

Senior Center

NORTH RIDGEVILLE OFFICE FOR OLDER ADULTS

7327 Avon Belden Road
North Ridgeville, Ohio 44039
Phone: (440) 353-0828



JULY- AUGUST 2022

OFFICE HOURS:

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

All City Offices Closed:
July 4th—Independence Day
Center Closed for Activities:
August 2nd—Election Day

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

Freedom Festival and Fireworks

The Freedom Festival and Fireworks will be held at Victory Park Ohio, 7777 Victory Lane, North Ridgeville on Sunday, July 3, 2022.

Gates open at 5 p.m. with activities, entertainment, food and beverages, and fireworks at approximately 10 p.m. Tickets are per vehicle and can be purchased online, in advance only by visiting www.victoryparkohio.com. Activities include an inflatable village, a hayride, NEO Bubble Soccer (6-9 p.m.), face painting, a Caricature Artist & Balloon Twister (5:30-8:30 p.m.), a Patriotic Stilt Walker (7-9 p.m.), a water ski show by the Chippewa Lake Water Ski Team (6-6:45 p.m.), a magic show by Magician & Illusionist Rick Smith Jr. (7:30-8:30 PM), and a fire juggling show by Ohio Burn Unit (9:00-9:45 PM). Net proceeds to benefit North Ridgeville Community Care and Canine Superheroes Foundation.



A MESSAGE FROM DIRECTOR EMILY LOCKSHINE

Summer has arrived! I hope you are enjoying the warmer temps and sunshine. Sunshine not only provides us with a natural source of vitamin D, but is also good for the soul. The city is offering a variety of outdoor activities which are articulated in detail in the Mayor's message on page 3.

July 26th marks my one year anniversary here at the Office for Older Adults. I can't believe it's been a year, you know what they say, "time flies when you're on a roller coaster." I have very much enjoyed getting to know all of you through various programs and interactions and am looking forward to creating more memories with all of you. I would be remiss if I didn't acknowledge the dedicated staff, who have also been supportive and helpful during this first year.

The center is closed for activities on August 2nd due to being a polling location, but CardioDance will still be held at Safetyville and Walking Warriors will also meet to walk.

Our crafter's shop is now live on FaceBook. The crafting ladies have made many wonderful and useful items that make great gifts. Please check out the shop on our page and tell your friends!

By now, you have probably met Maggie Clark, our helpful, smiling intern. Maggie is a North Ridgeville resident and attends the University of Notre Dame, studying Accounting and English. She has already proven to be extremely helpful in the creation of trivia questions, flyers for events, assisting with the newsletter and helping out at the front desk. Another way she is helping us out is by organizing all the birthdays and creating happy birthday flyers for each month. If you would like your birthday acknowledged, please stop by or call our front desk so we may properly recognize you. This also ensures we have accurate demographic information in our system. The default birthdate in our system is 1/1/1901, which means many of you are 121, and I have to say, you are all looking fabulous.

Heart & Sole will again be offering summer produce bags. These bags are only \$10 and are an easy way to access fresh, local produce. As a way of encouraging individuals to purchase produce bags, we will be offering Produce Bucks to fitness classes and walking group participants. Another way the center is facilitating access to locally grown produce, is by offering two produce stand tours, August 8th and 24th. Please see page 12 for times and registration details.

Until we see one another, enjoy the sunshine!

Emily



North Ridgeville Senior Center Staff

Kitty Wawzkiewicz, Case Worker
Clancy McCool, Chef

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

Scott Kelley, Driver

A MESSAGE FROM MAYOR CORCORAN

We remain busy moving our capital projects forward and ensuring city services are meeting the needs of our community. The Center Ridge Road sanitary sewer extension project is nearing completion. Paving the affected area is scheduled to begin sometime the week of June 20 (weather dependent). The project deadline is currently scheduled for July 18.

While we are on the subject of paving, our Service Department has 11 streets on the list to pave this year. The streets include Creekside Lane, Gail Drive, Hada-way Street, Harris Drive, James Road, Mark Court, May Street, a section of McKinley Avenue, Orchard Lane, Root Road between Lorain Road and Chestnut Ridge Road, and Theresa Street. You can find on our city's website at nridgeville.org the latest updates and repair schedule.

