



Senior Center Newsletter

March & April 2025

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



**Dementia
Friendly
Ohio**

NORTH RIDGEVILLE

An Initiative of Ohio Council for Cognitive Health

OFFICE HOURS:

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

**Front Desk & Reservation Line
(440) 490-2056**

**City offices will be closed on
April 18 in observance of
Good Friday**



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

Chicken Paprikash Dinner, April 25 5:00- 7:00 p.m.

Chef Clancy is trading in spaghetti and meatballs for the Midwest Hungarian favorite, chicken paprikash. Join us for our first ever chicken paprikash fundraiser dinner. Tickets are \$8 for adults, \$7 for seniors and \$5 for youth 10 and under. Your ticket includes salad, a plate of paprikash with spaetzle, and roll. Soda and desserts are available for \$1 each. Dine in or take out.

Dementia Friends Education Session, March 20 6:00 p.m.

We continue to educate the community at-large about the disease of dementia, and help family members understand that it is still possible to live a good quality of life, despite the disease. In this one hour session, you will hear from individuals impacted by the disease and learn strategies for successful communication with individuals living with dementia.

Thank You To the Following for Sponsoring a Program or Event in March or April:



Northridge
HEALTH CENTER
AN EMBASSY HEALTHCARE COMMUNITY

**O'Neill
Healthcare**



**GARDEN
HEALTHCARE**



FOUNDATIONS
HEALTH SOLUTIONS



**Laura Petek,
Realtor**



Symphony - Olmsted Falls
A Memory Support Community

A MESSAGE FROM ADMINISTRATOR EMILY LOCKSHINE



Welcome Back

First things, first! We are extremely delighted to welcome back Stacey Allen to her position as Activities Director. Stacey is now both happily retired and happily employed at the same time - count yourself lucky if you have been able to say that! Stacey's contributions to the center are many as you are all aware.

While we are still dealing with snow and ice, spring is just around the corner. I found this quote about spring that I would like to share with you:

"The beautiful spring came, and when nature resumes her loveliness, the human soul is apt to revive also." — Harriet Ann Jacobs

It is our goal to provide an varied array of activities that rejuvenate your inner spirit and, in the theme of springtime, allow you to continue to grow, learn and gain new experiences. If you ever have a suggestion about a program or event, do not hesitate to let one of the staff know. As staff, we too, need to remain mindful of growing ourselves, as professionals *and* human beings. These next two months bring new field trips and meet ups, a chili cook-off, discussion about grief, Diabetes Empowerment Education Program (DEEP), and resuming our watercolors instruction class. See you very soon!

Emily

In Memory of Mary Harwood

We were extremely sad to learn of the passing of beloved line dancing instructor Mary Harwood on January 20. Mary was a force of energy that brought joy to people through her passion for line dancing. She not only taught line dancing here, but also at the Westlake, Strongsville and Berea Senior Centers. For those who knew Mary, there will be a memorial service at Springvale Ballroom on March 22 from 12:00—2:00 p.m. She is missed by many, but we know that she already has several classes going up in the big sky. We are currently working on recruiting a new instructor and hope to have line dancing going again in the near future. Thank you, Mary, for all the joy you brought to our center.

Office for Older Adults Staff

Emily Lockshine, Administrator

Kitty Wawzkiewicz, Case Manager

Stacey Allen, Activities Director **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

A MESSAGE FROM MAYOR CORCORAN

Spring is just around the corner! After one of the coldest and snowiest winters in recent memory, we can finally look forward to warmer temperatures and the fresh energy of a new season. This is also a time when we prepare to launch new projects and programs throughout North Ridgeville.



In 2025, you can expect to see several construction projects taking shape across our city. Here are just a few:

- Avon Belden Road and Chestnut Ridge Road roundabout
- Residential Street Resurfacing
- Cypress Avenue Extension
- State Route 83 storm sewer extension
- Sugar Ridge Road sanitary sewer extension
- Avon water connection to the Millridge subdivision
- Catch basin repairs and Fortune Ditch restoration

To stay informed about these projects and other city programs, visit our website at nridgeville.org. You can also subscribe to our electronic community newsletter, which is emailed at the beginning of each month. Simply click on “Stay Connected” on the website.

