



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

OFFICE HOURS

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

Front Desk & Reservation Line
(440) 353-0828

City Offices Closed May 29th in
observance of Memorial Day

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Peaceful & Proud Veterans Pinning Ceremony **May 26th at 11:30 a.m.**

Area veterans and their families are invited to a free luncheon and public Veterans Recognition Ceremony hosted in collaboration with the Senior Center and Hospice of the Western Reserve (HWR) on May 26th. The luncheon will be held at the Senior Center, 7327 Avon Belden Road. Doors will open at 11 a.m. with the luncheon and program beginning at 11:30 a.m. Register through the Senior Center by calling (440) 353-0828 by May 12th. If Veterans would like to be presented with a special certificate, they should include their rank, branch and years of service at the time of registration. Each Veteran, with permission, will be individually recognized and thanked for his or her service to the country and presented with a commemorative lapel pin issued by the Ohio Hospice Veterans Partnership.

Carnival! **June 29th 11 - 1:30 p.m.**



Based on last year's success, we have brought back our summer carnival. We will have a number of community partners with favorite carnival games to play for chances to win a variety of prizes. Fun fair foods will also be available. Cost is only \$5 and includes all your game play, food and unlimited chances for prizes.

NEW Event - The Breakfast Club **May 12th & June 23rd at 9:30 a.m.**

Once a month we will hold an open breakfast gathering for anyone who wants to meet, eat and socialize with friends old and new. May 12th and June 23rd at 9:30 a.m. Cost is \$4. We look forward to seeing you there!



Message from the Director

Welcome spring! You will notice the new look of our newsletter. This redesign fits the city's branding that was finalized last year and allows us to streamline content.

In addition, our physical space underwent a refresh thanks to George & Joyce Smith who volunteered 3 days of their time to paint the all-purpose room. This gives our interior a much-needed refresh and updated look. If you see George or Joyce at the center or around town, please thank them for their time. We were also able to add a permanent monitor to enhance visual presentations and advertise upcoming programs and events.

Our Activities Coordinator Stacey has had a very busy first two months, planning new programs and finding fun fields trips and outings. Look for enhanced creative arts & crafts activities, outdoor nature walks and new fitness class offerings, including bringing back line dancing and introducing chair volleyball and cardio drumming, which are growing in popularity amongst the older adult population. Outdoor walking is back as well, 9:00 a.m. on Tuesdays, May-October.

May is a very exciting month with several field trips and the volunteer luncheon on May 23rd. I cannot express enough the immeasurable value of our volunteers. From the individuals who are at the front desk fielding phone calls, taking reservations and providing much needed support, to Meals-On-Wheels drivers, spaghetti dinner volunteers and more. Our staff is looking forward to honoring and acknowledging these individuals who play a critical role in making the office run smoothly. On Friday May 26th, in conjunction with our community partner Hospice of the Western Reserve, the Senior Center will be hosting a Veterans Recognition Ceremony. It is humbling to honor area veterans with this very special ceremony. In June we are bringing back the ever-popular carnival, even bigger and better this year to include a number of community partners committed to making this event one to remember.

If you have been with us for some time, I hope you are finding our expanded programs and events to your liking and if you are new to us, I welcome you to our center and hope that you will find offerings that make your time with us enjoyable.

While the center receives some funding from the city, programs and events are self-funded ventures. To this end we have been working to expand partnerships to help cover essential costs, but also rely on donations to augment program fees and fundraising. Thank you to those who have donated in the first quarter of 2023. A full list of donors appears on the back cover of this newsletter.

Happy spring and I look forward to seeing you at one of our many events and programs.

Emily

Office for Older Adults Staff

Emily Lockshine, Director
Stacey Allen, Activities Coordinator
Clancy McCool, Chef
Steve Makowski, Driver

Kitty Wawzkiewicz, Case Manager
Tess Dietrich, Meals-On-Wheel & Volunteer
Coordinator

7327 Avon Belden Road, North Ridgeville, OH 44039 ■ (440) 353-0828 ■ www.nridgeville.org

Mayor's Message



Now that spring is here so are capital improvement projects! Many of our projects are weather dependent so the majority of the work is done in the spring/summer months. Below are just a few that are underway or starting soon:

- Center Ridge Road Urban Paving Project. The Ohio Department of Transportation contracted Karvo Companies to resurface Center Ridge Road from the Elyria corporation limit to Westlake corporation limit, with the exception of the 2.1 mile section of roadway that was recently widened. Two-way traffic will be maintained throughout the project. The anticipated completion date is the end of July.
- Barres Road realignment project to bring it in line with Ravenna Drive at Stoney Ridge Road. Additional improvements include the widening of Stoney Ridge, new asphalt pavement with curbs, storm sewers, utility relocations and new pavement markings. This work will require the closing of Barres Road at Stoney Ridge Road for approximately three weeks. The anticipated completion date is the end of May.
- Race Road – Ohio Turnpike bridge replacement. The Ohio Turnpike Commission will be replacing the bridge on Race Road. They will begin sometime in May and this will require a complete road closure for approximately 120 days.

For the latest updates on these projects and more, visit the city's website at nridgeville.org.

