

# Senior Center Newsletter

**NORTH RIDGEVILLE OFFICE FOR OLDER ADULTS**  
7327 Avon Belden Road  
North Ridgeville, Ohio 44039



**NOVEMBER-DECEMBER 2022**

## **OFFICE HOURS:**

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

**All City Offices Closed:**  
**November 11th, Veterans Day**  
**November 24th & 25th, Thanksgiving**  
**December 23rd & 26th, Christmas**

## **Table of Contents**

Cover	1
Message from the Director	2
Message from the Mayor	3
Subscription Info	4
Library News	5
Senior Services	6-7
Parks & Recreation	8
Getting Fit at the Center	9
Trips & Events	10
Fun at the Center	11-13
Programs of Interest	14
Donations & Puzzle	15
Calendars	16-17
Advertising	18-19
Address/Back Cover	20

## **Health & Safety Information**

### **Lockboxes**

Do you have a lockbox? Lockboxes allow for our safety services to access your home quickly and easily in the event of an emergency, saving time and preventing damage to your door. Lockboxes are available for \$35 (cash or check made payable to the NR Senior Center) and are installed by the fire department within one week. You do not need to be at home for the installation. Applications are available at the center or online at [www.nridgeville.org/SeniorCenter.aspx](http://www.nridgeville.org/SeniorCenter.aspx) under Forms and Links.

### **Exercise & Fitness**

There are multiple benefits to exercise and fitness. Take advantage of our weekly outdoor walking group on Tuesdays at 9:00 a.m. (April-October) or Heart & Sole's indoor walking (see page 12 for details). Additionally, the center offers several fitness activities here that will help with your balance, stability and help maintain your bone density. See page 9 for a full description of our fitness classes.

### **Monthly Blood Pressure Checks**

The center offers free blood pressure checks by friendly, volunteer nurses the first Wednesday of the month. This is an easy way to keep up on your preventative health maintenance. Stop in anytime between 10:00 a.m.-11:45 p.m. No appointment is necessary. Please note, beginning in January the start time will be 10:30 a.m.

## A MESSAGE FROM DIRECTOR EMILY LOCKSHINE



As I was thinking about what to write about for this newsletter, two words popped into my head—*Gratitude* and *Thankfulness*. First, I would like to express my sincere gratitude to our front desk volunteers who hold down the fort daily, lunch servers, those who help with Men's Breakfast, Ladies Brunch, newsletter folding and spaghetti dinners. Due to ever changing needs, the center is still seeking additional volunteers to serve as subs for the front desk, additional MOW drivers and bingo callers. If you have an interest, please contact me at (440) 353-0856.

When I think of thankfulness, I am beyond thankful and appreciative of the volunteers at the Community Care garden. Due to the generosity of local volunteers, 1473 pounds of fresh produce was donated to the center. My heart is full when I think of all the ways in which the Senior Center community and community at large comes together to make North Ridgeville a great place to live. To learn more about this partnership, please see the brief article on page 12.

As many of you know, we have not had a full complement of staff for some time. I am pleased to announce that Tessa Dietrich and Atalie Hall will join the Office for Older Adults in November. Tessa lives in North Ridgeville and will assume the duties of handling cash deposits and serve as the Meals-On-Wheels and Volunteer Coordinator. Atalie lives in Elyria and her husband is a pastor of a church in North Ridgeville. Both of these women are invested in the community and I'm excited for the energy they will bring to the Senior Center.

Our craft ladies have again made some beautiful wreaths. Wreaths are \$15 and cemetery stands are \$5. Please stop by and check out our display. On December 3rd, we will be participating in Holiday on the Ridge with our traditional holiday craft show. The craft show runs from 9 a.m.-3 p.m. and features a variety of crafters. Admission is just \$1. Stop by to find a unique, handmade gift for the special people on your gift giving list. We have many events planned to celebrate the spirit of the season and I look forward to celebrating with you.

Many blessings to you and yours this holiday season.

*Emily*

### North Ridgeville Senior Center Staff

**Kitty Wawzkiewicz**, Case Worker

**Tessa Dietrich**, MOW & Volunteer Coordinator

**Steve Makowski**, Driver

**Atalie Hall**, Activities Coordinator

**Clancy McCool**, Chef

**Scott Kelley**, Driver

## A MESSAGE FROM MAYOR CORCORAN

November 8 is Election Day. This year, in addition to electing various federal, state and local representatives, North Ridgeville residents will be considering many local issues that will have a significant impact on the future of our community. These issues include a bond issue to construct new schools, an income tax levy to construct a new recreation and senior center and eight amendments to our City's Charter. Information is available on our city's website at [nridgeville.org](http://nridgeville.org) and these issues were also the focus of our fall *Community Connection* newsletter. Please reach out to my office if you have any questions, and I encourage you to get out and vote!