Another major project that will kick off later this summer is the construction of a "peanut shaped" roundabout at the intersection of Mills Road, Stoney Ridge Road and Avalon Drive. Property acquisitions are nearing completion with construction to begin at the end of summer and last for approximately three months. This will be the city's third roundabout. There is a fourth roundabout planned at the intersection of SR 83 and Chestnut Ridge Road. It is currently in the engineering and design phase with construction tentatively planned for 2024.

Our Parks & Recreation Department is once again offering **free** concerts at South Central Park Gazebo this summer. What a great way to spend time with family and friends listening to live music. There will be food vendors on-site if you would like to purchase food or pack up a picnic dinner to enjoy at the park. The bands are scheduled to play from 6-8 PM as follows: July 10 Jul Big Green (pop/rock) and July 24 Rubix Cubed (80's music). I hope to see you there!

More summer fun awaits us! The Corn Festival Committee is busy working on finalizing this year's activities. The event will be held August 12-14 on Bainbridge Road between Route 83 and Root Road. Visit the North Ridgeville Corn Festival website at www.nrcornfest.org for a list of activities or call their hotline at (440) 218-9802.

To learn more about current and upcoming city projects, ask a question or just hear what fellow residents are asking, please join me at one of my upcoming coffee and conversation – Tuesday, July 19; Wednesday, August 24; and, Thursday, September 22 from 8:30-9:30 AM at City Hall in Council Chambers. If you are unable to attend and have questions, please don't hesitate to call my office at (440) 353-0811.

Mayor Kevin Corcoran





WELCOME TO NORTH RIDGEVILLE SENIOR CENTER

If you haven't already, it's time to renew your newsletter subscription for 2022. The \$8.00 fee per household helps defray our costs to mail this newsletter every other month. We will be going through our list regularly and removing anyone who does not keep their subscription current. If you move, please update us with 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 to Thursday 9 a.m. - 8 p.m. Friday & Saturday 10:00 a.m.-6:00 p.m.
Sunday (Sept - May) 1:00 p.m.-5:00 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. Programs listed as "Hybrid" can be attended in person or virtually.

Adult Crafternoon

Enjoy a fun afternoon of crafting. Each month staff will provide instruction on a new exciting project. Please register for the Tuesday or Thursday session only.

Tues., July 19 OR Thurs., July 21; 1:00-2:30 p.m.
Tues., Aug. 16 OR Thurs., Aug. 18; 1:00-2:30 p.m.

Avoiding Fake News

Learn how to identify and avoid "fake news" on the internet. Hybrid.

FAKE NEWS Monday, Aug. 15th 6:30-7:30 p.m.

The Great Lakes in a Changing Climate

Join Dr. Rachel Eveleth, Assistant Professor of Geology at Oberlin College, as she explores how climate change impacts the largest freshwater resource in the U.S., including changing ice cover, water level and quality, and algal blooms.

Tuesday, July 12th; 6:30-7:30 p.m.

eLibrary Newspaper Resources

Learn how to read current and back issues of newspapers such as The Morning Journal, The New York Times, The Wall Street Journal and more on the eLibrary page. Hybrid.

Monday, Aug. 22; 2:00-3:00 p.m.

Grilled Summer Fruits

Join Clancy McCool, the chef at North Ridgeville Senior Center, to learn how to spruce up salads, sides, and entrees with grilled fruits.

Friday, Aug. 26; 2:00 -3:00 p.m.

Maker-in-Residence: Open Studio Hours

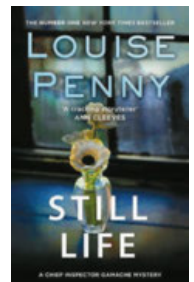
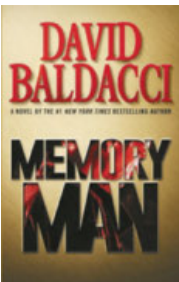
Stop in and visit with our current Maker-in-Residence, music producer Fayaven Barbee Jr, and learn about his techniques and methods as he works on songwriting, recording, and much more.