With summer around the corner, please take advantage of our Parks & Recreation Department programming. Back by popular demand are the summer concerts at South Central Park Gazebo. Enjoy the sounds of The Michael Weber Show on Sunday, June 11 from 6-8 PM; The Liverpool Lads on Sunday, June 25 from 6-8 PM; Disco Inferno on Sunday, July 2 from 5-8 PM; and, Funkology on Sunday, August 6 from 6-8 PM. The concerts are free and appropriate for all ages. What better way to spend time with the family! Come early and enjoy a picnic in the park, spend time at the Splash Pad, enjoy the playground, walk the trail and try out the fitness equipment. And, don't forget to bring your fishing rod to catch a fish or two – no fishing license is required.

Another event of interest is the annual Discover the Ridge sponsored by the North Ridgeville Visitors Bureau on Saturday, May 20. This is a family-friendly open house event throughout the city. Start out at the Discover the Ridge kick-off celebration at Lorain County Community College Ridge Campus, 32121 Lorain Road, at 10 AM where you will find Hometown Vendors, LLC with 50 local crafters. Then, visit the 28 participating businesses and locations listed in the brochure. Brochures are available at City Hall or on the city's website at nridgeville.org highlighting the events for the day.

You are cordially invited to attend my monthly coffee and conversation at City Hall to learn more about projects and get your questions answered. The dates for May and June are Tuesday, May 2 and Monday, June 12 from 8:30-9:30 AM in Council Chambers. I hope to see you there!

If you have any questions or concerns, please call my office at (440) 353-0811.

Sincerely,
Mayor Kevin Corcoran

7307 Avon Belden Road, North Ridgeville, OH 44039 ■ (440) 353-0811 ■ www.nridgeville.org

Senior Services

Contact **Kitty Wawzkiewicz,**
Case Manager for
North Ridgeville (440) 353-0857

Lockboxes

A Lockbox saves damage to your property and saves time for our 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 provided for seniors 60 and older. These services provide linkage to social service agencies, home healthcare, supportive 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.

Transportation

Limited transportation services are available for individuals 60 and older, who are medically unable to drive. Transportation is provided for routine medical appointments, grocery shopping, banking, human service appointments, pharmacy pick-ups and socialization at the Senior Center.

Blood Pressure Checks

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 May 3 and June 7.**

Senior Supper Club

Seniors can eat at St. John Medical Center's Terrace View Café for a discounted price. Anyone over the age of 60 can 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, any purchases after that are full price.

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 is a Podiatrist at Total Care and will return to the NR Senior Center on **July 5th** at 8:00 a.m. As always, appointments are first come first served by the sign-in sheet at the front desk. **If it 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.**

Meals-on-Wheels – Can We Help?

The North Ridgeville Office for Older Adults offers Meals-on-Wheels to seniors 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 noon and contains an entrée and fruit or 100% juice. Meals are delivered in microwavable containers and 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.

Individuals 60 and older who live in North Ridgeville are eligible. As we are unable to adhere to special diets, a doctor's authorization is required before being added to the program. Our case manager will conduct a home visit prior to signing a client up to receive Meals-on-Wheels.

Fitness

**For information or to register
(440) 353-0828**

Cardio Dance

Tuesdays, 9:00-10:00 a.m.

\$36 for 6 weeks

Cardio Dance offers a great workout to the hits of today and yesterday and is adaptable to a variety of fitness levels.

Spring Session II May 16-June 20

Summer Session I June 27-Aug 8 (no class July 4)

Chair Yoga with Kip Cronk

Tuesdays, 10:00-11:00 a.m.

\$36 for 6 weeks

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

Summer Session 1 June 13-July 25

Tai Chi for Balance and Arthritis with Michael W. Stadul

Thursdays, 9:30 – 11:00 a.m.

\$48 for 6 weeks

This program is designed to reduce your likelihood of falling, stop the fear of falling cycle, and improve your activity levels and health in a short period of time. It has also been shown to improve arthritis-related symptoms such as pain and stiffness, and is recognized and recommended by the **Arthritis Foundation**. This program combines techniques from **Chinese Qigong** and **Tia Chi** movements that focus on strengthening muscles of the ankles, knees, hips and legs.

Summer Session I: June 1-July 6

Summer Session II: July 20-August 31 (no class 8/17)

Walking Warriors

May – October Tuesdays at 9:00 a.m.

Meet in the parking lot. We will walk the path across the street at South Central Park. It is a 0.75 mile loop. You can join us for 1, 2 or 3 laps.

*****NEW*****

Cardio Drumming

Mondays at 10:30 a.m.

\$2 drop in fee

Safetyville Building

Cardio Drumming is quickly growing in popularity and we are excited to offer this class. 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. Reserve your space the Friday before class.



*****NEW*****

Chair Volleyball

First & Third Monday at 1:00 p.m.

Begins May 15th

Join us for a spirited game of volleyball. We will divide into teams and let the fun begin. Games will be held outdoors when the weather permits. No prior experience necessary!

Line Dancing Returns to NRSC

Line Dancing with Mary Harwood

Wednesdays from 10:00-11:00 a.m. at Safetyville,
\$6 at the door.

Get your heart pumping and your feet moving. This guided dance session is for beginner and intermediate dancers.

Bring dancing shoes and a water bottle.

Nature Walks

Monday, May 22nd 2:00 – 4:00 p.m.

Sandy Ridge Reservation of Lorain County Metro Parks

Join Stacey for a walk through Sandy Ridge Reservations wetlands. This is a **up to** a 2-mile-long walk. You can do as much or as little with us as you would like. The surface is compacted, crushed limestone. This is a free program.