I enjoy sharing updates and answering your questions in person at my monthly Coffee and Conversation events. Upcoming dates are:

- Thursday, March 6 at 6:00 p.m.
- Monday, April 7 at 8:30 a.m.
- Wednesday, May 14 at 8:30 a.m.

All Coffee and Conversation meetings will take place in the Council Chambers at City Hall. I invite you to join me for a warm beverage and a friendly chat.

I also look forward to seeing you at Senior Center on April 25 for the Chicken Paprikash Dinner and the Rotary Club of North Ridgeville’s Annual Easter Egg Hunt on April 12 at Ranger Stadium.

Warm regards,
Mayor Kevin Corcoran



City Hall Hours:
Monday-Friday, 8:00 a.m. to 4:30 p.m.
City offices will be closed April 18.

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 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: March 5 & April 2.

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 **April 23** 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 also be at the center 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.

Spring Session I: April 1 - April 22

Spring Session II: May 6 - May 27

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.

Spring Session I: March 25 - May 1

Spring Session II: May 6 - June 12

Exercise for Joint Health with Kathy Hungerman

Thursdays 10:00 a.m.

\$36 for six weeks

This 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.

Spring Session I: March 27 - May 1

Spring Session II: May 8 - June 12

Chair Volleyball

March 10 & 24 and April 14 & 28

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!

Cardio Drumming

Mondays, 11:00 a.m.

Participants are taken through routines using drumsticks in a variety of patterns to heart-pumping fun hits. The class fee is \$2 and we meet in the **Safetyville Building**. Registration for March classes is open and registration for April classes begins March 18 at 9:00 a.m.

Line Dancing

This favorite activity is currently on hold while we search for a new instructor. We hope to have an announcement soon about when sessions can resume.

NR Heart & Sole

Need some inspiration in the kitchen? Heart & Sole has you covered! Explore new recipes sponsored by Good Soul Nutrition, monthly!



Head to nrheartandsole.com to download for free every month. Heart & Sole is a community-based group powered by the United Way of Greater Lorain County. The collaborative includes partners from local businesses, agencies and organizations working to improve physical, social and mental wellbeing of those who live, work and visit the community.

Dementia Friends Education Session

March 20, 6:00 - 7:00 p.m.

The goal of this one hour session is to help community members understand how dementia impacts individuals and families and things we can each do to make a difference in the lives of those affected. *This session open to the public.*



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.

March 6, 9:00 a.m.

History of The Cleveland Mafia, Doug Imhoff

At one point Cleveland was considered one of the "top five" Mafia and organized crime cities in the U.S.A. Cleveland historian Doug Imhoff will provide the history of the "Cleveland Mafia" from the early 1900's through present day.

April 3, 9:00 a.m.

Hopkins International Airport

A representative from Hopkins will present on the operational innerworkings of what it takes to keep an international airport up and running 24/7.

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.

March 20, 10:30 a.m.

Debra Rose, Singer

Debra Rose is an accomplished singer, actress, speaker and writer. She has toured with various bands, spent several seasons singing with Cleveland Opera Chorus and portrayed many non-traditionally Black roles including Mother Abbess in "The Sound of Music" and Miss Hannigan in "Annie" in community theater productions.

April 17, 10:30 a.m.

Titanic Program

Corinne Jalkanen, storyteller and former librarian, will share her extensive knowledge about "The Ship of Dreams," including stories about the rich and famous passengers. View a display of authentic reproductions of beautiful china from the ship and her wide collection of Titanic books, including a unique pop-up book.

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. - 11:30 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.

Mar 3 Flower Pot Painting w/ Alexis from Life Care Center

Mar 10 Dried flowers w/ Laura Petek

Mar 17 St. Patrick's Day Surprise

Mar 24 Paper Flowers with Stacey

Mar 31 Fabric Bunnies with Stacey

Apr 7 Crafting with O'Neill's

Apr 14 Egg Dyeing

Apr 21 Dyngus Day celebration-no session

Apr 28 Button Trees with Stacey

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. **Register by the previous Friday, quantities are limited.**

Health Talk with Dr. Alexander Zolli

March 11 at 11:30 a.m. & April 15 at 10:30 a.m.