Tuesdays: July 5, 12, 19, 26; Aug. 2, 9, 16, 23, 30
2:30-4:30 p.m.

The Butler Did It -Mystery Book Discussion

"Memory Man" by David Baldacci "Still Life" by Louise Penny
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!

Wednesday, July 20; 6:30-7:30 p.m.
Wednesday, Aug. 17; 6:30-7:30 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 help the older adults in your life to purchase something they need. They are perfect gifts for family members, friends, or neighbors and can be purchased in a variety of denominations.

Gift certificates are always available by calling (440) 353-0857.

SENIOR SERVICES

LOCK BOXES

A Lock Box saves damage to your property and saves time for our paramedics when they are trying to gain access into your home. The 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 over 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 by clicking the 'Departments' tab, and 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 front desk for a 40% discount on all food (except bottled beverages and "Simply to Go" items). There is a \$10 limit per customer for the discount, and 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 each 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 is eligible. 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 a client up to receive Meals-On-Wheels. Call (440) 353-0857 for more information.

SENIOR SERVICES CONTINUED



SUPPORTIVE SERVICES

Supportive Services are provided for seniors 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 to assist older adults with maintaining independence. If you need assistance, or have questions, call (440) 353-0857.

FOOT CARE

Dr. Thomas Emmert is the Podiatrist of Total Foot Care and will return to the NR Senior Center on August 31st at 9:00 a.m. As always, appointments are first come first served by the sign-in sheet 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 on a later date.

BLOOD PRESSURE CHECKS

Our friendly volunteer nurses are here the first Wednesday of every month from 10:00-11:30 a.m. This is a walk in service, first come first served. **Upcoming dates: July 6th and August 3rd.**



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.

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 older (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

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 OR STOP IN TO THE OFFICE ATTACHED TO THE NORTH SIDE OF THE SENIOR CENTER. (440) 353-0860

Tai Chi Balance with Mary Cordray

Good balance is essential for our daily life activity, and Tai Chi can help improve your confidence at any age. This class focuses on the basic movements of Tai Chi to improve balance, flexibility, and coordination while strengthening muscles of the ankles, knees, hips, and legs. Previous experience is not required.

Instructor: Mary Cordray

Ages: 15 and up

Fee: \$50 Resident/ \$60 Non-resident

Location: Safetyville Bldg. 35753 Bainbridge Rd.

Session II: Sat. 6/25-7/30 10:00 a.m.-11:00 a.m.

Session III: Sat 8/20-9/24 10:00 a.m.-11:00 a.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 help with arthritis and overall fitness. All are welcome and no experience is necessary. The class will cover various styles of Irish Dance such as “old style” and “Irish social dance,” in addition to 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

Size: 4 minimum / 15 maximum

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

Location: Safetyville Building 35753 Bainbridge Rd.

Mondays, June 20 to August 1, 10:00-11:00 a.m.

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.

Ages: Open To All Ages

Fee: FREE to the general public

Location: Pavilion 1 South Central Park
7565 Avon Belden Rd.

Program will run for 12 consecutive Thursdays:
June 9 to Aug. 25, from 6:00-7:00 p.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. However, the truth is that everyone has an estate plan whether they know it or not. This course will cover the 10 common planning mistakes that can increase expenses and put you and loved ones in jeopardy during a crisis. Attendees will leave with an understanding of the core directives essential in every plan, and of how to avoid planning gaps and conflicts to maintain maximum control at minimum cost.

Instructor: Candace M. Pollock

Ages: 18 and Up

Size: 4 minimum / 25 maximum

Fee: \$25 Resident / Non-Resident

Location: Council Chambers 7307 Avon Belden Rd.

