hungerman

Thursdays 10:00 a.m.

**\$36 for six weeks**

A fitness class designed to improve joint mobility, increase social interaction and muscular strength. All exercises are gentle to the joints and done in a chair.

**Winter Session I: January 2 - February 6**

**Winter Session II: February 11 - March 20**

## Chair Volleyball

January 13 & 27, February 10 & 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!

## 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 January classes will begin December 23 at 9:00 a.m., registration for February classes will begin January 18 at 9:00 a.m. No classes on January 20 and February 17.

### 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 dancers are always welcome. No prior experience necessary!

## NR Heart & Sole

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. The collaborative focuses efforts specifically on North Ridgeville residents. To learn more, visit <https://www.nrheartandsole.com>.



## February Walking Challenge

Join indoor walking at either location between February 3 and 27 and you will be entered in a drawing for a \$25 gift card.

**Locations: LCCC University Partnership Ridge**

**Campus Mondays and Wednesdays 5:00 - 7:00 p.m.**

**Liberty Elementary School Tuesdays and Thursdays 6:00 - 8:00 p.m.**

## Food Demonstrations

Come sample tasty, protein-packed energy bites:

**January 13, 5:30 p.m. at LCCC University**

**Partnership Ridge Campus**

**January 14, 6:30 p.m. at Liberty Elementary School**

# 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.

**January 9, 9:00 a.m.**

### Sponsored by Bogner Family Funeral Home

Bogner Family Funeral Home has been part of the community of North Ridgeville for over 60 years and spans three generations. David Bogner will discuss their role in the community and provide information about end of life planning.

**February 6, 9:00 a.m.**

### Dr. Alexander Zolli - Heart Health

Dr. Zolli is the Surgeon-in-Residence at LCCC. February is the American Heart Association's Heart month and Dr. Zolli will be speaking about cardiovascular health, particularly in men.

## 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.

**January 16, 10:30 a.m.**

### Women's Air & Space Museum: Quest for the Stars

Join the International Women's Air & Space Museum as they share the story of the participants in the Woman in Space Program (Mercury 13) of the 1960s. Participants will come away with an enhanced understanding of their lesser known histories, within the context of the Cold War and the start of greater cultural shifts.

**February 20, 10:30 a.m.**

### Sponsored by Bogner Family Funeral Home

Bogner Family Funeral Home has been part of the community of North Ridgeville for over 60 years and spans three generations. David Bogner will discuss their role in the community and provide information about end of life planning.

## 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.

## 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.

**Jan. 6 Vision Boards with Devon Fegan**

**Jan. 13 TBD**

**Jan. 20 Closed**

**Jan. 27 Alexis from Life Care Center**

**Feb. 3 Crafting with O'Neill Healthcare**

**Feb. 10 Alexis from Life Care Center**

**Feb. 17 Closed**

**Feb. 24 Canvas painting with Jill from Seniors Helping Seniors**

Details will be shared after you register.

## Monday Soup Lunch

**12:00 p.m., \$2**

Come in for a light lunch of **one of Clancy's homemade soups** and bread. See the menu for the soup of the day. **RSVP by the previous Friday, quantities are limited.**

## Health Talk with Dr. Alexander Zolli

**January 9 & February 13 at 10:00 a.m.**

Dr. Alexander Zolli is the Surgeon-in-Residence at LCCC. January's topic is *Understanding Arthritis* and February's is *How the Mind & Body Ages*. RSVP by January 8 & February 12 respectively.

## Taco & Trivia Tuesday!

**Tuesdays, January 7 & 21, February 4 & 18**

**12:00 p.m. lunch \$4**

**12:30 - 2:00 p.m. trivia**

Join us for a taco-inspired lunch followed by trivia covering a wide range of topics. Come as a team or we will help you join one, a great way to meet new friends. **Registration is required for lunch at a cost of \$4.**

## Restorative Sound Bath Yoga \$20

**January 7 10:00 - 11:00 a.m.**

Float into the new year with Kip, our yoga instructor and fellow yogi 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. **Register by January 6.**

### **Try It Tuesdays \$3**

**January 14 and February 25, 12:00 p.m.**

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.