The holiday season is right around the corner. While we plan for our own celebrations, we are also aware that the holidays can be a difficult time for those in need. The City is sponsoring a Holiday Food and Toy Drive to benefit North Ridgeville Community Care between October 31 and December 2. If you would like to participate, we will be accepting donations of non-perishable food items and new toys in their original packaging. Drop off locations include City Hall, the Parks and Recreation Department and the North Ridgeville Senior Center.

While we like to think about giving to others during the holiday season, we know not everyone is in such a fortunate position. Community Care is also there to serve our senior population. If you find yourself in need of food, household essentials or utility assistance, these programs are available to income qualified families and individuals. Learn more about available resources at [nrcommcare.org](http://nrcommcare.org) or call the center at (440) 353-9716.

One of my favorite ways to get into the holiday spirit is to participate in our local Holiday on the Ridge, sponsored by the North Ridgeville Visitors Bureau on Saturday, December 3. There will be a variety of craft shows and open houses at our local businesses all decked out for the season. After your tour around town, we'll meet up at South Central Park Gazebo at 5:00 p.m. for our annual Tree Lighting Ceremony. I'll be lighting up our community Christmas tree and we will enjoy a performance by the North Ridgeville High School Choir. More information will be available closer to the event date on the city's website at [nridgeville.org](http://nridgeville.org) and the North Ridgeville Visitors Bureau website at [nrchamber.com](http://nrchamber.com).

I'll be hosting our final two Coffee and Conversations of 2022 on Friday, November 18 and Wednesday, December 14. I enjoy these moments to share the latest city news and hear what's on your mind. These events begin at 8:30 a.m. and take place in Council Chambers of City Hall. Stay tuned for our announcement of new dates for 2023.

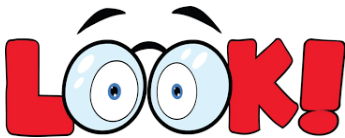
I wish you all very happy holidays!

Mayor Kevin Corcoran



# WELCOME TO NORTH RIDGEVILLE SENIOR CENTER

If you haven't already, it's time to renew your newsletter subscription for 2023. The \$10.00 fee per household covers postage costs for mailing. We will be going through our list regularly and removing anyone who does not keep their subscription current. If you move, please update us with your new address.



As subscriptions are renewed, we are adding the month to your subscription expiration date on your mailing label to help you keep track. You will see the month and year your subscription expires. If your mailing label reads "2022-2023" or "0" for Lifetime Subscription, you are current on your subscription for the year.

## SUBSCRIPTION FORM - OFFICE FOR OLDER ADULTS

7327 AVON BELDEN ROAD  
NORTH RIDGEVILLE, OHIO 44039  
PHONE: (440) 353-0828

YEAR 2022 LIFETIME\* \_\_\_\_\_ RENEWAL: YES / NO

DATE \_\_\_\_\_ *Please make checks payable to N.R. Office for Older Adults*

NAME \_\_\_\_\_

ADDRESS \_\_\_\_\_

CITY/STATE/ZIP CODE \_\_\_\_\_

PHONE \_\_\_\_\_

EMAIL \_\_\_\_\_

Please list below any areas of interest regarding classes, speakers, trips, activities at the Center or any other interests you may have.

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

**Annual Cost (per household): \$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 \_\_\_\_\_



# NORTH RIDGEVILLE BRANCH LIBRARY NEWS

JENNIFER WINKLER, BRANCH LIBRARIAN SUPERVISOR  
PRE- REGISTER BY CALLING (440) 327-8326



## Library Hours

**Monday to Thursday 9 a.m. - 8 p.m. Friday & Saturday 10:00 a.m.-6:00 p.m.  
Sunday (Sept - May) 1:00 p.m.-5:00 p.m.**

Please note preregistration is required for all programs except where noted. Visit the online calendar for the most current information [www.lorainpubliclibrary.com/events](http://www.lorainpubliclibrary.com/events). Programs listed as "Hybrid" can be attended in person or virtually.