Monday, August 22 from 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 Balance with Michael W. Stadul

Tai Chi Balance and **Tai Chi for Arthritis** will be combined into a single 90-minute class. The first part of class will consist of **Tai Chi Balance** exercises followed by **Tai Chi for Arthritis** instruction. **Tai Chi Balance** is a program designed to reduce your likelihood of falling, stop the fear of falling cycle, and improve your activity levels. The program combines techniques from **Chinese Qigong** and **Tai Chi** movements that focus on strengthening muscles of the ankles, knees, hips and legs. Suitable for all ages and abilities, **Tai Chi for Arthritis** is easy to learn, enjoyable and provides many health benefits in a relatively short period of time. It has been shown to improve arthritis-related symptoms such as pain and stiffness, and is recognized and recommended by the **Arthritis Foundation**.

Instructors: Michael W. Stadul and
Ann C. Daniels

Class dates: Thursdays, July 7 to August 11
(six sessions)

Time: 9:30 – 11:00 a.m.

Class fee: \$42.00

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

Call (440) 353-0828 by July 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 at 9:00 a.m. for two six-week sessions.

Cost is \$30 for each session. The first of the two sessions runs from 7/5 to 8/9, and the second runs from 8/16 to 9/20.

Payments can be made by cash or check made payable to NR Office for Older Adults. Registration can be done in person up until 7/5 (Summer session I) or 8/16 (session II).

Please call (440) 353-0828 for more information.



Walking Warriors

On Tuesdays at 10:00 a.m., our Walking Warriors will meet at the Senior Center for fitness and fellowship.

Pop into the lobby and scan your card. Then, join others in the parking lot for a few loops around South Central Park. All levels of walkers are welcome.

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



TRIPS!

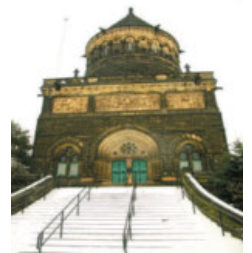
Lake Erie Crushers Game: Wednesday, July 13th

Join us for a day at the ballpark! **The bus will depart the Senior Center at 10:10 a.m.** for the 11:05 a.m. Crushers game, and will return around 2:30 p.m. (20 minutes after the conclusion of the game). The cost is \$12 and includes your ticket, hot dog, chips, beverage, and transportation. A limited number of spaces are available. **Reserve your spot beginning July 1st at 8:00 a.m.** by calling (440) 353-0828.



Lakeview Cemetery: Friday, August 5th

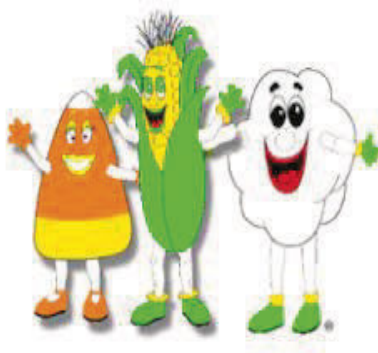
Enjoy a guided tour of the famous and historic cemetery, located near University Circle. **The van will depart the Senior Center at 9:00 a.m.** for our 10:00 a.m. tour. After the tour, we will enjoy lunch at Guarino's in Little Italy. The fee is \$10, which covers the cost of the tour and transportation—lunch is on your own. **Registration will begin on July 11th at 8:00 a.m.** and space is limited.



CITYWIDE EVENTS

47th Annual Corn Festival August 12th-14th

The Corn Festival offers free admission, entertainment, and parking. Enjoy fireworks, a corn eating contest, kids' games, and the Grande Parade at this North Ridgeville staple! Visit their website at www.nrcornfest.org or call their hotline at (440) 218-9802 for more information.



MAYOR: KEVIN CORCORAN

P&R DIRECTOR: KEVIN M. FOUGEROUSSE

FREE

SOUTH CENTRAL PARK GAZEBO
7565 AVON BELDEN RD.
NORTH RIDGEVILLE, OH 44039

ENJOY YOUR SUNDAY EVENINGS LISTENING TO GOOD MUSIC!



2022 SERIES LINEUP

DISCO INFERNO SUNDAY, JUNE 26, 2022

5:00-8:00PM
70's MUSIC



JUL BIG GREEN SUNDAY, JULY 10, 2022

6:00-8:00PM
Pop/Rock MUSIC



RUBIX CUBED SUNDAY, JULY 24, 2022

6:00-8:00PM
80's MUSIC



WE WILL TRY TO GET IN AS MANY CONCERTS AS POSSIBLE, BUT SOMETIMES THE WEATHER DOESN'T COOPERATE. CANCELLATIONS WILL BE POSTED ON OUR WEBSITE, DEPARTMENT FACEBOOK® PAGE, AND RAINOUT LINE (440) 210-6226. FOR MORE INFORMATION ON BANDS CHECK OUT OUR WEBSITE OR FACEBOOK PAGE.