Dr. Alexander Zolli is the Surgeon-in-Residence at LCCC. March's topic is Debunking the Myths of Cancer and April's is Forgetfulness. **Register by March 10 & April 14 respectively.**

Taco & Trivia Tuesday!

Tuesdays, March 3 & 17, April 1 & 15

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 \$4.**

Wednesday Lunch, 12:00 p.m. \$5

Join us every Wednesday for a hot entrée, dessert and beverage. Menu details can be found on the calendar pages. **Registration required.**

St. Patrick's Day Lunch

March 12, 11:30 a.m. \$5

Our regular Wednesday lunch begins a little early to accommodate our entertainment. The Cleveland Police Pipes & Drums will be in the house to provide some authentic bagpipe music for your lunchtime entertainment. **Register by March 10.**

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!

National Cereal Day

March 7 at 9:30 a.m. \$3

To celebrate National cereal day, we will be having a cereal bar with a variety of cereals and toppings.

Register by March 5.

How Long Does Grief Last?

March 19, 2:15 p.m.

Grief takes on many forms. It is not the same process for everyone and has no timeline. Perhaps you have experienced grief in some way or another. Carleen Broberg, Community Liaison Nivalis Health and Grief Group Facilitator will lead a discussion on the layers of grief after experiencing loss.

Spring Planting Program

March 21, 2:00 p.m.

We are partnering with Parks & Recreation for an intergenerational planting program. Celebrate the arrival of spring with this hands-on event that invites children, adults and seniors to connect through the joy of gardening. Come with a younger person or come on your own! **Register by March 19.**

Try It Tuesday

March 25 & April 22, 12:00 p.m. \$3

This program is a wonderful way to learn about different cultures through sampling through culinary literacy. March's program features traditional Irish foods and in April, we will explore traditional Passover foods. **Register by the previous Friday.**

Diabetes Education Empowerment Program (DEEP)

Presented by Fairhill Partners

Wednesdays, 2:30 p.m.

March 26 - April 30 (six week session)

The Diabetes Empowerment Education Program (DEEP) workshop can help you take control of your Diabetes and reduce the risk of complications. DEEP empowers people with diabetes and pre-diabetes to take charge of their health. With hands-on learning, DEEP is a fun, interactive, small-group workshop. **Register by March 20.**

Chili Cook Off

March 31, 12:00 p.m.

Free to enter, \$5 for tasting

We're shaking up Monday soup day and having a chili cook off. In search of cooks who want to show off their favorite chili recipe. Competitors must bring enough to fill a 6 quart crockpot. Join us to find out the answer to the all important question: Who's chili will reign supreme? **Register for the competition or to be a judge (taster) by March 27.**

Music Bingo

March 5, 2:15 p.m. 1950s

April 22, 1:00 p.m. 1960s

Join Stacey for an hour of lively music bingo that has you revisiting favorites and classics. Songs from various decades are played, sure to spark some fond memories.

Beginning Watercolors Instruction

Mondays at 2:00 p.m. April 7- May 12

\$45 for a six-week session

If you would like to learn to paint with watercolors, this beginner class is for you. Karen Staszko, a professional artist with more than 30 years of experience, will provide all the instruction you need - no experience necessary. Students must provide their own supplies, a list is available at the Senior Center front desk. **Register by April 2.**

Senior Strong

Fridays, 10:30 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.

Dyngus Day Celebration

Monday, April 21, 12:00 p.m. \$5

Back by popular demand, it's our Third Annual Dyngus Day Celebration. Enjoy a meal of homemade pierogis, kielbasa and toe tapping polka music.

Register by Wednesday, April 16.

Nature Hike

Tuesday, April 29, 2:30 p.m.

Spring is in bloom and Stacey's nature hike's are back. Join her at Sandy Ridge Reservation parking lot for a 1.5 mile, flat hike around the wetland. There should be flowers and water fowl to see.

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. Leave a message on our voice mail. Messages are time stamped. Participants will be registered in order of call time.

Playhouse Square Behind the Scenes Tour Tuesday, March 11 9:00 a.m.

