



# Senior Center Newsletter

## May & June 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  
May 26 for Memorial Day**



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### May is Older Americans Month

May is the month we come together to celebrate older Americans and all the ways you amaze us with your energetic and vibrant approach to life. This year's theme is **Flip the Script on Aging**, an opportunity to focus on transforming how society perceives, talks about and approaches aging. It encourages individuals and communities to challenge stereotypes and dispel misconceptions. To celebrate this month we will be highlighting older adults and activities in the community that exemplify the theme.

### Carnival! June 26 10:30 a.m. - 12:00 p.m.

Join us for the 4th annual 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.

### Don't Forget About the Wallet!

We are encouraging individuals to utilize the wallet feature in My Senior Center. This feature allows you to deposit money in your "wallet" and then draw from the balance to pay for activities and events. It's very convenient and makes checking in more efficient. Skip the line and just say "wallet."

**Thank You To the Following Agencies for Sponsoring a  
Program or Event in May or June:**



# A MESSAGE FROM ADMINISTRATOR EMILY LOCKSHINE



Greetings,

Even though we had to contend with more winter weather this year than in years past, spring is fully upon us. I know all of us are welcoming the nicer weather.

Tess Dietrich, our Meals on Wheels & Volunteer Coordinator accepted a full-time position in the Public Utilities Division. We wish her all the best in her new position. While she will be extremely busy, we hope to see her when her schedule allows.

May is Older Americans Month. This year's theme is "Flip the Script on Aging," something I witness every day at the center and in the community. Thank you to all of you who exemplify this theme, and there are many of you. Walking Warriors, Senior Fitness, Line Dancing and Cardio Drumming participants, volunteers, trivia groups are just a few examples. There are truly too many to name.

Another tax season has wrapped up. Through our partnership with AARP, we were able to serve 187 individuals this year. Thank you to Steve Greaf and his volunteer staff who dedicate hundreds of hours in total to training and tax preparation services. These volunteer tax preparers are only one example of what it means to Flip the Script. We're happy to continue this long-time collaboration with AARP to provide this service to the community.



Looking forward to seeing you at our various activities and events as we Flip the Script together.

*Emily*

## Office for Older Adults Staff

**Emily Lockshine**, Administrator  
**Stacey Allen**, Activities Director  
**Steve Makowski**, Driver

**Kitty Wawzkiewicz**, Case Manager  
**Clancy McCool**, Chef  
**Dave Brooks**, Driver

7327 Avon Belden Road, North Ridgeville, OH 44039 ■ (440) 490-2056 ■  
[www.nridgeville.org](http://www.nridgeville.org)

# A MESSAGE FROM MAYOR CORCORAN

As we welcome the beautiful months of May and June, we also embrace special occasions like Older Americans Month in May, a time to honor the vital role seniors play in our society. This celebration serves as a reminder of the strength and experiences you bring to our community. I want to take a moment to recognize and celebrate your wisdom, resilience and contributions which continue to shape our city in meaningful ways. I am truly grateful for all that you do.



I encourage you to take advantage of the wonderful programs and events offered at the Senior Center. Whether it's enjoying a fitness class, sharing a meal or simply gathering with friends, there are countless opportunities to stay active, engaged and connected.

Speaking of events, with summer around the corner, I encourage you to take advantage of our Parks and Recreation programming. Back by popular demand, our summer concerts at South Central Park Gazebo will take place on select Sundays from 6:00 to 8:00 p.m. These free, family-friendly concerts are a wonderful way to enjoy an evening outdoors. Come early and make a day of it! Have a picnic in the park, visit the Splash Pad, enjoy the playground, walk the trail, try out the fitness equipment or even bring your fishing rod (no license is required).