SPONSORED BY:



FUN AT THE CENTER

Tickle your Funny Bone Tuesday

Looking for a good laugh? Join us on July 12th! Joel Keller will present "Funny You Should Ask...Rolling In the Aisles, a dangerous activity for senior adults." The program will begin at 11:00 a.m., with lunch to follow. RSVP by calling (440) 353-0828 by July 8th. Cost is \$5.

July 12th, 11:00 a.m.



Ice Cream Social

What does your balance system and an ice cream sundae have in common? Join our friends from Brookdale Home Health on August 15th at 2:00 p.m. for an Ice Cream Talk to find out.

Delicious ice cream will be provided FREE of charge.

Please RSVP by calling (440) 353-0828.



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. The food will be made mild, so if you would like 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.

Tuesday, July 5th
Tuesday, July 19th
Tuesday, August 16th
Tuesday, August 30th

Health tip!

Protect your skin from the sun (and through doing so, protect yourself from skin cancer) by wearing sunscreen and limiting direct contact with the sun.

Intergenerational Olympics

Based on the success of our Intergenerational Winter Olympics, we are holding a summer Olympics event. Youth and older adults will form teams for a fun competition of activities such as chair volleyball and Olympic Jeopardy! Sign up with a youth in your life as a team, or sign up on your own. There will be an opening ceremony and live commentary of the event!

RSVP at (440) 353-0828. A boxed lunch will be provided. This event is FREE!

August 9th
10:00 a.m.-12:00 p.m.



A Message From Heather Kaesgen, CEO North Ridgeville Community Care:

As we welcome the warmer weather, we are hopeful to open the center to the public again. We have been busy setting up the inside of the center to reveal the “New”

Community Care, so keep an eye out for information concerning our Open House in July.

Along with opening, we have a few goals we are trying to achieve. Are you able to help? We need to get the word out to the community that we are here and eager to help. If you are a part of an organization that would like a speaker please let us know. We are also looking for volunteers and organizations to do school supply drives for us. Please reach out if you can assist us!

Please visit our website at nrcommcare.org or call us at 440-353-9716! Thank you for always being a community that cares.

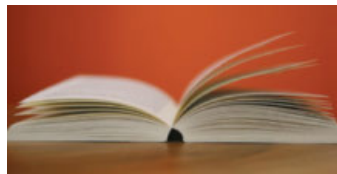


The North Ridgeville Police Department collects medicines you can no longer use right in their front lobby 24 hours a day. Just bring any medicine that is unwanted or no longer needed and drop it in the receptacle in the lobby located right next to City Hall.



Reading Buddies

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 on July 11th, July 25th, and August 8th from 1:00-2:00 p.m. You need only sign up for the sessions you can attend by calling (440) 353-0828.



Produce Stand Tours

Produce Stand Tours will take place on **August 8th and 24th** at 2:00 p.m. We will tour Willie's, Gerhart's, and Redbarn produce stands—the three partner with Heart & Sole for summer produce bags. You will have an opportunity to purchase fresh, locally-grown produce and talk with the growers. Tours last approximately two hours and each participant will receive a produce buck to spend at the stands. The Senior Center van will depart at 1:45 p.m. from the Senior Center. Sign-ups begin **July 13th at 8:00 a.m.** Call (440) 353-0828 to register or register via MyActiveCenter.





Freestyle (Watercolors) Art Group

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

Wednesdays from 9:30 a.m. to 12:30 p.m. There is no formal instruction, but all attendees assist each other with projects when needed. If interested, call to tell us you are coming at (440) 353-0828. Bring your paints!

EUCHRE & CANASTA

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

EUCHRE, PINOCHLE, DOMINOS

Group meets on **Thursdays**
from 12:00 p.m.-4:00 p.m.