**January** - Recipes from The Blue Zones

**February** - Heart Healthy recipes

### **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.

### **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 one another with projects when needed. If interested, call to tell us you are coming & bring your paints!

### **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 each month will be dedicated to current events. This is not a session, please register for the days you wish to attend.

### **Lunch & Learn: Less Stuff, More Life!**

**January 28 at 12:00 p.m.**

Hear from a professional organizer and a realtor on how to downsize your belongings and rightsize your home. Learn tips on how to let go of difficult items and make tough decisions to gain more ease. Gather info on what type of senior housing is available and if you should buy before you sell. Presented by Jennifer Herron-Underwood, a certified Senior Real Estate Specialist with Howard Hanna and Devon Fergan from Declutter with Devon. RSVP by January 24.

### **Super Thursday, Chinese New Year**

**January 30 10:30 a.m. \$5**

Chinese New Year 2025 is the Year of the Snake, more specifically, the Earth Snake, starting from January 29, 2025, and lasting until February 16, 2026. If you were born in 1941, 1953 or 1965, then you are a Snake. Learn some fun facts about Chinese New Year, eat traditional Chinese New Year's foods and learn what can bring you luck in this next year. RSVP by January 28.

### **Near Death Experiences with Ted Smith**

**Mondays at 1:00 p.m. February 3 - March 17**

(no class on February 17)

Some people who died and then were revived claim to have visited heaven! People from vastly different cultures, geographies and even religions report similar core experiences. Are these hallucinations of a dying brain in the last moments of life? If so, why are the interactions with departed relatives so lucid? What are the scientific ramifications of consciousness existing outside of the brain? This life-affirming class explores the spiritual implications of what awaits us all.

### **Send a Card To A Friend Day**

**Friday, February 7, 10:00 - 11:30 a.m.**

Do you have a friend or family member you haven't corresponded with in a while or perhaps just want to make someone's day a little brighter with a card? Or share the art of written correspondence with a younger generation? Cards and envelopes will be available for you to write out a card (or three!) to let someone know you are thinking about them. Drop by any time between 10:00 - 11:30 a.m. RSVP by February 5 so we have enough supplies on hand.

### **Lunch & Learn: Preparing for the Unexpected**

**February 11 at 12:00 p.m.**

Jennifer Herron-Underwood, a certified Senior Real Estate Specialist will give you the tools for preparing necessary information for family members. RSVP by February 7.

### **Celebrating National Days**

We are continuing the tradition of celebrating various national days. Below is a guide to help you celebrate along with us.

**January 8      National Elvis Presley Day & National Argyle Day**

Lunch on this day will feature the music of Elvis Presley and Elvis Presley dessert. Wear something with an argyle pattern to celebrate National Argyle Day.

**January 15      National Hat Day**  
Wear a favorite hat

**January 22      National Southern Cooking Day & National Polka Dot Day**

The lunch menu will feature the best of southern cooking. If you want to be extra festive, wear anything with polka dots.

**January 29      National Puzzle Day**

We will have puzzles for anyone who wants to work on one and everyone who attends lunch will have the chance to win a puzzle.



## Outings

For information or to register  
Call (440) 490-2056

*Please note our field trip policy allows you to register yourself and one other individual via phone only. If your call is not picked up, your message is time stamped. The time of your message is factored into the order of calls received.*

### Great Lakes Theater: Peter and the Starcatcher

**Tuesday, February 18, 10:00 a.m. - 3:00 p.m.**  
**\$25**

Come learn the backstory behind Peter Pan, Tinkerbell and Hook. After the play we will stop for lunch (not included) before returning to the Center.