With five fully restored historic theaters (opened 1921-22), Playhouse Square is the largest theater restoration project in the world. Join us for a free tour and find out how these gems were saved from the wrecking ball! Tours do involve stairs, wearing comfortable shoes is suggested. Tours can be adjusted for individuals who have difficulty navigating the stairs. We will stop for lunch on the way back. **Registration begins Thursday, February 27 at 1:00 p.m. 13 spaces available on the bus.**

The Sanctuary Museum and lunch at Barroco Grill Wednesday, April 16, 10:00 a.m. - 2:00 p.m. \$17 or drive on your own (\$12)

The Sanctuary Museum preserves Catholic faith and heritage through art and artifacts. Most of the artifacts can be scanned using your smartphone or tablet to see photos and read the history of each parish. Lunch to follow at Barroco, a Latin American restaurant that features homemade arepas, Cuban sandwiches and other Latin specialties. Lunch is not included in the fee. **Registration begins Wednesday, March 19 at 1:00 p.m. 13 spaces available on the bus, 6 drive your own.**

Miss Hickory's Tea Room Tuesday, April 29, 11:00 a.m. \$32

Step back... to a peaceful, more relaxing time. Miss Hickory's Tea Room welcomes its patrons back to the 'turn-of-the-century' where you will be greeted by a Hostesses & Servers who will be dressed in early 1900s attire. You will be able to choose the High Tea Sampler or the Trio, in addition to a beverage of your choice. **Registration begins Wednesday, March 12 at 1:00 p.m. 13 spaces available on the bus. Advance payment required.**

Meet Ups

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

Donaschawben's German Cultural Center Friday, March 21, 4:30 p.m.

7370 Columbia Road Olmsted Falls

Prost! Let's meet up at Donaschawben's German Cultural Center for a Lenten Friday Fish Fry. Meet in the lobby at 4:30 p.m. **Make your reservation with us by March 20 so we know to look for you.**

Brunch at Emilie's Coffee House 457 Avon Belden Road Avon Lake Friday, March 28, 11:00 a.m.

Meet others from the Senior Center at Emilie's Coffee House, a quaint coffee shop located in nearby Avon Lake. You can choose from an assortment of teas, coffees, salads, pastries, or fancy toast. **Call the center by March 27 to sign up, so we can make a reservation for the right number of people.**

The Half-Life of Marie Curie Clague Playhouse Sunday, April 13, 2:00 p.m. \$20

In 1911, Marie Curie won the Nobel Prize in Chemistry for her discovery of the elements radium and polonium. *The Half-Life of Marie Curie* revels in the power of female friendship as it explores the relationship between these two brilliant women, both of whom are mothers, widows, and fearless champions of scientific inquiry.

Clague Playhouse is located at 1371 Clague Road in Westlake. **Registration begins on March 12 at 1:00 p.m. and ends March 26. Advance payment required.**

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

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

Restorative Sound Bath

March 24, 6:00 - 7:30 p.m.

Take a 90-minute relaxation journey with 60 minutes of easy restorative yoga and an extended 30-minute Savasana. The combination of yoga and crystal bowls will lead you into a deep state of peaceful relaxation. Bring a yoga mat, comfortable clothing and/or your favorite blanket and pillow.

Ages: 15 and Up

Class Size: 04 minimum/20 maximum

Fee: \$35 Resident/\$45 Non-Resident

Location: Senior Center 7327 Avon Belden Rd

Sound Bath

March 10 & April 14

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.

Women in History: Fannie Lou Hamer and Mary McLeod Bethune

Sunday, March 23, 3:00 - 4:00 p.m.

Robin Echols Cooper and Jeannine Gaskin from Women in History portray Fannie Lou Hamer and Mary McLeod Bethune, respectively. Fannie Lou Hamer was an African American sharecropper turned civil rights worker and founder of the MS Freedom Democratic Party; Mary McLeod Bethune was an African American educator, founder of Bethune Cookman College, presidential advisor and recipient of Spingarn Medal.

The Mother Road: A Celebration of Route 66

Sunday, March 30, 3:00 - 4:00 p.m.

A musical program by the Victor Samalot Duo paying tribute to epic Americana. Learn the rich history, cultural impact, kitschy cool nostalgia and must do travel tips along the way.

Beach Glass Basics

Sunday, April 6, 3:00 - 4:00 p.m.