Friday, June 23rd 2:00-4:00 p.m.

Miller Nature Preserve and Butterfly House

Join Stacey for a walk through Miller Nature Preserve. The trail is about 1 mile long, but you don't have to do the entire trail. The surface is compacted, crushed limestone. We will also visit the Butterfly House. This is a free program, unless you want to visit the Conservatory (\$2 day pass/\$10 annual) or to join the Butterfly Buddy Program (\$10 annually).

Activities

**For information or to register
(440) 353-0828**

Men's Breakfast & Speaker 1st Thursday, 9:00 a.m. \$4

If you are 55 or older, join us for a hot entrée, coffee, fruit cup and juice for just \$4.00. It's a fun-filled morning of good food, fellowship and a wonderful speaker or entertainment.

May 4th 9:00 a.m.

**Randy White, Ohio Department of Natural Resources
Wildlife Officer**

**June 1st, 9:00 a.m.
Mayor Kevin Corcoran**

Ladies' Brunch & Speaker 3rd Thursday, 10:30 a.m. \$4

If you are 55 or older, join us for a hot entrée, coffee, fruit cup and juice for just \$4.00. It's a fun-filled morning of good food, fellowship and a wonderful speaker or entertainment.

May 18th 10:30 a.m.

Clague & Company Presents The Mouse and the Raven

Three society ladies hear that obituaries of important people are usually written while they are still alive. They storm into the local newspaper office to read what has been written about them. They don't like what has been said, with both touching and hilarious results. 30 min performance.

June 15th, 10:30 a.m.

A Tour of Cleveland Restaurants in 30 Minutes – More or Less. Take a trip down memory lane with Bette Lou Higgins of Eden Valley Enterprises as she talks about the famous restaurants of yesteryear. Our menu will feature a favorite recipe or two from a famous Cleveland restaurant of yester year.

Taco & Trivia Tuesday! 1st & 3rd Tuesdays, noon – 2 p.m.

Join us for a taco-inspired lunch followed by trivia covering a wide range of topics. Come as a team or join new friends to a make team. **Registration Required for lunch - \$4**

Freestyle (Watercolors) Art Group Wednesdays, 9:30 a.m. – noon

Our art enthusiasts gather for a morning of painting and conversation. There is no formal instruction, but all attendees assist each other with projects when needed. Call to let us know you are coming & bring your paints!

Puzzle Exchange Last Tuesday of the month, 11 a.m. – 1 p.m.

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 to browse the selection. Upcoming dates: **May 30th & June 27th**

Wednesday Lunch, noon \$5

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

Watercolors, Wednesdays at 9:30 a.m.

Our art enthusiasts gather for a morning of painting and conversation. There is no formal instruction, but all attendees assist each other with projects when needed. If interested, call to tell us you are coming & bring your paints!

Mahjongg Thursdays at noon

This group always welcomes new members. If you can play, feel free to join! If you have never played, instruction is offered. A player's card is required for a small fee.

GAME DAYS

Euchre & Canasta Wednesdays, 12:30 - 4 p.m. or Euchre, Pinochle & Dominos Thursdays, noon – 4 p.m.

Both skilled and new players are welcome to join in the fun.

*****NEW*****

Soups-On Mondays! Mondays, 12:15 p.m. \$2

Come in for a light lunch of one of Clancy's homemade soups and bread. RSVP by the previous Friday.

Paint & Sip with Karen Staszko May 8th, 1:00 p.m. \$15

Join Karen for another popular paint & sip class. Come early for our soup lunch at 12:15 p.m. for just \$2.

Registration begins May 1st at 9 a.m.

**Lunch & Learn: Aging In Place
O'Dell Construction May 9th at 11:30 a.m.**

If you could stay in your home long-term, would you? In this presentation you will learn how making alterations to your home now can prevent injuries, make your life easier and allow you to maintain your independence in the house and community you have grown to love. **Registration begins May 1st at 9 a.m.**

**North Ridgeville Hatters
May 9th & June 13th, 2 p.m.**

This social group for ladies meets once a month at the Senior Center for fun and fellowship. If you are interested in becoming a Red Hatter, contact Johanna at (440) 748-9777.

**Crafting: Plant Markers
May 15th 10:00 a.m. - noon**

Join Stacey to make plant markers either for your house plants or for your gardens. It's time to start getting those seeds and small plants in the ground, so before you forget where you planted which seeds, you'll need custom markers. We will have a couple of different styles to make. We will have all the supplies, just bring your creativity. Pre-registration required, RSVP by May 12th.

**Crafting: Red, White & Blue
Monday, May 22nd 10 a.m. -noon**

Join Stacey to make red, white & blue decorations for Memorial Day. We will keep some here for the Center and you can take some home. Bring 3 glass jars to make a centerpiece for your summer gatherings.

**Peaceful & Proud Veterans Pinning
Ceremony
Friday, May 26th 11 a.m.**

Staff from the Hospice of Western Reserve will present their Peaceful & Proud program. This will immediately be followed by a Veterans' Pinning Ceremony. After the ceremony lunch will be served. RSVP by 5/12.