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.



Senior LUNCH AND BINGO

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

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 take as many as you'd like. Just stop in and browse the selection on the **last Tuesday of each month (July 26th and August 30th)** from 11:00 a.m. -12:00 p.m.



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, feel free to join! If you have never played, they 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:
July 12th and August 9th**

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 for just \$3.00. 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.**

July 7th - With more geothermal features than anywhere else in the world, Yellowstone is one hot topic. **Nature Pam** will present on Yellowstone: The Beauty of the Land. You will experience the magnificent National Park through photojournalism, personal experience, and historical facts.

August 4th - Kim Lieber, Director of Planning and Economic Development for the City of North Ridgeville will be here to talk about exciting plans and future development for the city.

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.**



July 21st - garden tea party. Get your favorite dress and hat out for a garden-themed tea party. An assortment of iced and hot teas will be available along with tea-time snacks.

August 18th - Our lives are all marked by formative experiences. In your life, you may often find yourself wishing your mother or grandfather were still alive to tell you of their important experiences. Here is your chance to do just that for yourself and your family. Dottie Palazzo will join us to share the Akimbo Storytelling Workshop style of writing. She will provide an outline to follow when crafting your stories and share samples of her own writing and will also talk about Storyworth, an online service to organize and store your stories.

Grandparents' Day Luau - July 26th 10-11:30 a.m. South Central Park, Pavilion 1

The Senior Center is partnering with Parks & Recreation summer camp to celebrate grandparents and grandparent-figures. This luau-themed event will include a group luau dance, contests for the kids judged by the grandparents, and a cake walk. A luncheon of hot dogs, potato salad, and fruit salad will be provided. The activity is FREE, but we do ask that you RSVP, (440) 353-0828!



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!

Anagram Puzzle: Anagrams are words that contain the same letters but arranged in a different order. For example, *act* is an anagram of *cat*. The answers to the clues below are anagram pairs.

	Where you bid on things to buy.	Being careful.
	<i>auction</i>	<i>caution</i>
1.	Be a thief. _____	Not fresh (as in bread). _____
2.	Make bigger. _____	The commander of an army. _____
3.	A spot on your shirt. _____	A person who does good deeds. _____
4.	An organ that pumps bloods. _____	The planet we live on. _____
5.	A square or a triangle. _____	The shape of the moon. _____
6.	Another word for warn. _____	Another word for change. _____
7.	Pieces of furniture to serve food on. _____	A place where horses are kept. _____
8.	A seasoning. _____	The opposite of first. _____
9.	A piece of wood in your finger. _____	A precious metal. _____
10.	The past tense of win. _____	Have belongings. _____