Certified beach glass expert Shea Alltmont will share samples, several glass boxes of her own collection and a guide to Lake Erie beaches.

Free Motion Stitching

Monday, April 14, 1:00 - 3:00 p.m.

Learn several stitch patterns on a sewing machine using a free motion foot. It's like doodling on fabric!

Collector Cars

Saturday, April 19, 2:00 to 3:30 p.m.

Discover and admire dozens of America's greatest collector cars, from the 1930s to the 1970s.



March

Monday	Tuesday	Wednesday
<p>3</p> <p>Make It Monday 10:00 a.m. Cardio Drumming 11:00 a.m. Soup Lunch 12:00 p.m. \$2 Near Death Experiences 1:00 p.m.</p>	<p>4</p> <p>AARP Tax Preparation Senior Fitness 9:00 a.m. Chair Yoga 10:00 a.m. Taco & Trivia Tuesday! Taco Lunch 12:00 p.m. \$4 Trivia 12:30 p.m.</p>	<p>5</p> <p>Blood pressure screenings 10:30 a.m. Watercolors 9:30 a.m. Lunch 12:00 p.m. \$5 Bingo, Euchre & Canasta 12:30 p.m. Music Bingo 1950s 2:15 p.m.</p>
<p>10</p> <p>Make It Monday 10:00 a.m. Cardio Drumming 11:00 a.m. Soup Lunch 12:00 p.m. \$2 Chair Volleyball 12:45 p.m. Near Death Experiences 1:00 p.m.</p>	<p>11</p> <p>AARP Tax Preparation Senior Fitness 9:00 a.m. Chair Yoga 10:00 a.m. Field Trip PHS Tour van departs at 9:00 a.m. Dr. Zolli Health Talk: Debunking the Myths of Cancer 11:30 a.m. NR Hatters 2:00 p.m.</p>	<p>12</p> <p>Watercolors 9:30 a.m. St. Patrick's Day Lunch 11:30 a.m. \$5 Bingo, Euchre & Canasta 12:30 p.m.</p>
<p>17</p> <p>Make It Monday 10:00 a.m. Cardio Drumming 11:00 a.m. Soup Lunch 12:00 p.m. \$2 Near Death Experiences 1:00 p.m.</p> 	<p>18</p> <p>AARP Tax Preparation Senior Fitness 9:00 a.m. Taco & Trivia Tuesday! Taco Lunch 12:00 p.m. \$4 Trivia 12:30 p.m.</p>	<p>19</p> <p>Watercolors 9:30 a.m. Lunch 12:00 p.m. Sponsored by O'Neill Health Care Bingo, Euchre & Canasta 12:30 p.m. How Long Does Grief Last? Carleen Broberg, Nivalis Health 2:15 p.m.</p>
<p>24</p> <p>Make It Monday 10:00 a.m. Cardio Drumming 11:00 a.m. Soup Lunch 12:00 p.m. \$2 Chair Volleyball 12:45 p.m.</p>	<p>25</p> <p>AARP Tax Preparation Senior Fitness 9:00 a.m. Try It Tuesday 12:00 p.m. \$3</p>	<p>26</p> <p>Watercolors 9:30 a.m. Lunch 12:00 p.m. \$5 Bingo, Euchre & Canasta 12:30 p.m. Diabetes Empowerment 2:30 p.m.</p>
<p>31</p> <p>Make It Monday 10:00 a.m. Cardio Drumming 11:00 a.m. Chili cook off 12:00 p.m. \$5</p>		