**Talk w/ a Treat: Home Instead Home Care
Tuesday, June 27th 1:30 p.m.**

Marny Fannin from Home Instead will talk about what to look for when you are researching your home health care options. Pre-registration required. **Registration begins June 1st at 9:00 a.m.**

Stacey's Small Talk

May and June is the time of year to put your hummingbird feeders out. These can be put in your yard, a balcony or hung from the overhang over your window. Feeders can be purchased for a modest amount locally or online. Fill them with 1 part sugar to 4 parts water. There is NO need to add any red food coloring or buy pre-made food for your feeders. You also don't need to fill the feeder up completely. You can not only expect Hummingbirds, but you may see Rose-breasted Grosbeaks and Baltimore Orioles. These birds also appreciate a scoop of grape jelly or an orange slice. As the weather warms up, be sure to replace your sugar mixture every few days, we don't need any birds flying around under the influence. Extra mix can be stored in the fridge until you need it.



Tess's Spotlight

As the Volunteer and Meals on Wheels Coordinator I feel like I have met most of you, but decided we should spotlight one of you each newsletter. This issue's spotlight is on **Front Desk Volunteer Chris Taucher**. She has been volunteering at the front desk for about a year and a half. Meeting all of you is her favorite part of working here. When she is not at the front desk she enjoys traveling with friends and family and competitive target shooting. Hawaii and Australia are on her dream travel list. She said she would be most excited to see the wildlife and to experience the different cultures of Australia. Next time you call in or stop by the front desk be sure to say hello to our amazing front desk squad!

**Walking With Sole returns to
South Central Park**



Stay active and social this summer at Walking With Sole, a free community social walking hour. Walking With Sole begins Thursday, June 8 and takes place every Thursday through Aug. 24 at South Central Park, 7565 Avon Belden Road from 6 p.m. to 7 p.m. Meet at pavilion one, the pavilion closest to the bathrooms. Every other week, local health professionals and community leaders will speak at the beginning of the event. In case of inclement weather, walks will be canceled for the evening - check Heart & Sole's Facebook page for cancellations.

Outings

**For information or to register
(440) 353-0828**

Kingswood Garden

Friday, May 19th 9a.m.-3p.m.

\$15

We will have a self-guided tour of the gardens and the historic mansion of Kingswood Garden in Mansfield. The gardens should be transitioning from tulips to peonies and roses. There is a café on the grounds for lunch. All of the grounds are accessible, the mansion does have some stairs. **Registration begins May 3 at 9 a.m.**



Rocky River Senior Center Players & Lunch Thursday, May 25th 11:15 a.m.

Join us for a comedy and musical review, **Standing Ovation** by Tom Northam performed by the Rocky River Senior Center Players. Before the performance we will have lunch at the Rocky River Brewing Company. Bring money for lunch. RSVP by May 24th.

Crushers Game

Wednesday, May 31st 12:15- approx. 4:30pm
\$10 Transportation and Game
\$8 Game (meet us there)

Let us take you out to the Ball Game!! Join us for an afternoon at the ball park. There will be a ball game themed lunch at 11:30 a.m. then we will leave for the game. The concession stands will be open, if you need a ball park treat! We have a limited number of tickets. **Registration begins May 8th at 9 a.m.**

Salon Morning

Wednesday, May 24th 8:30-11:00 a.m.
\$2 transportation fee

Need a morning of pampering? Join us for a shampoo set, manicure or pedicure. The cosmetology students at Polaris are getting ready to graduate and they need our help to fulfill some of their community service hours.

The services on this day are free, but tips would be appreciated to fund a pizza party for the students. Choose your 1st & 2nd choice of service when you register. **Registration begins May 9th at 9:00a.m.**

Cleveland Museum of Natural History & Wildlife Center

Friday, June 16th 10:00 a.m. – 3:00 p.m.

\$10 admission & transportation

Join Stacey for a behind the scenes tour of the Wildlife Center at the Cleveland Museum of Natural History. Their live animal curator will spend time with us, introducing us to the otters, the wolves, bobcats, birds of prey and other animals that are housed at the center. There will be time to explore some of the museum. CMNH is being renovated, so there will be limited access to the rest of the museum. We will have lunch in the café and be able to visit their gift shop. **Registration will begin May 22nd at 9:00 a.m.**

Items Needed:

Your unwanted jewelry

Are you cleaning out drawers and closets? Do you have unwanted fashion (or even fine) jewelry that can be donated to the senior center? We are collecting for a jewelry extravaganza fundraiser to be held later this year. It will be a lot of fun, but we need donations in order to make this fundraiser a success. Bring your donation to the center at any time. If you have questions, ask Emily or Stacey.

Wine Corks

We are in need of **wine corks** for a future project. We will be using them to make crafts in the fall. You can bring in your corks for us, or save them and bring them in when you join us for the project.

Old Neckties

Our chair yoga class needs old neckties. You can drop them off at the Center at any time. We need 50!

For Your Health & Education

LIFE A Dementia Friendly Foundation

Did you know you can access Ohio's first registered Memory Café right here in North Ridgeville?

Memory Café's occur weekly on Thursdays from 10:00 a.m. -2:00 p.m. at Fields United Methodist Church. The cafés provide opportunity for intergenerational interaction, music, social engagement, crafts, caregiver support and gentle, safe exercise led by professionals and volunteers. When you are part of LIFE, you are never alone. Visit <https://dflife.org/memory-cafes> for more information and a registration form.



Faith-Based Community Nursing FREE Health Screenings

Sunday, May 7th, 2023

9:30-11:15 a.m.