**Registration begins Wednesday, January 8 at 1:00 p.m. Please leave a message on our voice mail.**

**Participants will be registered in order of call time.**



### WEWS Station Tour & Lunch \$5 Friday, February 28, 10:45 a.m. - 2:00 p.m.

Ever wanted to know what the inside of a news station looks like? Here's your opportunity to tour the studio of News 5 Cleveland. The van will depart at 10:45 a.m. to ensure we arrive at the station on time, lunch to follow.

**Registration begins Wednesday, January 29 at 1:00 p.m. Please leave a message on our voice mail. Participants will be registered in order of call time. 13 spaces available.**

### Great Lakes Theater: Twelfth Night Thursday, March 27, 10:00 a.m. - 3:00 p.m. \$25

One of Shakespeare's best known comedies, Twelfth Night begins with a shipwreck that throws lives into disarray. Mistaken identities lead to hilarious havoc and unexpected connections. Viola, stranded and disguised as a boy, falls for the Duke, who pines for Olivia. However, Olivia, in mourning, finds herself smitten with Viola, setting off a comical chain of romantic entanglements. After the play, we will stop for lunch (not included) before returning to the Center.

**Registration begins Wednesday, February 5 at 1:00 p.m. Please leave a message on our voice mail. Participants will be registered in order of call time.**

## Meet Ups

For information or to register  
Call (440) 490-2056

### Lunch at Fiesta Jalapeno's Friday, January 24, 11:15 a.m.

Meet others from the Senior Center at Fiesta Jalapeno's in North Ridgeville for a delicious lunch. Call the center by January 23 to sign up, so we can make a reservation for the right number of people.

### Volunteer Spotlight: Linda & Tom Mormon

Linda Mormon has been no stranger to the Senior Center, having been a volunteer for the last six years. On any Thursday morning, you are guaranteed to see her smiling face, cheerful demeanor and festive fashions (when the day calls for it). Linda says the best part about her volunteer job, is "Greeting everyone with a smile, a friendly voice and making them feel included." Tom joined our volunteer ranks earlier this year as a Meals On Wheels driver and loves to see the smiles on the faces of those we help. Tom and Linda love to travel and are very focused on family. The ventured to Cancun in the fall and the highlight of their trip was a sunset-moonlight cruise. In addition to traveling, they love to spend time with their grandchildren at their various sporting events; tennis, swimming, ice skating and lacrosse. Linda and Tom are a vital part of our volunteer team and we hope they have no plans to "retire" anytime soon!



### Dementia Resources

Did you know North Ridgeville has been designated a dementia friendly community? 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.

*Anyone 55 or older is invited 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.*



# North Ridgeville Parks & Recreation

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

## **American Heart Association CPR / Basic Life Support Certification Saturdays, January 4 and February 1 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

## **Sound Bath**

**January 13 & February 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.

Ages: 15 and Up

Class Size: 04 minimum/20 maximum

Fee: \$30 Resident/\$40 Non-Resident

Location: Senior Center 7327 Avon Belden Rd.

## **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.

# North Ridgeville Library Programs

For information or to register  
Call (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).

## **Protecting Yourself from Fraud**

Sunday, January 12, 2:00 - 3:00 p.m.

Join Aric Gordon from the 4:8 Group to learn about fraud, different real world examples and ways to protect yourself.

## **Intro to Hoopla**

Tuesday, January 14, 2:00 - 3:00 p.m.

Learn how to download the Hoopla app to borrow eBooks, audiobooks, movies, television programs, comics and music on your phone or tablet.

## **Billie Holiday**

Sunday, February 2, 3:00 - 4:00 p.m.

Debra Rose from Women in History portrays Billie Holiday, legendary Black jazz singer/songwriter also known as "Lady Day."

## **Cleveland's Prohibition Era Mob Bosses**

Sunday, February 9, 3:00 - 4:00 p.m.