Other events of interest include the annual Fishing Derby on May 3 and Lorain County Beautiful Day from 9:00 a.m. to noon on May 17. Also on Saturday, May 17, Discover the Ridge is sponsored by the North Ridgeville Visitors Bureau. This is a family-friendly open house event throughout the city. While you're out and about that day, you might like to stop and visit the Garden Club of North Ridgeville's Annual Plant and Bake Sale between 9:00 a.m. and 1:00 p.m. at South Central Park. Wrap up the month of May with the Memorial Day Parade and Ceremony sponsored by the Lions Club of North Ridgeville.

You are also cordially invited to join me for monthly Coffee and Conversation at City Hall where we discuss city projects and answer your questions. Mark your calendar for Wednesday, May 14 and Friday, June 20. In May, we'll welcome special guest, Brenda Lett from the Garden Club. In June, we've invited Joe Borkey from Victory Park to join us. Both meetings will be from 8:30 a.m. to 9:30 a.m. in Council Chambers. I hope to see you there!

Wishing you a joyful and fulfilling season ahead! If you have any questions, please feel free to call my office at (440) 490-2042.

Warm regards,

Mayor Kevin Corcoran



**City Hall Hours:**  
**Monday-Friday, 8:00 a.m. to 4:30 p.m.**  
**City offices will be closed May 26.**

# Senior Services

Kitty Wawszkiewicz

Case Manager (440) 490-2057

## Lockboxes

A Lockbox prevents damage to your property and saves time for paramedics when needing to access your home in an emergency. The Senior Center and Fire Department are proud to provide this program to North Ridgeville residents.

Lockboxes are available **for seniors 60 and over for a \$35 fee. Those under 60 can obtain a Lockbox for a \$45 fee. Checks should be made payable to the North Ridgeville Senior Center.**

Applications can be found at the Senior Center or at [nridgeville.org/SeniorCenter](http://nridgeville.org/SeniorCenter) on the Supportive Services page of the department website.

## 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 (schedule permitting). Arrangements must be made in advance.

## Blood Pressure Screening

Our friendly volunteer nurses are here the first Wednesday of the month from 10:30-11:45 a.m. This is a walk-in service, first come first served.

**Upcoming dates: May 7 & June 4.**

## Senior Supper Club

Seniors can enjoy a meal 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 and Sunday 4:00 - 5:30 p.m. Any purchases exceeding \$10 are subject to full price.

## Senior Utilities Discounts

Residents 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 Division.

## 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 **July 16** 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. Meals are delivered on Mondays and Wednesdays, up to 5 meals per week. Each meal is delivered by 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.

A nutritional assessment and doctor's authorization is required before being added to the program. 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 a fee of \$8.**

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: May 6 - 27** (May 6 class will be held at the Safetyville Building)

**Summer Session: June 10 & 24, July 8 & 22**

## 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 for one day a week)**

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

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.

**Summer Session I:** May 6 – June 12 (May 6 class will be held at the Safetyville Building)

**Summer Session II:** June 17 – July 24

## 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 II:** May 8 - June 12

**Summer Session I:** June 19 - July 24

## Chair Volleyball

May 12, June 9 & 23

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 May classes is open and registration for June classes begins May 16 at 9:00 a.m.

## Line Dancing is Back!

Wednesdays, 10:00 a.m.

We are pleased to announce that beginner line dancing is back! Katy Mitchell is our new instructor. Her teaching and class structure style is very similar to Mary Hardwood's, we hope to see you back and dancing on Wednesdays! New dancers and beginners are always welcome.

## University Hospitals Golden Shoe Walking Challenge

Tuesdays 7:30 a.m. for 8 weeks (Starting Tuesday July 8 and ending Tuesday August 26). St John Medical Center Walking Track - 29000 Center Ridge Rd, Westlake, OH 44145 (Look for parking by the pond). There will be a quick talk on different topics and then walk the track.

The early time was chosen because it will be cooler in the summer in the early morning and will allow participants to park in the lot by the pond before patients arrive for appointments.