Fields United Methodist Church

34077 Lorain Road

Screenings for heart disease, coronary artery disease, uncontrolled diabetes, thyroid disease, prostate cancer (men 40+) and blood pressure. Call (440) 327- 8753 for more information.

Living in the Digital World Senior Expo

Empowering Seniors with Digital Literacy

May 18th 9 a.m.- 1 p.m.

Don Umerly Civic Center

21016 Hillard Blvd.

Call (440) 787-2020 or visit

EmpowerSeniors.org for more information.

Memory Loss Empowerment Group

The Ganzhorn Suites

May 9th, June 13th 6 p.m. to 7 p.m.

This support group provides resources, support and encouragement for caregivers in addition to tips, techniques and approaches to caregiving for a loved one with memory loss. 33350 Health Campus Blvd. Avon, OH 44011. RSVP to Tiffany Fields (440) 616-2005 or CRD.avon@ganzhorn.com.

Virtual and In-Person Dementia Support Group

Arden Courts of Westlake

May 18th and June 15th 3 p.m.

28400 Center Ridge Road

This informational support group will help you learn more about the disease as well as understand the emotional changes that occur in diagnosed individuals. Contact (440) 808-9275 to register.

Tulip Time Parkinson's Support Group

The AbbeWood

May 17th and June 21st 2 p.m.

1210 S. Abbe Rd, Elyria

Contact Karen McCarthy

(440) 366.8980 or

karen_mccarthy@lcca.com to register.

North Ridgeville Parks & Recreation

To register

www.nridgeville.org/parksandrec

Sound Bath with Becky Hopp

Mondays, May 8th-Aug. 14th, 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. Are you ready to let go of stress & worry? Be prepared to leave the session feeling refreshed, radiant, and glowing from the inside out. Come be bathed in the healing vibrations of sound, all from the comfort of your own yoga mat.

Ages: 15 and up Location: NR Senior Center-Back Room

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

Tai Chi Balance with Mary Cordray

Good balance is essential for our daily life activity, and Tai chi can help improve your balance and 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. No previous Tai chi experience is needed.

Ages: 15 and up Location: Safetyville Building

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

Session I – Tuesdays, May 2nd – June 6th noon – 1 p.m.

Session II – Tuesday, June 13th – July 25th (no 7/4) noon – 1 p.m.

Mindful Yoga with Kip Cronk

Thursday, June 22nd 6 – 7:30 p.m.

Join us for a 90 minute yoga experience that combines gentle and restorative styles. This event may help with strength, balance, range of motion and relaxation. Poses will include those on our backs, stomachs, hands & knees, and standing. Modifications may be made. No prior yoga experience is necessary and everyone is invited. If you have never tried yoga this is a perfect first class. Please dress comfortably and bring a yoga mat, blanket and pillow.

Ages: 15 and up Location: Safetyville Building

Pre-Registration Fee: \$10 Resident / \$15 Non-Resident

Adult Group Golf Lessons

This instructional course will focus on the golfer who seeks to find more enjoyment and more success with his/her golf game, our course will cover the key fundamentals needed to build a strong foundation to enjoy golf more. During the 6-week course, we will break it down into 3 simple segments. Segment 1 (weeks 1-2) will cover all essential fundamentals and beginner knowledge. Segment 2 (weeks 3-4) will cover hitting the driver longer and straighter and hitting better iron shots. Segment 3 (weeks 5-6) will have a focus on the short game, and how to chip the ball closer, more often!
Instructor: Scott Siler, PGA Golf Coach

Ages: 15 and Up

Fee: 200 Resident / 210 Non-Resident

Location: SportsVille 37500 Center Ridge Road

May 6th-June 17th 10:30-11:30 a.m. No class 05/13

Lorain County Beautiful Day

A great opportunity to play an active role in improving our community and parks. Residents are encouraged to clean-up, fix-up, paint and spruce-up our community. Interested organizations and individuals should contact Kevin Fougrouse at (440) 353-0825 or via email at kfougrouse@nridgeville.org.

Standard-Beginner Dog Training Courses

Did you just bring home a new dog from the local shelter? Decided, "I'd like to communicate with my dog better."? Or simply looking for something new and fun to experience with your furry friend? Then this is the class for you! Over these 6 weeks you and your dog (7 months and UP) will learn the basics of obedience/manners, covering such behaviors as sit, down, stay, recall (come when called) and more! Not only will we make sure to cover the basics of obedience but also work on common behavior problems such as - counter surfing (stealing things off the counter) - dumpster diving (digging into and consequently spilling the trash everywhere) - jumping on guests to greet them - and more! Pet owners must produce proof of vaccination at 1st class.

Instructor: Lindsey Norton, Hype Dog Training

Ages: 18 and up

Class Size: 04 minimum / 10 maximum

Fee: 130 Resident / 140 Non-Resident

Location: Senior Center 7327 Avon Belden Rd.

Session I May 2nd -June 6th 7:00-8:00 p.m.

Session II June 13th-July 25th 7:00-8:00 p.m.

Session III August 1-September 5 7:00-8:00 p.m.

North Ridgeville Library Programs

**For information or to register
(440) 327-8326**

Please note preregistration is required for all programs. Visit www.lorainpubliclibrary.com/programs for the most current information.