Join Dennis Sutcliffe of Lost Cleveland Memories as he discusses the bloodiest period in Cleveland History, the Prohibition Era. Try to keep track of the mob hits as rival gangs brutally battle to control the city's rackets.

## **Soul Food: Greens**

Thursday, February 27, 2:00 - 4:00 p.m.

A live demonstration from Dr. Linda Bradley of the Cleveland Clinic of how to prepare her infamous southern style collard greens without the meat, making this classic dish both vegan and vegetarian friendly.

# January

Monday	Tuesday	Wednesday
<p><b>Thank you to Luxe Healthcare at Home for being our Meals On Wheels Sunshine provider for January.</b></p> 	<p><b>Thank you to this month's bingo callers:</b>  Megan Gassman, The Northridge Health Center  Bailey Shee, Foundations Health  Stephanie Snakovsky  Shannon, Wesleyan Village</p>	<p><b>1</b>  <b>CLOSED FOR NEW YEAR'S DAY</b></p>
<p><b>6</b>  Make It Monday 10:00 a.m.  Cardio Drumming 11:00 a.m.  <b>Soup Lunch 12:00 p.m.</b></p>	<p><b>7</b>  Senior Fitness 9:00 a.m.  Chair Yoga 10:00 a.m.  <b>Taco Lunch 12:00 p.m. \$4</b>  <b>Trivia 12:30 p.m.</b></p>	<p><b>8</b>  Blood Pressure Screenings 10:30-11:45 a.m.  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.  <b>National Elvis Presley Day</b>  <b>National Argyle Day</b></p>
<p><b>13</b>  Make It Monday 10:00 a.m.  Cardio Drumming 11:00 a.m.  <b>Soup Lunch 12:00 p.m.</b>  Chair Volleyball 1:00 p.m.</p>	<p><b>14</b>  Senior Fitness 9:00 a.m.  Chair Yoga 10:00 a.m.  Skein Gang 10:00 a.m.  <b>Try It Tuesday 12:00 p.m.</b>  NR Hatters 2:00 p.m.</p>	<p><b>15</b>  Watercolors 9:30 a.m.  Line Dancing 10:00 a.m.  <b>Lunch 12:00 p.m. Sponsored by O'Neill Healthcare of NR</b>  Bingo, Euchre &amp; Canasta 12:30 p.m.</p>
<p><b>20</b>  <b>Center Closed for observation of MLK Day</b></p>	<p><b>21</b>  Senior Fitness 9:00 a.m.  Chair Yoga 10:00 a.m.  <b>Taco Lunch 12:00 p.m. \$4</b>  <b>Trivia 12:30 p.m.</b></p>	<p><b>22</b>  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.  <b>National Southern Cooking Day</b>  <b>National Polka Dot Day</b></p>
<p><b>27</b>  Make It Monday 10:00 a.m.  Cardio Drumming 11:00 a.m.  <b>Soup Lunch 12:00 p.m.</b>  Chair Volleyball 1:00 p.m.  <b>National Chocolate Cake Day</b></p>	<p><b>28</b>  <b>Senior Fitness 9:00 a.m.</b>  <b>Chair Yoga 10:00 a.m.</b>  Puzzle Exchange 11:00 a.m.  <b>Lunch &amp; Learn 12:00 p.m.</b></p>	<p><b>29</b>  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.  <b>Chinese New Year</b>  <b>National Puzzle Day</b></p> 