JULY 2022

Monday	Tuesday	Wednesday	Thursday	Friday
				1
4 CENTER CLOSED INDEPENDENCE DAY 	5 CardioDance– 9:00 a.m. Walking Warriors 10:00 a.m. Taco & Trivia Tuesday! Beef taco lunch at 12:00 p.m. with Trivia starting at 12:30 p.m.	6 Watercolors 9:30 a.m. Blood pressure screenings 10:00 a.m. Lunch 12:00 p.m. Fried chicken, mashed potatoes w/ gravy, corn Bingo, Euchre & Canasta 12:30 p.m.	7 Men’s Breakfast 9:00 a.m. Scrambled eggs, hash browns, bacon Tai Chi 9:30-11:00 a.m. National Strawberry Sundae Day Euchre/Pinochle/Dominos 12:00 p.m.	8
11 Crafts 10:00 a.m. Reading Buddies 1:00-2:00 p.m. at NR library	12 CardioDance– 9:00 a.m. Walking Warriors 10:00 a.m. Tickle Your Funny Bone Tuesday 11:00 a.m., lunch to follow, Ham & Swiss sand- wich w/ potato salad Red Hats 2:00 p.m.	13 Watercolors 9:30 a.m. Field Trip: Lake Erie Crushers Game van de- parts at 10:10 a.m. Lunch 12:00 p.m. Green salad w/ shrimp Bingo, Euchre & Canasta 12:30 p.m.	14 Tai Chi 9:30-11:00 a.m. Euchre/Pinochle/Dominos 12:00 p.m.	15 Rotary Club meeting, 12:00 p.m.
18 Crafts 10:00 a.m.	19 CardioDance– 9:00 a.m. Walking Warriors 10:00 a.m. Taco & Trivia Tuesday! Chicken taco lunch at 12:00 p.m. with Trivia starting at 12:30 p.m.	20 Watercolors 9:30 a.m. Lunch 12:00 p.m. Hot roast beef sandwich, mashed potatoes, veggies Bingo, Euchre & Canasta 12:30 p.m.	21 Tai Chi 9:30-11:00 a.m. Ladies Brunch 10:30 a.m. Garden tea party Quiche Euchre/Pinochle/Dominos 12:30 p.m.	22
25 Crafts 10:00 a.m. Reading Buddies 1:00-2:00 p.m. at Senior Center	26 CardioDance– 9:00 a.m. Walking Warriors 10:00 a.m. Grandparent’s Day Luau 10:00-11:00 a.m. Hot dogs, potato salad, fruit salad Puzzle Exchange 11:00 a.m.	27 Watercolors 9:30 a.m. Lunch 12:00 p.m. Patty melt, roasted pota- toes, veggies Bingo, Euchre & Canasta 12:30 p.m.	28 Tai Chi 9:30-11:00 a.m. Euchre/Pinochle/Dominos 12:00 p.m.	29

AUGUST 2022

Monday	Tuesday	Wednesday	Thursday	Friday
1	2 CENTER CLOSED FOR ELECTION DAY CardioDance 9:00 a.m. Walking Warriors 10:00 a.m.	3 Watercolors 9:30 a.m. Blood pressure screenings: 10:00 a.m. Lunch 12:00 p.m. Hot turkey salad, mashed potatoes, veggies Bingo, Euchre & Canasta 12:30 p.m.	4 Men's Breakfast 9:00a.m. Ham & cheese omelet, hash browns Tai Chi 9:30-11:00 a.m. Euchre/Pinochle/Dominos 12:00 p.m.	5 Lakeview Ceme- tery Field trip 10:00 a.m., bus de- parts at 9:00 a.m.
8 Crafts 10:00 a.m. Reading Buddies 1:00-2:00 p.m. at NR library Produce Stand Tour 2:00 p.m., van departs at 1:45 p.m.	9 CardioDance 9:00 a.m. Walking Warriors 10:00 a.m. Intergenerational Olympics 10:00 a.m. —12:00 p.m. Boxed lunch provided Red Hats 2:00 p.m.	10 Watercolors 9:30 a.m. Lunch 12:00 p.m. Cobb salad Bingo, Euchre & Canasta 12:30 p.m.	11 Tai Chi 9:30-11:00 a.m. Euchre/Pinochle/Dominos 12:00 p.m.	12
15 Crafts 10:00 a.m. Ice Cream Social 2:00 p.m.	16 CardioDance-9:00 a.m. Walking Warriors 10:00 a.m. Taco & Trivia Tuesday! Taco salad at 12:00 p.m. with Trivia starting at 12:30 p.m.	17 Watercolors 9:30 a.m. Lunch 12 p.m. Hamburger, potato salad, fruit salad Bingo, Euchre & Canasta 12:30 p.m.	18 Ladies Brunch, 10:30 a.m. Quiche Euchre/Pinochle/Dominos 12:30 p.m.	19 Rotary Club meet- ing, 12:00 p.m.
22 Crafts 10:00 a.m.	23 CardioDance 9:00 a.m. Walking Warriors 10:00 a.m.	24 Watercolors 9:30 a.m. Lunch 12:00 p.m. California salad Bingo, Euchre & Canasta 12:30 p.m. Produce Stand Tour 2:00 p.m., van departs at 1:45 p.m.	25 Euchre/Pinochle/Dominos 12:00 p.m.	26
29 Crafts 10:00 a.m.	30 CardioDance 9:00 a.m. Walking Warriors 10:00 a.m. Puzzle exchange 11:00 a.m. Taco & Trivia Tuesday! Beef burrito at 12:00 p.m. with Trivia starting at 12:30 p.m.	31 Foot Clinic 9:00 a.m. Watercolors 9:30 a.m. Lunch 12:00 p.m. Steak salad w/ pepper, onion, and coleslaw Music Bingo, Euchre & Canasta 12:30 p.m.		