There have been many changes behind the scenes as the North Ridgeville Branch Library prepares for upcoming renovations later this year. The library will not be increasing its square footage; instead, we're working on rearranging our collection to reimagine existing spaces more efficiently. We're excited to announce that we'll add a Create Space featuring craft and technology equipment. Renovations will also enable the North Ridgeville Branch to offer more meeting room space for large groups and private study, and a designated teen space.

LPLS Geek Squad

May 1 or June 5, 15; 1 to 3 p.m.

Call us at (440) 327-8326 to book a 45-minute one-on-one appointment for tech help with your Kindle, iPad, tablet, email and more.

Should I Stay or Should I Go?

Wednesday, May 3; 6:30 to 7:30 p.m.

Join a representative from Senior Care Authority for an in-depth discussion on senior living and care options and ways to pay for them. Preregistration required.

Friends of the North Ridgeville Branch Library, Inc. Book Sale

May 11th – 13th and May 14 (Bag Sale Day)

The book sale is open to the public and is sponsored by the Friends of the North Ridgeville Branch Library, Inc.

The Basics of Tea

Wednesday, June 7; 2 to 3 p.m.

Sample and learn about the different types and health benefits of drinking tea. Preregistration required.

Senior Reading Buddies Volunteering

Mondays, June 19, 26; July 10, 17, 24; 1 to 2 p.m.

We're looking for volunteers age 50 and older to participate in a 60-minute program combining shared reading, a craft and bingo. Each senior will be paired with one or two school-age students to assist them in practicing their reading skills. In partnership with the Senior Center and Parks and Recreation Department. Preregistration required.

Writers Group

Saturdays, June 10; July 8; Aug. 5; 2 to 3:30 p.m.

Join us in this pressure-free and friendly writing group. Engage in writing exercises and peer critiques, as well as support for whatever project you are working on. Preregistration required.

Explore Ohio State Parks

Monday, June 12; 6:30 to 7:30 p.m.

Learn the ins and outs of Ohio State Parks and how you can utilize them to stay active all summer long. Camping, hiking, boating, fishing, bird watching and playing disc golf are only a few of the many outdoor activities Ohio State Parks offers. Preregistration required.

Travel Journal for Adults

Thursday, June 15; 1 to 2:30 p.m.

Choose from three different Japanese book binding techniques to create the perfect journal for your summer adventures. Preregistration required.



Spring Word Search

C H I C K E J U N E G R W O W
H P U D D L E M A P R I L H S
I B L O H B U N N Y E B O M E
B A S E B A L L T T E U M A E
S U M A M A T C H A N T F R D
H O T S P R I C I N G T L C S
N E S T T A P I H E A F O H O
E G S G E T R A I N B O W L R
E G S S Y R E W S O L Y E E A
A S E H B U F N N S O L R S I
E G R O W O F L L Y O Y S S N
A N U W E F M A Y Y M V R O C
S A N E R A N B O W S H E S O
U M B R E L L A E A S T E R A
T H A S P R I N G P U D D E T



APRIL
BASEBALL
BLOOM
BUNNY
BUTTERFLY
CHICK
EASTER
EGGS

FLOWERS
GREEN
GROW
HATCH
JUNE
MARCH
MAY
NEST

PASSOVER
PUDDLE
RAINBOW
RAINCOAT
SEEDS
SHOWERS
SPRING
UMBRELLA



Summer

word scramble

NHSSNIUE _____

LOPO _____

MIWSGNIM _____

CEI RAMEC _____

ATLOMERNEW _____

TECDASLNSA _____

ONAVCATI _____

ELASUSGNSS _____

BLUAMLER _____

INCICP _____

PLCSIEPO _____

TIKE _____

IPFL LPSOF _____

HCEAB _____

UBERCABE _____

NIRADEGNG _____

ERCNSUSNE _____

GISFINH _____

ALMEONDE _____

VATELR _____

YAILMF _____

WORD BANK:



BARBECUE
BEACH
FAMILY
FISHING
FLIP FLOPS
GARDENING
ICE CREAM

KITE
LEMONADE
PICNIC
POOL
POPSICLE
SANDCASTLE
SUNGLASSES

SUNSCREEN
SUNSHINE
SWIMMING
TRAVEL
UMBRELLA
VACATION
WATERMELON





Around the City



North Ridgeville Community Garden Now Accepting Registrations

Spring is in the air and it's that time of year to start thinking about the 2023 gardening season. The North Ridgeville Community Garden is now taking registration forms for plots.

The garden is located along Chestnut Ridge Road across from Alternate State Route 83 at the roundabout. This is the 13th season for the project, a partnership with the City of North Ridgeville. The two-acre garden has 94 plots, each measuring 20 feet by 15 feet. The plot fee is \$20. North Ridgeville Community Care also has an area measuring 75 feet by 125 feet at the west end of the garden. The fertile soil is plowed by a local farmer in the spring. Then the plots are measured and marked off by volunteer gardeners. The plots are usually ready for planting by Memorial Day as long as Mother Nature cooperates. Free water is supplied to the plots via an extensive system of hoses connected to a main water source. A large tiller and a variety of garden tools are available to maintain the plots. Each gardener plants and cares for their own plot. Extra produce is donated to the North Ridgeville Community Care.

Registration form (available at nridgeville.org) with a check payable to North Ridgeville Community Garden can be dropped off at: Mayor's Office at City Hall, 7307 Avon Belden Road, North Ridgeville, OH 44039. The deadline to submit is **May 12, 2023**.