Walkers will earn one raffle ticket for each walk that they attend. Additional opportunities to earn tickets will also be provided. You will receive this information when you sign up. There will be prizes awarded at the end of the challenge!

The final opportunity to get a ticket will be to attend the North Olmsted Senior Center Health Fair on Wednesday, August 27 between 11:30 a.m.- 1:30 pm. (Free BP, cholesterol and glucose screenings will be provided).

**A sign up sheet will be available June 2 at the center for interested participants.**

# 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.

**May 1, 9:00 a.m.**

### Three General Presidents

Local historian Steve Pettyjohn returns for another illuminating presentation. This program will focus on three generals who also became president. The presentation will take a look at the lives and careers of George Washington, Ulysses S. Grant and Dwight Eisenhower, present some comparisons, some hopefully humorous and identify common traits that helped lead to their success.

**June 5, 9:00 a.m.**

### Jesse James, The Last Rebel

Jesse James was a daring outlaw, bank and train robber from Missouri who became a legend in his own lifetime by committing crimes supposedly out of revenge. Mel Maurer, a local actor will portray Jesse and regale stories of his life and outrageous crimes.

## 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.

**May 15, 10:30 a.m.**

### Joy In the Journey

Rev. Jill A. Smith a community educator for Buckeye Hospice Care, will present this program that teaches 12 Happiness Habits scientifically proven to make you happier. We dare you to leave without a smile on your face!

**June 19, 10:30 a.m.**

### Profiles in History: Coco Chanel

Hear a first hand account of the famous avant-garde fashion designer and creator of the world renowned fragrance, Chanel No. 5.

## 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. *Please note, our June breakfast will take place on the third Friday, June 20.*

## 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.

May 5	Sun Catchers with Lisa Gerkin from Symphony at Olmsted Falls
May 12	Diamond Art with Laura Petek
May 19	Photo Frame with Alexis from Life Care Center of Elyria
May 26	Closed for Memorial Day
June 2	Crafting with O'Neill Healthcare
June 9	<b>Outing to Don Mould's Live Centerpiece \$20</b>
June 16	Fabric Flower Pots or Vase with Stacey
June 23	Coasters with Alexis from Life Care Center of Elyria
June 30	Red, White & Blue with Stacey

Details will be shared after registering.

## 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.**

## Walking Warriors

**Tuesdays at 9:00 a.m.**

Come join our group of weekly walkers, beginning May 6. We will lap the .7 mile path at South Central Park. Walkers can choose how many laps they wish to do. All paces welcome. **We will meet at the Senior Center and walk across the street as a group.**

## Health Talk with Dr. Alexander Zolli

**Thursdays, May 8 & June 12 at 10:00 a.m.**

Dr. Alexander Zolli is the Surgeon-in-Residence at LCCC. May's topic is: Lessons Learned from COVID and June is: The Thyroid in Health & Disease. **Register by May 7 & June 11 respectively.**

## Taco & Trivia Tuesday!

**Tuesdays, May 20 & June 3 & 17**

**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, this is a great way to meet new friends. **Registration is required for lunch.**

### **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.**

### **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!

### **Lunch & Learn: Downsizing and Your Next Home**

#### **Friday, May 23, 12:30 p.m. with Laura Petek**

Local Realtor Laura Petek will give a presentation on downsizing tips and looking for your next home.

**Register by May 20.**

### **Journey of the Soul with Ted Smith Mondays at 1:00 p.m. May 5 – June 30 (no class May 26 or June 23).**

There is a recurring belief throughout time and across cultures about something we call 'soul.' What is its purpose? Why does this belief persist? How does it connect this life to the afterlife? What about reincarnation and karma? What did Ancient people understand about it that we have forgotten? Has technology distracted us from it today, or is science on the brink of a profound discovery about soul and consciousness? **Register by May 2.**

### **Try It Tuesday**

#### **May 27 & June 24, 12:00 p.m. \$3**

This program is a wonderful way to learn about different cultures through culinary literacy. May's program will feature Korean & Vietnamese Foods and in June's theme will be: Wait, This is Dessert?