### Bad Art Night for Adults

**Thursday, Nov. 3rd 6:00 to 7:30 p.m.**

Let your imagination and sense of humor run wild and create the worst piece of art in the room. All materials will be provided. Intended for ages 18 and up. Preregistration required.

### What's "Appening"?

**Wednesday, Nov. 9th 2:00 to 3:00 p.m.**

Learn how to use your smartphone to encourage better health habits! Preregistration required

### Fiber Arts Group

**Monday, Nov. 28th 10:30 a.m. to 12:30 p.m.**

For new and long time knitters, crocheters, quilters and needle pointers. If you have a "UFO" (an Unfinished Object) that you would like to work on with us, bring it or start something new! Preregistration required.

### Traditions of Christmas Holiday Concert:

#### A Holiday on the Ridge Event

**Saturday, December 3rd 3:00 to 4:00 p.m.**

Celebrate the holiday season with music by Sunday in the Park, featuring Karen Ellicott, clarinet and voice, and Christopher Ellicott, guitar and voice. Learn some of the stories behind the songs and sing along to some familiar tunes. Crafts and light refreshments will be available. Preregistration required.

### Cookie Decorating Workshop for Adults

**Monday, December 5th 6:00 to 7:30 p.m.**

Learn how to decorate winter-themed sugar cookies with royal icing. Participants must bring their own cookie sheet to transport their cookies safely home. All other supplies are provided. Preregistration required.

### Windjammer Big Band Holiday Concert

**Sunday, December 11th 2:00 to 4:00 p.m.**

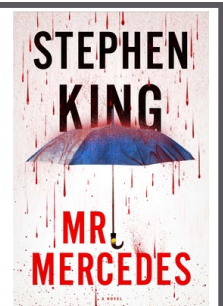
Swing into the holidays with a special performance by the Windjammer Big Band showcasing a variety of holiday and traditional jazz music. Preregistration required.

### The Butler Did It -Mystery Book Discussion

Spend an evening each month discussing a great book and making friends. Copies of the book are available at the library. New members are welcome! Preregistration required.

**Wednesday, November 16th 6:30-7:30 p.m.**

Mr. Mercedes" by Stephen King





## SENIOR SERVICES



The services provided are funded entirely by the City of North Ridgeville and donations to the North Ridgeville Senior Center.

Please call us at (440) 353-0828 with any questions you might have regarding the services we provide.



### NEED A BIRTHDAY GIFT IDEA?

Gift Certificates for our Meals-on-Wheels program help the older adults in your life to purchase something they need. They are perfect gifts for family members, friends, or neighbors and can be purchased in a variety of denominations.

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

### 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. Lock Boxes are available **for seniors 60 and over for a \$35 fee. Those under 60 can obtain a Lock Box 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 [www.nridgeville.org/SeniorCenter.aspx](http://www.nridgeville.org/SeniorCenter.aspx) under Forms and Links.

### 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.

### MEALS-ON-WHEELS

#### CAN WE HELP?

The North Ridgeville Office for Older Adults offers a Meals-on-Wheels program to seniors 60 years and older. A nutritious meal is delivered on Mondays and Wednesdays for a total of up to 5 meals per week. Each meal is delivered before noon and contains an entrée and fruit or 100% juice. Meals are delivered in microwavable containers and 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.

#### WHO IS ELIGIBLE FOR MEALS-ON-WHEELS?

Individuals 60 or older who live in North Ridgeville are eligible. As we are unable to adhere to any special diets, a doctor's authorization is required prior to anyone being added to the program. Our case manager will conduct a home visit prior to signing a client up to receive Meals-On-Wheels. Call (440) 353-0857 for more information.

## SENIOR SERVICES

### SUPPORTIVE SERVICES

Supportive Services are provided for seniors 60 and older. These services provide linkage to social service agencies, home healthcare, support groups, telephone reassurances, and much more. The purpose of these services is to be a source of information for seniors and their families, and to assist older adults with maintaining independence. If you need assistance, or have questions, call (440) 353-0857.

### FOOT CARE

Dr. Thomas Emmert is the Podiatrist of Total Foot Care and will return to the NR Senior Center on **November 9th at 8:00 a.m.** As always, appointments are first come first served by the sign-in sheet at the front desk. **If this is your first visit with the doctor, it is recommended that you contact Dr. Emmert's office at (216) 529-1800 before your appointment to verify they have the necessary information. The cost of the clinic is usually covered by Medicare and supplemental insurance.** November will be the last visit for 2022. The 2023 schedule will be available later this year.