For additional information contact Gardener Bob at (440) 864-2939.

The North Ridgeville Community Garden is a non-profit organization.

Discover the Ridge, May 20, 2023

The North Ridgeville Visitors Bureau will be hosting the annual Discover the Ridge on Saturday, May 20, 2023. This is a family-friendly open house event throughout the city. Free admission.

Start out at the Discover the Ridge kick-off celebration at Lorain County Community College Ridge Campus, 32121 Lorain Road, at 10 AM that includes Hometown Vendors, LLC with 50 crafters, Chamber of Commerce and Visitors Bureau booths, and Drummer Boy will be selling southern BBQ. Visit all 28 participating businesses/locations highlighted in the brochure listed below.

If you have any questions, please contact the North Ridgeville Visitors Bureau at (440) 327-3737.



Memorial Day Parade & Service, May 29, 2023

The 2023 Memorial Day Parade and Memorial Service will take place on Monday, May 29, 2023. The parade will begin at 9:45 AM at the Senior Center and travel down Bainbridge Road and conclude at the Ranger Stadium with the Memorial Service in association with the North Ridgeville Lions Club and VFW Post 9871. For more information, contact the Lions Club Parade Director Dennis Boose at (440) 327-8528.

Citywide Garage Sale Days, June 7-10th, 2023

Citywide Garage Sale Days sponsored by North Ridgeville Chamber of Commerce/Visitors Bureau. Drive thru registration will be held on June 1 and June 2 from 9 a.m.-3 p.m. at North Ridgeville Community Care (behind Arby's). For more information visit the Chamber's website at www.nrchamber.com or call (440) 327-3737.



Coffee & Conversation with Mayor Corcoran June 12th, 2023

Attend these informal meetings to get updates on what is happening in the city straight from the mayor himself. 8:30 a.m. at City Hall in Council Chambers. It's a great way to get your questions answered or to learn more about current and upcoming projects.

North Ridgeville Ready

The Ridgeville Ready process will result in a new master plan. A master plan is a long-term guide that expresses the values and aspirations of a community. It is the broadest public policy document a community can create for its future physical development considering the input of residents, businesses and other stakeholders. The plan is a tool to prepare for change and acts as both a business plan and guidebook for decision-makers. The plan is not a legally binding document, but it can serve as a foundation for budgeting decisions, zoning ordinances, land development regulations and more. The city held several Ready To Listen community feedback sessions earlier this year as part of the planning process. You can stay updated on the progress of the plan by visiting, ridgevilleready.com. For more information about Ridgeville Ready, contact **Kim Lieber**, Director of Planning & Economic Development, klieber@nridgeville.org.



May 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Crafting: 10:00 a.m. Cardio Drumming 10:30 a.m. Safetyville Building \$2 Soup lunch at noon- open to all \$2, RSVP by Friday 4/28	2 Election Day- CENTER CLOSED Walking Warriors 9:00 a.m. Meet at the center Cardio Dance 9:00 a.m. Safetyville Building	3 Watercolors, 9:30 a.m. Blood Pressure Checks, 10:30-11:45 a.m. Line Dancing 10:00 a.m. Safetyville Building Lunch, 12:00 p.m. BBQ Chicken, corn potato salad \$5 Bingo, Euchre & Canasta 12:30 p.m.	4 Men's Breakfast 9:00 a.m. Corned Beef hash, eggs & biscuit \$4 Cards/Mahjonng at noon	5
8 Crafting: 10:00 a.m. Cardio Drumming 10:30 a.m. Safetyville Building \$2 Soup lunch 12:15 p.m. - open to all \$2 Paint & Sip, 1 p.m. \$15	9 Walking Warriors 9:00 a.m. Meet at the center Cardio Dance 9:00 a.m. Safetyville Building Chair Yoga 10:00 a.m. Lunch & Learn: 11:30 a.m. NR Hatters 2:00 p.m.	10 Watercolors, 9:30 a.m. Line Dancing 10:00 a.m. Safetyville Building Lunch, 12:00 p.m. Pot roast, roll \$5 Bingo, Euchre & Canasta 12:30 p.m.	11 Cards/Mahjonng at noon	12 The Breakfast Club 9:30 a.m. Eggs, bacon, home fries & fruit \$4. RSVP by 5.11
15 Crafting: Plant Markers 10:00 a.m. Cardio Drumming 10:30 a.m. Safetyville Building \$2 Soup lunch at 12:15- open to all \$2 Chair Volleyball 1:00 p.m. FREE	16 Walking Warriors 9:00 a.m. Meet at the center Cardio Dance 9:00 a.m. Safetyville Building Chair Yoga 10:00 a.m. Taco & Trivia Tuesday, taco salad lunch at noon \$4, trivia at 12:30 p.m.	17 Watercolors, 9:30 a.m. Line Dancing 10:00 a.m. Safetyville Building Lunch, 12:00 p.m. BLT on wheat, pasta salad sponsored by O'Neill Healthcare Bingo, Euchre & Canasta 12:30 p.m.	18 Ladies Brunch 10:30 a.m. Quiche & fruit \$4 Cards/Mahjonng 12:30 p.m.* *NOTE: later starting time due to Ladies Brunch	19 Rotary Club Meeting, noon Field Trip: Kingswood Gardens 9 a.m. - 3 p.m. \$15
22 Crafting: Red, White & Blue 10:00 a.m. Cardio Drumming 10:30 a.m. Safetyville Building \$2 Soup lunch 12:15 p.m.- open to all \$2	23 Walking Warriors 9:00 a.m. Meet at the center Cardio Dance 9:00 a.m. Safetyville Building Chair Yoga 10:00 a.m. Volunteer luncheon 11:00 a.m.	24 Watercolors, 9:30 a.m. Line Dancing 10:00 a.m. Safetyville Building Lunch, chicken & swiss cheese melt, green salad 12:00 p.m. \$5 Bingo, Euchre & Canasta 12:30 p.m.	25 Field Trip: Rocky River Senior Center, lunch prior at Rocky River Brewing Company. Van departs at 11:15 a.m. Cards/Mahjonng at noon	26 Peaceful & Proud Veterans Pinning Ceremony - RSVP by 5/19. Doors open at 11:00 a.m. Program at 11:30 a.m.
29 MEMORIAL DAY CENTER CLOSED 	30 Walking Warriors 9:00 a.m. Meet at the center Cardio Dance 9:00 a.m. Safetyville Building	31 Watercolors, 9:30 a.m. Line Dancing 10:00 a.m. Safetyville Building Lunch, sloppy joe's, baked beans, veggie \$5 Bingo, Euchre & Canasta 12:30 p.m.		