**Register by the previous Friday.**

### **SUPER Thursday: Summer Kick Off May 29, 10:30 a.m. \$5**

We're celebrating the arrival of summer. Wear your summertime favorites and join us for music, games tropical food and a program on one of Ohio's favorite summertime destinations, Put-In-Bay.

**Register by May 27.**

### **Lunch & Learn: Bogner Family Funeral Home June 10 12:00 p.m.**

Bogner Family Funeral Home has been an essential part of the North Ridgeville community for over 60 years and spans three generations. David Bogner will discuss their role in the community and provide information about end of life planning. **Register by June 7.**

### **Carnival!**

#### **Thursday, June 26 10:30 a.m. \$5**

The Carnival is back for another year of fun, games & prizes. In addition to games, we will also have lunch. **Register by June 23.**

### **Music Bingo**

#### **Friday, May 23, 11:00 a.m. 1950s**

#### **Tuesday, June 24, 2:00 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.**

#### **May 19 – July 7 (no class May 26 or June 23) July 14 – August 18**

\$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 May 15 for the May session, and July 7 for the following session, space is limited.**

### **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.

## 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.*

### **Mystery Field Trip \$20**

**Thursday, May 22, 10:30 a.m.**

We will venture out to a local point of interest. The clues are 1) it will be less than an hour away and 2) it will involve local culture. Registration begins May 7 at 1:00 p.m. 13 spots available on the bus.

### **Living Centerpiece at Don Mould's Monday, June 9, 10:00 a.m.-12:30 p.m.**

**\$20 class and bus transportation**

**\$15 class and driving on your own**

We will go out to Don Mould's Amherst location to make a living centerpiece to use on your outdoor table for the summer. Registration begins May 14 at 1:00 p.m. 13 spots open on the bus, 6 spots for driving on your own.

### **Thomas Edison - Milan \$25**

**Friday, June 27, 10:30 a.m. - 3:00 p.m.**

Join us for a tour of Thomas Edison's birth place and a few other historical sites. The home tour includes 2 flights of stairs. We will enjoy lunch at a local restaurant. Registration begins May 21 at 1:00 p.m. 13 spots available on the bus.



## 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.

## Meet Ups

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

### **Meet Up: Nature Walk**

**Friday, May 16, 11:00 a.m.**

**Miller Nature Preserve**

We will walk through the gardens and along the woodland trail at a leisurely pace. We will stop and look at flowers, trees and whatever else we find along the way.

### **Meet Up: American Slovak Club**

**Friday, May 16, 5:15 p.m.**

Join Stacey for a dinner of traditional Slovak food, we might even be able to bowl a few games! Register by May 14.

### **Meet Up: Nature Walk**

**Friday, June 13, 1:00 p.m.**

**Sandy Ridge Reservation**

We will take a leisurely walk along the wooded trail and out into the wetland. We might catch a glimpse of the eagles, turtles or nesting waterfowl. We will walk about 1.5 miles on a flat, natural surface trail.

### **Meet Up: Westside Irish American Club**

**Friday, June 20, 5:15 p.m.**

Join Stacey for a dinner of traditional Irish pub night. Live music and good food will round out the evening. Register by June 18.



*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.*

## Dementia Resources

Did you know North Ridgeville has been designated a dementia friendly community? If you would like more information, or a friend or loved one is facing dementia and you are looking for resources, please call our office at (440) 490-2056.

# North Ridgeville Parks & Recreation

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

## Sound Bath

**Mondays, May 19 & June 9 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.

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

Location: Senior Center, 7327 Avon Belden Road.