Thursday	Friday
<p>6 Men's Breakfast, 9:00 a.m. \$4 Senior Fitness 9:00 a.m. Fitness for Joint Health 10:00 a.m. Euchre, Pinochle, Dominos & Mahjongg 12:00 p.m.</p>	<p>7 National Cereal Day Cereal Bar 9:30 a.m. \$3 Senior Strong 10:30 a.m. Rotary Club meeting 12:00 p.m.</p>
<p>13 Senior Fitness 9:00 a.m. Fitness for Joint Health 10:00 a.m. Euchre, Pinochle, Dominos & Mahjongg 12:00 p.m.</p>	<p>14 The Breakfast Club 9:30 a.m. \$4 Senior Strong 10:30 a.m. Rotary Club Meeting 12:00 p.m.</p>
<p>20 Senior Fitness 9:00 a.m. Fitness for Joint Health 10:00 a.m. Ladies Brunch 10:30 a.m. \$4 Euchre, Pinochle, Dominos & Mahjongg 12:00 p.m. Dementia Friends Education 6:00 - 7:00 p.m.</p>	<p>21 Senior Strong 10:30 a.m. Rotary Club Meeting 12:00 p.m. Intergenerational Spring Planting 2:00 p.m. Meet Up at Donaschwaban's 4:30 p.m.</p>
<p>27 Senior Fitness 9:00 a.m. Fitness for Joint Health 10:00 a.m. Field Trip Twelfth Night van departs at 9:00 a.m. Euchre, Pinochle, Dominos & Mahjongg 12:00 p.m.</p>	<p>28 Senior Strong 10:30 a.m. Meet Up at Emilie's Coffee House 11:00 a.m.</p>
	<p>Thank you to this month's bingo callers:</p> <p>Megan Gassman, The Northridge Bailey Shee, Foundations Health Stephanie Snakovsky Shannon Laurenzi</p>

Menu

- 3 Beef Lentil Soup
- 4 Taco Plate
- 5 Vegetarian Chili
- 6 Oatmeal w/toppings, fruit and yogurt
- 7 Cereal Bar
- 10 Mulligatawny Soup
- 12 Beef Tips and Pasta
- 14 Pancakes, Sausage and Fruit
- 17 Rueben Soup
- 18 Chicken Fajitas
- 19 Turkey, Mashed Potatoes and Vegetables
- 20 Oatmeal w/ Toppings, Fruit and Yogurt
- 24 Turkey Vegetable Soup
- 26 Ham, Rice and Vegetable
- 31 Chili Cookoff

KEY

Bold = Requires Registration


Blue = Field Trip

Maroon = Fitness

Green = Food

April

Monday	Tuesday	Wednesday
	1 April Fool's Day AARP Tax Preparation Senior Fitness 9:00 a.m. Chair Yoga 10:00 a.m. Taco & Trivia Tuesday! Taco Lunch 12:00 p.m. \$4 Trivia 12:30 p.m.	2 Watercolors 9:30 a.m. Blood pressure screenings 10:30 a.m. Lunch 12:00 p.m. \$5 Bingo, Euchre & Canasta 12:30 p.m. Diabetes Empowerment 2:30 p.m.
	7 Make It Monday 10:00 a.m. Cardio Drumming 11:00 a.m. Soup Lunch 12:00 p.m. \$2 Beginning Watercolors 2:00 p.m.	8 AARP Tax Preparation Senior Fitness 9:00 a.m. Chair Yoga 10:00 a.m. Lunch & Learn 11:30 a.m. NR Hatters 2:00 p.m.
	14 Make It Monday 10:00 a.m. Cardio Drumming 11:00 a.m. Soup Lunch 12:00 p.m. \$2 Chair Volleyball 12:45 p.m. Beginning Watercolors 2:00 p.m.	9 Watercolors 9:30 a.m. Lunch 12:00 p.m. \$5 Bingo, Euchre & Canasta 12 Diabetes Empowerment 2:30 p.m.
	15 Senior Fitness 9:00 a.m. Chair Yoga 10:00 a.m. Dr. Zolli Health Talk: Forgetfulness 10:30 a.m. Taco & Trivia Tuesday! Taco Lunch 12:00 p.m. \$4 Trivia 12:30 p.m.	16 Watercolors 9:30 a.m. Lunch 12:00 p.m. Sponsored by O'Neill Healthcare of NR Field Trip The Sanctuary Museum and lunch, van departs at 10:00 a.m. Bingo, Euchre & Canasta 12:30 p.m. Diabetes Empowerment 2:30 p.m.
	21 Cardio Drumming 11:00 a.m. No soup lunch due to Dyngus Day Dyngus Day Luncheon 12:00 p.m. \$5 Beginning Watercolors 2:00 p.m.	22 Senior Fitness 9:00 a.m. Chair Yoga 10:00 a.m. Try It Tuesday- Passover Foods 12:00 p.m. \$3 Music Bingo 1960s 1:00 p.m.
	28 Make It Monday 10:00 a.m. Cardio Drumming 11:00 a.m. Soup Lunch 12:00 p.m. \$2 Chair Volleyball 12:45 p.m. Beginning Watercolors 2:00 p.m.	23 Dr. Emmert 8:00 a.m. Watercolors 9:30 a.m. Lunch 12:00 p.m. \$5 Bingo, Euchre & Canasta 12:30 p.m. Diabetes Empowerment 2:30 p.m.
	29 Chamber of Commerce Breakfast 8:30 a.m. Senior Fitness 9:00 a.m. Field Trip Miss Hickory's Tea Room van departs at 11:00 a.m. Puzzle Exchange 11:00 a.m. Nature Hike 2:30 p.m.	30 Watercolors 9:30 a.m. Lunch 12:00 p.m. \$5 Bingo, Euchre & Canasta 12:30 p.m. Diabetes Empowerment 2:30 p.m.