### 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 services appointments, pharmacy pick ups and socialization at the center. Call (440) 353-0857 for more information.

### BLOOD PRESSURE CHECKS

Our friendly volunteer nurses are here the first Wednesday of every month from 10:00-11:45 a.m. This is a walk in service, first come first served. **Upcoming dates: November 2nd and December 7th.**



### 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 the Community Care office during business hours, Mondays and Tuesdays 9:30 a.m-1:30 p.m.



### GOLDEN BUCKEYE CARD INFORMATION

Participation in the Golden Buckeye program is free to all Ohio residents who are:

- **Age 18-59 with a Social Security Administration defined disability.**
- **Age 60 or older (proof of age required).**

If you are just turning 60 and have an Ohio driver's license, you will automatically be mailed your card just before your birthday. If you have not received the card four weeks after your birthday, or your card was lost or stolen, call toll-free 1-800-422-1976 for a replacement.

To fill out an application or for more information visit their website at:  
[www.goldenbuckeye.com](http://www.goldenbuckeye.com)



### HEALTH INSURANCE COUNSELING

Health insurance counseling is available by appointment only.

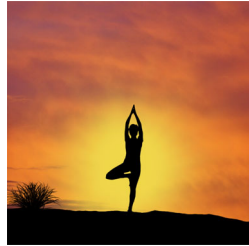
To arrange for a counseling appointment, call (440) 353-0856 or (440) 353-0857.

## SENIOR CLASSES FROM PARKS & REC

REGISTER ONLINE AT [WWW.NRIDGEVILLE.ORG/PARKSANDREC](http://WWW.NRIDGEVILLE.ORG/PARKSANDREC) OR STOP IN TO THE OFFICE ATTACHED TO THE NORTH SIDE OF THE SENIOR CENTER

### Sound Bath

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.



Instructor: Becky Hopp  
Ages: 15 and Up  
Fee: \$20 Res. / \$30 Non- Res.  
Location: Senior Center-Back Room  
Date: December 2nd 6:30-7:30 p.m.

### Zumba Fitness

Are you ready to party yourself into shape? That's exactly what the Zumba® program is all about. It's an exhilarating, effective, easy-to-follow, Latin-inspired, calorie-burning dance fitness-party that's moving millions of people toward joy and health. Class is an hour and offered year-round.

Ages: 15 and up  
Pre-Registration Fee: \$5 Resident / \$6 Non-Resident  
Drop-in Fee: \$6 Resident / \$7 Non-Resident  
Location: Shady Drive Batting Cage

Ses III	Tuesdays, 11/1	6:30-7:30 PM
Ses III	Thursdays, 11/3	6:30-7:30 PM
Ses III	Saturdays, 12/3	9:45-10:45 AM
Ses IV	Tuesdays, 12/6	6:30-7:30 PM

### Friends and Family CPR Classes

The Family & Friends CPR Course teaches the lifesaving skills of adult Hands-Only CPR with breaths, adult and child AED use, infant CPR, and mild and severe airway block for adults, children and infants. Skills are taught in a dynamic group environment while using the AHA's research based practice-while-watching technique, which provides students with the most hands on CPR practice time possible.

**Instructor:** NR Fire Department  
**Ages:** 8 years old & up  
**Class size:** 04 minimum/20 maximum  
**Fee:** \$3 resident/ \$5 non-resident  
**Location:** NR Fire Station 1 7000 Ranger Way

Saturday, December 17th, 9:00 a.m.-11:00 a.m.

Online Registration for programs can be done at:

<https://northridgeville.recdesk.com/Community/Page?pageId=1223>



## GETTING FIT AT THE CENTER!



### **CardioDance with Carrie Tuesdays at 9:00 a.m.**

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

Fall Session II: 11/15-12/20

Payment can be made by cash or check made payable to NR Office for Older Adults. Payment is due by the first class session. \$30 six-week session. Register by 11/14.

### **Tai Chi for Balance and Arthritis with Michael W. Stadul Thursdays, 9:30 a.m.—11:00 a.m.**

**Tai Chi for Balance and Arthritis** is a program 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**. The program combines techniques from **Chinese Qigong** and **Tai Chi** movements that focus on strengthening muscles of the ankles, knees, hips and legs.