## Deep Peace Restorative Yoga

**Wednesday, June 25 7:00 - 8:30 p.m.**

Enjoy 90 minutes of relaxation that includes meditation, mindfulness and Restorative Yoga. This style of yoga is designed to provide mental and physical relaxation rather than moving quickly from one pose to another. There will be fewer poses, but they will be held three to five minutes to deepen your stretch, clear your mind and sink into your body while focusing on your breath. No experience is necessary. Please wear comfortable clothing and bring a yoga mat, pillow and blanket.

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

Location: Safetyville Building

## Veterans Benefits Primer: Little Known Benefits for Elders and the Disabled

**Thursday, July 10 6:30 p.m.**

Most elders want to “age in place” in their own homes, but declining health can make that unsafe or too expensive to sustain for long. This course covers Veterans Improved Pension-Aid and Attendance benefits, one of the most overlooked sources of non-service disability income for disabled vets and their surviving spouses – to help them stay safe and together in their own home or assisted living and postpone the nursing home.

Fee: \$25 Resident/\$30 Non-Resident

Location: Council Chambers, 7027 Avon Belden Road.

# North Ridgeville Library Programs

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

*Please note, **preregistration is required** for all programs except where noted. Visit the online calendar for the complete details & most current information [www.lorainpubliclibrary.com/programs](http://www.lorainpubliclibrary.com/programs).*

## Brain Food: How Diet Affects Mental Health Thursday, May 22 6:00 – 7:00 p.m.

Discover the connection between nutrition and mental well-being and explore how diet choices can impact mood, focus and overall mental health. Presented by Natalie Romito, owner of Path Nutrition & Wellness.

## Shred Day

**Saturday, June 21 9:00 a.m. – 12:00 p.m.**

Bring your sensitive documents such as tax forms and medical records to be shredded onsite in the library parking lot. Each household may bring up to five standard size copier paper boxes or five grocery size bags of documents. Staples are fine, but no paper clips, binder clips, binders, spiral-bound notebooks, other metal objects, batteries or electronics. This free event is provided by the Lorain County Solid Waste Management District. The event may end early if the truck is full.

## Becoming a Dementia Friend

**Tuesday, June 24 10 :00 a.m. – 11:00 a.m.**

Join Kendal at Home Care Coordinator Terri Lanham to gain an awareness and understanding of dementia. Learn about the small things that they can do to make a difference and better support your friend, neighbor, loved one, co-worker, colleague and even first-time acquaintances.

## Healthy Living for Your Brain and Body

**Wednesday, June 25 11:00 a.m. – 12:00 p.m.**

Learn about research in the areas of diet and nutrition, exercise, cognitive activity and social engagement and use hands-on tools to help you incorporate these recommendations into a plan for healthy aging.


## Managing Money: A Caregiver's Guide to Finances

**Thursday, June 26 6 :00 – 7:00 p.m.**

Tips for managing someone else's finances, how to prepare for future care costs and the benefits of early planning.