Thursday	Friday
<p>3 Senior Fitness 9:00 a.m. Fitness for Joint Health 10:00 a.m. Men's Breakfast, 9:00 a.m. \$4 Euchre, Pinochle, Dominos & Mahjongg 12:00 p.m.</p>	<p>4 Senior Strong 10:30 a.m. Rotary Club meeting 12:00 p.m.</p>
<p>10 Senior Fitness 9:00 a.m. Fitness for Joint Health 10:00 a.m. Euchre, Pinochle, Dominos & Mahjongg 12:00 p.m.</p>	<p>11 The Breakfast Club 9:30 a.m. \$4 Senior Strong 10:30 a.m. WEWS Field Trip, van departs at 10:45 a.m. Rotary Club meeting 12:00 p.m.</p>
<p>17 Senior Fitness 9:00 a.m. Fitness for Joint Health 10:00 a.m. Ladies Brunch 10:30 a.m. \$4 Euchre, Pinochle, Dominos & Mahjongg 12:00 p.m.</p>	<p>18 Center Closed in Observance of Good Friday</p>
<p>24 Senior Fitness 9:00 a.m. Fitness for Joint Health 10:00 a.m. Euchre, Pinochle, Dominos & Mahjongg 12:00 p.m.</p>	<p>25 Senior Strong 10:30 a.m. Rotary Club meeting 12:00 p.m. Chicken Paprikash Dinner 5-7 p.m.</p>
<p>Thank you to this month's bingo callers:</p> <p>Megan Gassman, The Northridge Bailey Shee, Foundations Health Lisa Gerkin, Symphony at Olmsted Falls Laura Petek, NEXT Home Devon Fegan-Herdman, Declutter with Devon</p>	

Menu

- 1 Taco Plate
- 2 Meat and Potato Pie
- 3 Pancakes, Sausage and Fruit
- 7 Bean and Bacon Soup
- 9 Chicken Cacciatore and Pasta
- 11 Oatmeal w/Toppings, Fruit and Yogurt
- 14 Beef Barley Soup
- 15 Taco Chile Verde
- 16 Pork Medallions, Roasted Potatoes and Vegetables
- 17 Pancakes, Sausage and Baked Apples
- 21 Kielbasa and Pierogis
- 23 Salisbury Steak, Mashed Potatoes and Vegetables
- 28 Chicken Vegetable Soup
- 30 Chicken Malibu, Rice and Vegetables

KEY

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

NEWSLETTER SUBSCRIPTION FORM

YEAR 2025

LIFETIME* _____

RENEWAL: YES / NO

DATE _____

Please make checks payable to NR Office for Older Adults

NAME _____

ADDRESS _____

CITY/STATE/ZIP CODE _____

PHONE _____

EMAIL _____

***Lifetime Subscription eliminates having to pay your annual subscription fees each year.**

Annual Cost (per household): \$10.00 Lifetime Subscription: \$ 75.00

Your subscription expires 1 year from the date of your payment.

FOR BUSINESS USE ONLY

Received Date _____ CASH _____ CHECK # _____ STAFF INITIALS _____

Office for Older Adults
North Ridgeville Senior Center
7327 Avon Belden Road
North Ridgeville, OH 44039
Phone: (440) 490-2056



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

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

To Our Friends at:

Address Service Requested