**Instructors:** Michael W. Stadul and Ann C. Daniels

**Class fee:** \$42.00/six-week session

Winter Session Dates:

1/5-2/9

2/23-3/30

### **FREE TRIAL CLASS Irish Dance and Stability November 21st at 11:15 a.m.**

Peggy Cannon is offering a FREE trial combined class. This will give you an opportunity to “try out” a sample Older Adult Irish Dance and Stability class. Both classes are excellent for fall prevention and improving balance. The Irish Dance class helps improve coordination and memory and is especially adapted for older adults – you will not be expected to dance like Michael Flatley! If there is sufficient interest, we will offer one or both classes starting in January. The trial class is FREE - why not try it out and have some fun?

### **Chair Yoga with Kip Cronk Mondays at 10:00 a.m.**

Kip began teaching at the center in September, but he is no stranger to North Ridgeville, having taught yoga with Parks & Recreation for several years. Kip also teaches Chair Yoga classes at the French Creek YMCA and online. Chair Yoga is perfect for everyone, all ages, all abilities - no experience necessary. In Chair Yoga, poses are practiced sitting in a chair or standing and using it as support. In addition, props may be used to enhance particular poses. 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 and participants are always welcome to modify a pose, come out of a pose or take a break as needed. Yoga creates community and we hope you join our community.

Winter session dates will resume mid-January. You'll find more information in our next newsletter.

## TRIPS!

### **A Christmas Carol Great Lakes Theater Festival Tuesday, December 6th at 11:00 a.m.**

Van departs the Senior Center at 10:00 a.m.



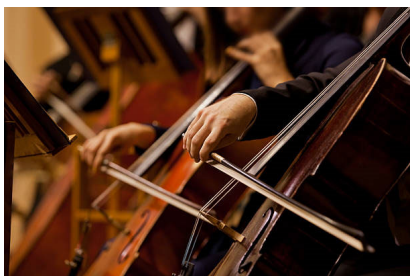
A Christmas Carol is more than a holiday tale. It is a re-telling of the very human dilemma that many of us face. Enjoying this heartwarming classic in one of Cleveland's most beautiful theaters. Lunch on your own at Claudettes Café & Deli following the performance. Reservations will be taken **beginning November 7th at 8:00 a.m.** *Early reservations will not be accepted.*

### **Cleveland Orchestra Friday Matinee February 24th, 2023 at 11:00 a.m.**

Van departs Senior Center at 10:00 a.m.

Experience the world class Cleveland orchestra at a special time and special price. Franz Welser-Möst, conducts MOZART Divertimento No. 2 in D major and STRAUSS Ein Heldenleben.

The Senior Center has to secure tickets well in advance for this program. Spaces are limited, reservations will be taken **beginning November 8th at 8:00 a.m.** and close on November 29th. *Early reservations will not be accepted.* Cost is \$40 for your ticket and transportation.



## OTHER CENTER EVENTS

### **Holiday on the Ridge Craft Show December 3rd 9:00 a.m. - 3:00 p.m.**



Handmade purses, scarves, jewelry, American Girl doll clothes, quilts, tote bags and more! Our kitchen will be open serving hot food. Admission is just \$1.

### **Holiday Wreaths for Sale**

Our craft ladies have once again made beautiful holiday wreaths, priced for your budget at \$15 each. Cemetery stands are available for \$7.

## LEARNING AND FUN AT THE CENTER

### Lunch & Learn

#### Organizing Your Personal Documents December 13th at 11:30 a.m.

This session will cover how to organize your personal documents as part of the downsizing process. Binders, handouts, and important questionnaires to help you create a first needs file for your family will be provided. Jennifer Underwood of Howard Hanna will offer this informative presentation and provide lunch for attendees. Your RSVP is required by December 8th by calling (440) 353-0828.



### Taco and Trivia Tuesday!

Come with a team or form one at the event. Lunch will be served at **noon** and trivia will start at 12:30 p.m. The cost per person is \$4.00. The food will be made mild, so if you would like it spicy, bring your own hot sauce!

Please **RSVP by Monday at noon if you will be having lunch with us.** If you are just joining us for trivia, a reservation is not required. Please call the front desk at (440) 353-0828.

**November 1st and 15th  
December 6th and 20th**

## O'Neill Healthcare

### Light Lunch with Light Fun hosted by O'Neill Healthcare

O'Neill Healthcare will sponsor lunch the third Thursday of every month and bring a little bit of fun along with a special dessert to celebrate those who have birthdays that month.