# May

Monday	Tuesday	Wednesday
		<b>Thank you to this month's bingo callers:</b> <b>Megan Gassman, The Northridge Bailey Shee, Foundations Health Tracy Taylor-Kolar, Amada Senior Care</b>
5 Make It Monday 10:00 a.m. Cardio Drumming 11:00 a.m. <b>Soup Lunch 12:00 p.m.</b> Journey of the Soul 1:00 p.m. Watercolors Class 2:00 p.m.	6 <b>Election Day</b> <b>Senior Fitness 9:00 a.m. (Safetyville Building)</b> <b>Walking Warriors 9:00 a.m. SC Park</b> <b>Chair Yoga 10:00 a.m. (Safetyville Building)</b>	7 Watercolors 9:30 a.m. Blood pressure screenings 10:30 a.m. Line Dancing 10:00 a.m. <b>Lunch 12:00 p.m.</b> Bingo, Euchre & Canasta 12:30 p.m.
12 Make It Monday 10:00 a.m. Cardio Drumming 11:00 a.m. <b>Soup Lunch 12:00 p.m.</b> Chair Volleyball 12:45 p.m. Journey of the Soul 1:00 p.m. Watercolors Class 2:00 p.m.	13 <b>Senior Fitness 9:00 a.m.</b> <b>Walking Warriors 9:00 a.m. SC Park</b> <b>Chair Yoga 10:00 a.m.</b> Skein Gang 10:00 a.m.-1:00 p.m. NR Hatters 2:00 p.m.	14 Dr. Emmert 8:00 a.m. Watercolors 9:30 a.m. Line Dancing 10:00 a.m. <b>Lunch 12:00 p.m.</b> Bingo, Euchre & Canasta 2:30 p.m.
19 Make It Monday 10:00 am. Cardio Drumming 11:00 a.m. <b>Soup Lunch 12:00 p.m.</b> Journey of the Soul 1:00 p.m. Watercolors Class 2:00 p.m.	20 <b>Senior Fitness 9:00 a.m.</b> <b>Walking Warriors 9:00 a.m. SC Park</b> <b>Chair Yoga 10:00 a.m.</b> <b>Taco &amp; Trivia Tuesday!</b> <b>Taco Lunch 12:00 p.m.</b> <b>Trivia 12:30 p.m.</b>	21 Watercolors 9:30 a.m. Line Dancing 10:00 a.m. <b>Lunch 12:00 p.m. Sponsored by O'Neill Healthcare of NR</b> Bingo, Euchre & Canasta 12:30 p.m.
26 <b>Center closed in observance of Memorial Day</b> 	27 <b>Senior Fitness 9:00 a.m.</b> <b>Walking Warriors 9:00 a.m. SC Park</b> <b>Chair Yoga 10:00 a.m.</b> Puzzle Exchange 11:00 a.m. <b>Try It Tuesday 12:00 p.m.</b> <b>Korean &amp; Vietnamese Foods</b>	28 Watercolors 9:30 a.m. Line Dancing 10:00 a.m. <b>Lunch 12:00 p.m.</b> Bingo, Euchre & Canasta 12:30 p.m.

Thursday	Friday
<p>1 <b>Men's Breakfast, 9:00 a.m.</b> <b>Senior Fitness 9:00 a.m.</b> <b>Fitness for Joint Health 10:00 a.m.</b> Euchre, Pinochle, Dominos &amp; Mahjongg 12:00 p.m.</p>	<p>2 Senior Strong 10:30 a.m.</p>
<p>8 <b>Senior Fitness 9:00 a.m.</b> <b>Fitness for Joint Health 10:00 a.m.</b> <b>Dr. Zolli Health Talk 10:00 a.m.</b> Euchre, Pinochle, Dominos &amp; Mahjongg 12:00 p.m.</p>	<p>9 Senior Strong 10:30 a.m. <b>The Breakfast Club 9:30 a.m.</b></p> 
<p>15 <b>Senior Fitness 9:00 a.m.</b> <b>Fitness for Joint Health 10:00 a.m.</b> <b>Ladies Brunch 10:30 a.m.</b> Euchre, Pinochle, Dominos &amp; Mahjongg 12:00 p.m.</p>	<p>16 Senior Strong 10:30 a.m. Nature Walk 11:00 a.m. Miller Nature Preserve <b>Meet Up: American Slovak Club Dinner 5:15 p.m.</b></p>
<p>22 <b>Senior Fitness 9:00 a.m.</b> <b>Fitness for Joint Health 10:00 a.m.</b> Euchre, Pinochle, Dominos &amp; Mahjongg 12:00 p.m. <b>Mystery Field Trip van departs at 10:30 a.m.</b></p>	<p>23 Senior Strong 10:30 a.m. <b>Music Bingo 1950s 11:00 a.m.</b> <b>Lunch &amp; Learn: Laura Petek, Downsizing and Your Next Home 12:30 p.m.</b></p>
<p>29 <b>Senior Fitness 9:00 a.m.</b> <b>Fitness for Joint Health 10:00 a.m.</b> <b>SUPER THURSDAY</b> 10:30 a.m. <b>CARDS START at 12:30 p.m.</b>  Euchre, Pinochle, Dominos &amp; Mahjongg 12:30 p.m.</p>	<p>30 Senior Strong 10:30 a.m.</p>