Thursday	Friday
<p>2  <b>Senior Fitness 9:00 a.m.</b>  <b>Fitness for Joint Health 10:00 a.m.</b>            Euchre, Pinochle, Dominos &amp; Mahjongg 12:00 p.m.</p>	<p>3            Seniors Strong 11:00 a.m.            Rotary Club meeting 12:00 p.m.</p>
<p>9  <b>Senior Fitness 9:00 a.m.</b>  <b>Fitness for Joint Health 10:00 a.m.</b>  <b>Men's Breakfast, 9:00 a.m.</b>            Health Talk w/Dr. Zolli 10:00 a.m.            Euchre, Pinochle, Dominos &amp; Mahjongg 12:00 p.m.</p>	<p>10  <b>The Breakfast Club 9:30 a.m.</b>            Senior Strong 11:00 a.m.</p>
<p>16  <b>Senior Fitness 9:00 a.m.</b>  <b>Fitness for Joint Health 10:00 a.m.</b>  <b>Ladies Brunch 10:30 a.m.</b>            Euchre, Pinochle, Dominos &amp; Mahjongg <b>12:30 p.m.</b></p>	<p>17            Seniors Strong 11:00 a.m.            Rotary Club meeting 12:00 p.m.</p>
<p>23  <b>Senior Fitness 9:00 a.m.</b>  <b>Fitness for Joint Health 10:00 a.m.</b>            Euchre, Pinochle, Dominos &amp; Mahjongg 12:00 p.m.</p>	<p>24            Senior Strong 11:00 a.m.    <b>National Compliment Day</b></p>
<p>30  <b>Senior Fitness 9:00 a.m.</b>  <b>Fitness for Joint Health 10:00 a.m.</b>  <b>Super Thursday Chinese New Year 10:30 a.m.</b>            Euchre, Pinochle, Dominos &amp; Mahjongg <b>12:30 p.m.</b></p>	<p>31            Senior Strong 11:00 a.m.  <b>Spaghetti Dinner 5-7 p.m.</b>  <b>Sponsored by the Rotary Club of North Ridgeville</b></p>

## Menu

6 Bean Soup  
 7 Taco Plate  
 8 Beef & Macaroni,  
 Vegetables and Yellow  
 Cake with Pineapple  
 9 Breakfast Quesadilla,  
 Fruit & Juice  
 10 Biscuits & Sausage  
 Gravy, Scrambled Eggs,  
 Fruit & Juice  
 13 Chicken &  
 Vegetable Soup  
 15 Chicken Fettuccini  
 16 Breakfast  
 Quesadilla, Fruit &  
 Juice  
 21 Taco Lasagna  
 22 BBQ Ribs, Baked  
 Beans & Potato Salad  
 27 Steak & Potato Soup  
 29 Hamburgers & Chips  
 30 Longevity Noodles,  
 Rice Balls & Vegetable

## KEY

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

# February

Monday	Tuesday	Wednesday
<b>3</b> Make It Monday 10:00 a.m. <b>Cardio Drumming 10:30 a.m.</b> <b>Soup lunch 12:00 p.m.</b> Near Death Experiences 1:00 p.m.	<b>4</b> <b>AARP Tax Preparation</b> <b>Chair Yoga 10:00 a.m.</b> <b>Taco &amp; Trivia Tuesday!</b> <b>Taco Lunch 12:00 p.m.</b> <b>Trivia 12:30 p.m.</b>	<b>5</b> Watercolors 9:30 a.m. <b>Line Dancing 10:00 a.m.</b> Blood Pressure Screenings 10:30-11:45 a.m. <b>Lunch 12:00 p.m. Sponsored by Wesleyan Village</b> Bingo, Euchre & Canasta 12:30 p.m.
<b>10</b> Make It Monday 10:00 a.m. <b>Cardio Drumming 10:30 a.m.</b> <b>Soup lunch 12:00 p.m.</b> <b>Chair Volleyball 12:45 p.m.</b> Near Death Experiences 1:00 p.m. <b>Intergenerational Valentine's Program 2:00 p.m.</b>	<b>11</b> <b>AARP Tax Preparation</b> <b>Chair Yoga 10:00 a.m.</b> Skein Gang 10:00 a.m. <b>Lunch &amp; Learn: Preparing for the Unexpected 12:00 p.m.</b> NR Hatters 2:00 p.m.	<b>12</b> Watercolors 9:30 a.m. <b>Line Dancing 10:00 a.m.</b> <b>Lunch 12:00 p.m. Sponsored by Foundations Health</b> Bingo, Euchre & Canasta 12:30 p.m.
<b>17</b> <b>Closed in observance of President's Day</b>	<b>18</b> <b>AARP Tax Preparation</b> <b>Chair Yoga 10:00 a.m.</b> <b>Taco Lunch 12:00 p.m. \$4</b> <b>Peter &amp; the Starcatcher Field Trip</b> <b>Trivia 12:30 p.m.</b> <b>AARP Tax Preparation</b>	<b>19</b> Watercolors 9:30 a.m. <b>Line Dancing 10:00 a.m.</b> <b>Lunch 12:00 p.m. Sponsored by O'Neill Healthcare of NR</b> Bingo, Euchre & Canasta 12:30 p.m.
<b>24</b> Make It Monday 10:00 a.m. <b>Cardio Drumming 10:30 a.m.</b> <b>Soup lunch 12:00 p.m.</b> <b>Chair Volleyball 12:45 p.m.</b> Near Death Experiences 1:00 p.m.	<b>25</b> <b>AARP Tax Preparation</b> Puzzle Exchange 11:00 a.m. Try It Tuesday 12:00 p.m.	<b>26</b> 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>Thank you to Attorney Margie Karl for being our coffee sponsor this month.</b>  	<b>Thank you to this month's bingo callers:</b> Megan Gassman, The Northridge Health Center Bailey Shee, Foundations Health Stephanie Snakovsky Laura Petek, Realtor	