### Christmas Party December 22nd 10:30 a.m.

Join us for a festive and fun celebration featuring a special holiday meal featuring roast beef, mashed potatoes and vegetable. Sunday In the Park will provide musical entertainment. If you wish to participate in a white elephant gift exchange, please bring a wrapped gift. Cost is \$6 for lunch and entertainment. RSVP no later than December 19th.

### Thanksgiving Luncheon November 23rd at 11:00 a.m.

In the spirit of gratitude and thankfulness, we will have our Thanksgiving luncheon on November 23rd with turkey and traditional sides. Eddie & Donna will provide musical entertainment, singing all of your favorite songs of yesteryear. Cost is \$6.00 for lunch and entertainment. We will get started early as it is Wednesday and will follow our Wednesday schedule of bingo and cards after lunch.

RSVP no later than  
November 18th.



## Safe Driving Tips for Senior Drivers

### Driver Awareness

- Leave more space in front of your car
- Avoid left turns
- Avoid backing
- Reduce distractions
- Plan your route
- Use side streets instead of freeways
- Avoid rush hour

### Medication Tips

- Read the fine print
- Tell your doctor which non-prescription medications you are taking
- Talk with your doctor & pharmacist about possible side effects
- Avoid driving when starting a new medication



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



## Gratitude and Thankfulness – Community Care Garden Volunteer Bill Ramsey

The Senior Center would like to acknowledge Community Care Gardens volunteer Bill Ramsey who, along with a few other volunteers, was instrumental in tending to the Community Care Garden. Throughout the latter part of summer, Bill delivered produce to the center weekly, getting fresh, local produce in the hands of Meals-On-Wheels clients, center activity attendees and into our kitchen for use in weekly meals. In total, 1473 pounds of produce was donated to the Senior Center. We are grateful for this partnership with Bill and Community Care that truly is a testament to the giving spirit of the North Ridgeville community.

## Stay active this fall and winter with indoor walking in North Ridgeville

North Ridgeville Heart & Sole collaborative invites the community to keep active this fall and winter by walking indoors at LCCC University Partnership Ridge Campus and Liberty Elementary School. Enter the building's main doors and sign in at the indoor walking table.

**LCCC University Partnership Ridge Campus**, 32121 Lorain Road  
Mondays 5-6:30 p.m. (Oct. 3 through March 27)

**Liberty Elementary School**, 5700 Jaycox Road  
Tuesdays and Thursdays, 5-6:30 p.m. (Oct. 4 through March 30) *No walking on Nov. 10*

No cost to participate. All ages and abilities are welcome to attend. There will be special theme nights this year. If the school or building is closed due to holiday closure or weather, indoor walking is canceled. Check the Heart and Sole Facebook page for updates on closures.



POWERED BY



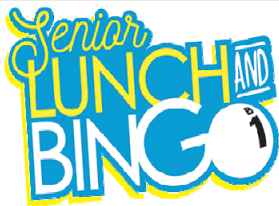
United Way of  
Greater Lorain County





### Freestyle (Watercolors) Art Group

Our art enthusiasts gather for a morning of painting and conversation on **Wednesdays** from 9:30 a.m. to 12:30 p.m. There is no formal instruction, but all attendees assist each other with projects when needed. If interested, call to tell us you are coming at (440) 353-0828. Bring your paints!



Wednesdays are a whole lot of fun with lunch and cards or bingo! Come at 11:45 a.m., for a delicious hot lunch served from at 12:00 p.m. **The Wednesday lunch menu can be found on the calendar at the back of the newsletter.** \$5.00 includes a hot entrée, dessert and beverage.

**Reservations are required for lunch by calling (440) 353-0828 by 12 noon on Tuesday.**

*If you are interested in volunteering to call BINGO on Wednesday afternoons, please call (440) 353-0828.*

### EUCHRE & CANASTA

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

### EUCHRE, PINOCHLE, DOMINOS

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



### Monday Crafts 10:00 a.m.-2:00 p.m.

Our craft group continues to welcome new people and keeps busy making new, different and exciting craft projects. They welcome ideas to make for the Craft Store here at the Senior Center. \$2 soup lunch will be available. **Please RSVP the week before** by calling (440) 353-0828.



### PUZZLE EXCHANGE

We have plenty of puzzles to choose from each month, please limit 3 puzzles back to us, but take as many as you'd like. Just stop in and browse the selection on the **last Tuesday of each month (Nov. 29th, Dec. 27th)** from 11:00 a.m. -12:00 p.m.