## Menu

- 1 Catered breakfast
- 5 Chicken Vegetable Soup
- 6 Taco Plate
- 7 Beef Ravioli with Salad, Garlic Bread
- 9 French Toast with Bacon, Fruit
- 12 Pepper Pot Soup
- 14 Chicken Stew with Biscuits
- 15 Quiche with Fruit
- 19 Navy Bean Soup
- 20 Chicken Taco Salad
- 21 Stuffed Peppers
- 28 BBQ Brisket, Mashed Potatoes, Vegetables and Roll
- 29 Hawaiian Chicken and Coconut Pudding

## KEY

**Bold** = Requires Registration

Blue = Field Trip

Maroon = Fitness

Green = Food

# June

Monday	Tuesday	Wednesday
<p>2</p> <p>Make It Monday 10:00 a.m.  <b>Cardio Drumming 11:00 a.m.</b>  <b>Soup Lunch 12:00 p.m.</b>  <b>Journey of the Soul 1:00 p.m.</b>  <b>Watercolors Class 2:00 p.m.</b></p>	<p>3</p> <p><b>Walking Warriors 9:00 a.m.</b>  <b>Taco &amp; Trivia Tuesday!</b>  <b>Taco Lunch 12:00 p.m.</b>  <b>Trivia 12:30 p.m.</b></p>	<p>4</p> <p>Watercolors 9:30 a.m.  <b>Line Dancing 10:00 a.m.</b>  Blood pressure screenings 10:30 a.m.  <b>Lunch 12:00 p.m.</b>  Bingo, Euchre &amp; Canasta 12:30 p.m.</p>
<p>9</p> <p><b>Make It Monday Fieldtrip 10:00 a.m.</b>  <b>Cardio Drumming 11:00 a.m.</b>  <b>Soup Lunch 12:00 p.m.</b>  <b>Journey of the Soul 1:00 p.m.</b>  <b>Watercolors Class 2:00 p.m.</b>  <b>Chair Volleyball 12:45 p.m.</b></p>	<p>10</p> <p><b>Walking Warriors 9:00 a.m.</b>  <b>Chair Yoga 10:00 a.m.</b>  Skein Gang 10:00 a.m.-1:00 p.m.  <b>Lunch &amp; Learn: Bogner Family</b>  <b>Funeral Home, End of Life Planning</b>  <b>12:00 p.m.</b>  NR Hatters 2:00 p.m.</p>	<p>11</p> <p>Watercolors 9:30 a.m.  <b>Line Dancing 10:00 a.m.</b>  <b>Lunch 12:00 p.m.</b>  Bingo, Euchre &amp; Canasta 12:30 p.m.</p>
<p>16</p> <p>Make It Monday 10:00 a.m.  <b>Cardio Drumming 11:00 a.m.</b>  <b>Soup Lunch 12:00 p.m.</b>  <b>Journey of the Soul 1:00 p.m.</b>  <b>Watercolors Class 2:00 p.m.</b>  .</p>	<p>17</p> <p><b>Walking Warriors 9:00 a.m. SC Park</b>  <b>Taco &amp; Trivia Tuesday!</b>  <b>Taco Lunch 12:00 p.m.</b>  <b>Trivia 12:30 p.m.</b></p>	<p>18</p> <p>Watercolors 9:30 a.m.  <b>Line Dancing 10:00 a.m.</b>  <b>Lunch 12:00 p.m. Sponsored by</b>  <b>O'Neill Healthcare of NR</b>  Bingo, Euchre &amp; Canasta 12:30 p.m.</p>
<p>23</p> <p>Make It Monday 10:00 a.m.  <b>Cardio Drumming 11:00 a.m.</b>  <b>Soup Lunch 12:00 p.m.</b>  <b>Chair Volleyball 12:45 p.m.</b>  <b>No Journey of the Soul lecture or</b>  <b>watercolors today</b></p>	<p>24</p> <p><b>Walking Warriors 9:00 a.m.</b>  <b>Chair Yoga 10:00 a.m.</b>  Puzzle Exchange 11:00 a.m.  <b>Try It Tuesday 12:00 p.m.</b>  <b>Wait, This is Dessert?</b>  <b>Music Bingo 2:00 p.m.</b></p>	<p>25</p> <p>Watercolors 9:30 a.m.  <b>Line Dancing 10:00 a.m.</b>  <b>Lunch 12:00 p.m.</b>  Bingo, Euchre &amp; Canasta 12:30 p.m.</p>
<p>30</p> <p>Make It Monday 10:00 a.m.  <b>Cardio Drumming 11:00 a.m.</b>  <b>Soup Lunch 12:00 p.m.</b>  <b>Watercolors Class 2:00 p.m.</b>  <b>Journey of the Soul 1:00 p.m.</b></p>		<p><b>Thank you to this month's bingo</b>  <b>callers:</b>  <b>Megan Gassman, The Northridge</b>  <b>Bailey Shee, Foundations Health</b>  <b>Jill Smelko, Seniors Helping Seniors</b>  <b>Leah Haight, My New Villa</b></p>