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BIRD SEED HEADQUARTERS!

**WHAT IS A DOWNSIZING CONSULTATION?
ARE YOU A CANDIDATE?**

I received a phone call from Mrs. Smith who had repeatedly seen my downsizing consultation ad in the paper and had questions. She was not planning on selling anytime soon but was wondering what the consultation is and the cost. I explained that it is never too soon to talk with a Realtor about future plans whether they are to sell your home now or to age in place. I asked some simple questions starting with how many years has she lived in her home? Mrs. Smith and her husband bought their home in the 1980's and has lived in it for about 35 years. When they purchased their home, they were raising their teenage children and had always wanted a 2 story home. Now her children are grown and have children of their own. They visit periodically although COVID had put a bit of a damper on their regular visits. Her children live a couple hours away so with places closed and their concern for their mother's safety, they've just been visiting from the front porch.

Mrs. Smith also has been spending so much more time at home that she is considering updating her kitchen cabinets and possibly her bathroom. Her husband passed away about a year ago, so she isn't sure who she would hire to help with the updating if she decided to do it.

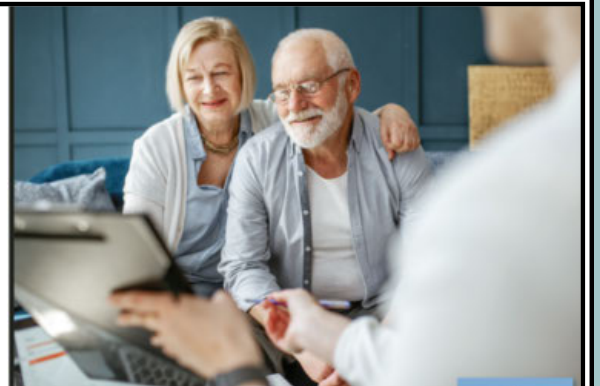
Mrs. Smith has been trying to work on her estate plan since her husband had recently passed and she wanted to have everything in order for her children. What if something happened and they had to sell her house and liquidate her items?

After hearing Mrs. Smith's story, I told her she is a perfect candidate for a downsizing consultation. Mrs. Smith was even more relieved when I told her it was free and we would even be able to check her home for radon. A downsizing consultation is exactly what she needed to help her decide what to do and how to plan for her future. We scheduled an hour appointment for a downsizing consultation. I toured the property and looked over her house to see if putting the money into updating would be a good investment. I helped her look at her home through the eyes of a home inspector. I educated her on looking for any major items that she may need to address sooner than later even if she doesn't sell and she decided to stay in her home as long as she can.

Mrs. Smith and I also talked about placing me as a Realtor contact for her family in her estate plan. I explained to her that I can make it easy because they just have to call me and I can help them deal with what to do with Mrs. Smith's stuff and cleaning out the house. Finally, Mrs. Smith and I got on a conference call with her son so that she could introduce me to him and we could place a face with a name in the future moving forward

Here we are 6 months later, Mrs. Smith is still missing her family and is really hoping to get closer to them. She realized with COVID, moving within a 15-30 minute drive would be so much easier on everyone. Mrs. Smith and I are getting ready to take the next steps to put her home on the market. It all started with a no obligation, easy, no pressure phone call and meeting about a downsizing consultation. If you are in a similar situation as Mrs. Smith or just would like to talk about today's real estate market give Jennifer Herron-Underwood a call at 440-371-2862. You can also visit www.downsizing411.com for important resources and a list of upcoming virtual seminars and workshops.

If you are in a similar situation as Mrs. Smith or just would like to talk about today's real estate market give Jennifer Herron-Underwood a call at 440-371-2862. You can also visit www.downsizing411.com for important resources and a list of upcoming virtual seminars and workshops.



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