June 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Thank you to O'Neill Healthcare of North Ridgeville for sponsoring lunch on the third Wednesday of each month.</p>			1 Men's Breakfast 9:00 a.m. Pancakes & sausage \$4 Cards/Mahjonng at noon	2 Rotary Club Meeting, noon
5 Crafting Group 10:00 a.m. Cardio Drumming 10:30 a.m. Safetyville Building \$2 Soup lunch at 12:15 - open to all \$2 Chair Volleyball 1:00 p.m.	6 Walking Warriors 9:00 a.m. Meet at the center Cardio Dance 9:00 a.m. Safetyville Building Taco & Trivia Tuesday, beef & bean burrito lunch at noon \$4, trivia at 12:30 p.m. FREE	7 Watercolors, 9:30 a.m. Line Dancing 10:30 a.m. Safetyville Building Blood pressure checks 10:30-11:45 a.m. Lunch, 12:00 p.m. Chicken cacciatore, pasta, veggie, garlic bread \$5 Bingo, Euchre & Canasta 12:30 p.m.	8 Cards/Mahjonng at noon	9
12 Crafting Group 10:00 a.m. NO Cardio Drumming today Soup lunch at 12:15 p.m.- open to all \$2	13 Walking Warriors 9:00 a.m. Meet at the center Cardio Dance 9:00 a.m. Safetville Building NR Hatters 2:00 p.m.	14 Watercolors, 9:30 a.m. Line Dancing 10:30 a.m. Safetyville Building Lunch, 12:00 p.m. baked ham, scalloped potato, veggie, roll \$5 Bingo, Euchre & Canasta 12:30 p.m.	15 Ladies Brunch 10:30 a.m. French toast w/berries and sausage \$4 Cards/Mahjonng 12:30 p.m. NOTE: later starting time due to Ladies Brunch	16
19 Crafting Group 10:00 a.m. Cardio Drumming 10:30 a.m. Safetyville Building \$2 Soup lunch at noon- open to all \$2 Chair Volleyball 1:00 p.m.	20 Walking Warriors 9:00 a.m. Meet at the center Cardio Dance 9:00 a.m. Safetyville Building Taco & Trivia Tuesday, taco plate lunch at noon \$4, trivia at 12:30 p.m.	21 Watercolors, 9:30 a.m. Line Dancing 10:30 a.m. Safetyville Building Lunch, 12:00 p.m. roast sirloin, roasted red potatoes, veggie, roll – sponsored by O'Neill Healthcare Bingo, Euchre & Canasta 12:30 p.m.	22 Cards/Mahjonng at noon	23 The Breakfast Club 9:30 a.m. Farmer's scramble, fruit & biscuit \$4
26 Crafting Group 10:00 a.m. Cardio Drumming 10:30 a.m. Safetyville Building \$2 Soup lunch at noon- open to all \$2 Chair Volleyball 1:00 p.m.	27 Walking Warriors 9:00 a.m. Meet at the center Cardio Dance 9:00 a.m. Safetyville Building	28 Watercolors, 9:30 a.m. Line Dancing 10:30 a.m. Safetyville Building Lunch, 12:00 p.m. Chicken chili, cornbread \$5 Bingo, Euchre & Canasta 12:30 p.m.	29 Carnival 11:00 a.m. – 1:00 p.m. Cards 12:30 p.m.* Note later start time due to the Carnival	30



The Office for Older Adults is funded by the City of North Ridgeville, donations and fees from programs and services. We wish to acknowledge the following individuals and organizations for their support during the first quarter of 2023.

The AbbeWood
Arden Courts of Westlake
Avenue at North Ridgeville
David Bahr
Care Patrol
Douglas Charboneau
Danbury Senior Living
Dottie Heller
Theresa Hamula

Veronica Hoy
Liston Funeral Home
The Northridge Health Center
Rotary Club of North Ridgeville
O’Neill Healthcare of North Ridgeville
Dottie Palazzo
Tara Peet
Anthony Rogozinski
VFW Post 9871

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

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To Our Friends At:

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