Thursday	Friday
<p>6  <b>Men's Breakfast, 9:00 a.m.</b>  <b>Senior Fitness 9:00 a.m.</b>  <b>Fitness for Joint Health 10:00 a.m.</b>  Euchre, Pinochle, Dominos &amp; Mahjongg 12:00 p.m.</p>	<p>7  Send A Card to a Friend Day  10:00-11:30 a.m.  Senior Strong 11:00 a.m.  Rotary Club meeting 12:00 p.m.</p>
<p>13  <b>Senior Fitness 9:00 a.m.</b>  <b>Fitness for Joint Health 10:00 a.m.</b>  Medical Talk w/Dr. Zolli 10:00 a.m.  Euchre, Pinochle, Dominos &amp; Mahjongg 12:00 p.m.</p>	<p>14  <b>The Breakfast Club 9:30 a.m.</b>  Senior Strong 11:00 a.m.</p> 
<p>20  <b>Senior Fitness 9:00 a.m.</b>  <b>Fitness for Joint Health 10:00 a.m.</b>  <b>Ladies Brunch 10:30 a.m.</b>  Euchre, Pinochle, Dominos &amp; Mahjongg 12:30 p.m.</p> <p><b>National Muffin Day</b></p>	<p>21  Senior Strong 11:00 a.m.  Rotary Club meeting 12:00 p.m.</p>
<p>27  <b>Senior Fitness 9:00 a.m.</b>  <b>Fitness for Joint Health 10:00 a.m.</b>  Euchre, Pinochle, Dominos &amp; Mahjongg 12:00 p.m.</p>	<p>28  <b>Field Trip WEWS Station Tour</b>  <b>van departs at 10:45 a.m.</b>  Senior Strong 11:00 a.m.</p>

## Menu

3 Meatball Soup  
4 Taco Plate  
5 Pork Chop, Mashed Potatoes & Corn  
6 Scrambled Eggs, Bacon, Potatoes, Fruit & Juice  
10 Chicken & Rice Soup  
12 Sloppy Joes & Pasta Salad  
14 Ham & Cheese Omelets, Potatoes, Fruit & Juice  
18 Taco Salad  
19 Chicken Parmesan, Vegetable, & Garlic Bread  
20 Scrambled Eggs, Bacon, Potatoes, Fruit & Juice  
24 Sweet & Sour Pork Soup  
26 Kielbasa with Peppers & Onions & Rice

## KEY

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

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