Thursday	Friday
5 <b>Men's Breakfast, 9:00 a.m.</b> <b>Sponsored by The Northridge Health Center</b> <b>Senior Fitness 9:00 a.m.</b> <b>Fitness for Joint Health 10:00 a.m.</b>	6 Senior Strong 10:30 a.m.
12 <b>Senior Fitness 9:00 a.m.</b> <b>Fitness for Joint Health 10:00 a.m.</b> <b>Dr. Zolli Health Talk 10:00 a.m.</b> Euchre, Pinochle, Dominos & Mahjongg 12:00 p.m.	13 Senior Strong 10:30 a.m. Nature Walk 1:00 p.m. Sandy Ridge Reservation
19 <b>Senior Fitness 9:00 a.m.</b> <b>Fitness for Joint Health 10:00 a.m.</b> <b>Ladies Brunch 10:30 a.m.</b> Euchre, Pinochle, Dominos & Mahjongg 12:00 p.m.	20 <b>Breakfast Club 9:30 a.m. Sponsored by Wesleyan Village</b> Senior Strong 10:30 a.m. Rotary Meeting 12:00 p.m. <b>Meet Up: Westside Irish American Pub Dinner 5:15p.m.</b>
26 <b>Senior Fitness 9:00 a.m.</b> <b>Fitness for Joint Health 10:00 a.m.</b> <b>Carnival 10:30 a.m. \$5</b> Euchre, Pinochle, Dominos & Mahjongg 12:30 p.m.	27 Senior Strong 10:30 a.m. <b>Thomas Edison Field Trip 10:30 a.m.</b>

## Menu

- 2 Tomato Rice Soup
- 3 Taco Plate
- 4 Vegetable and Cheese Quiche, Fruit
- 5 Scrambled Eggs, Bacon, Potatoes, Fruit
- 9 Beef Noodle Soup
- 11 BBQ Chicken, Baked Beans, Corn on the Cob
- 16 Split Pea Soup
- 17 Seven Layer Dip with Chips
- 18 Vegetable Salad and Roll
- 19 Sausage Gravy with Biscuits, Fruit
- 20 Farmer's Scramble, Fruit
- 23 Minestrone
- 25 Hot Dogs, Potato Salad, Cole Slaw
- 30 Potato Ham Chowder

### KEY

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Green = Food

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