### MAHJONGG

This group meets every **Thursday** at 12:00 p.m. and always welcomes new members.

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



The Red Hat Society meets once a month at the Senior Center for fun and fellowship. If you are interested in becoming a Red Hatter, please call the front desk at (440) 353-0828 or contact Johanna at (440) 748-9777.

Meetings start at 2:00 p.m.

**Next meeting: December 13th**

## PROGRAMS OF INTEREST



If you are 55 or older, join us at 9:00 a.m. 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.

**Make your reservation by calling (440) 353-0828 by 10:00 a.m. Wednesday morning.**

November 3 - A History of Old Glory  
December 1 - TBD

In November, Veteran Tom Lautzenhiser will provide a history of Old Glory. As part of the presentation, he will bring 15 different iterations of the flag to be displayed.

Ladies meet at 10:30 a.m. for friendly conversation and a program on Thursdays once a month. The Brunch is a hot entrée, fruit, juice, and coffee for only \$4.00.



**Make your reservation by calling (440) 353-0828 by 10:00 a.m. Wednesday morning.**

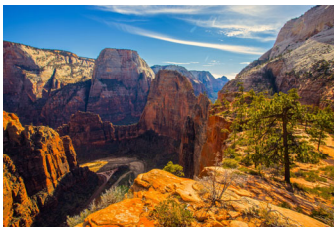
**November 17 - TBD**

**December 15 - Lorain County Office on Aging**



### **Nature Pam presents Zion: Unparalleled Beauty November 10th at 11:00 a.m.**

Naturalist Pam Sikora will present on Zion, one of the iconic national parks, using photos, history and personal account. A light lunch will be provided. Cost is \$5 for lunch and the program. RSVP by November 9th.



### **Reminisce and Fun with Carleen November 14th and December 12th 1:00 p.m.**

Come and enjoy some fun facts, interesting trivia and light conversation with **Carleen Bromberg, Community Liaison for Nivalis Health**. Carleen has brought her personal brand of fun with facts to area senior centers and we are looking forward to hosting her. You don't want to miss it!

**DONATIONS/MEMORIALS/WILLS**

Please continue to remember the Senior Center for donations, memorials and bequests of your loved ones. Checks can be made payable to the North Ridgeville Senior Center.

We also accept and appreciate donations made through your Will or Trust.

*Thank you for remembering us!*

**THANKSGIVING WORD SCRAMBLE**

Unscramble the following Thanksgiving themed words!

1. SYAM \_\_\_\_\_

2. AIRRCBSENE \_\_\_\_\_

3. RLSOL \_\_\_\_\_

4. UKPPMIN \_\_\_\_\_

5. OMYERWLFA \_\_\_\_\_

6. FNGSFUTI \_\_\_\_\_

7. KRUEYT \_\_\_\_\_

8. IRMLGPSI \_\_\_\_\_

9. ETWSE OSETPAT \_\_\_\_\_

10. MASFYIL \_\_\_\_\_

11. BIGEBO \_\_\_\_\_

12. MKIDTRCUS \_\_\_\_\_

13. IFKHANUT \_\_\_\_\_

14. EWHSBNOI \_\_\_\_\_


15. IEP IKPPNMU \_\_\_\_\_

# November 2022

Monday	Tuesday	Wednesday	Thursday	Friday
	<p>1 CardioDance 9:00 a.m. Safetyville Building</p> <p><b>Taco &amp; Trivia Tuesday!</b> lunch at 12:00 p.m. with Trivia starting at 12:30 p.m.</p>	<p>2 Watercolors 9:30 a.m. Blood Pressure checks 10:00-11:45 a.m. Lunch 12 p.m. <b>Chicken salad sandwich w/fruit salad and green salad</b></p> <p>Bingo, Euchre &amp; Canasta 12:30 p.m.</p>	<p>3 Men's Breakfast 9:00 a.m., <b>Scrambled eggs, bacon and hash brown</b></p> <p>Euchre/Pinochle/ Dominos/Mahjongg 12:00 p.m.</p>	<p>4 Rotary Club Meeting 12:00 p.m.</p>
<p>7 Crafts 10:00 a.m. Chair yoga 10:00 a.m.</p>	<p>8 CardioDance 9:00 a.m. Safetyville Building</p> <p><b>CENTER CLOSED FOR VOTING</b></p>	<p>9 Dr. Emmert 8:00 a.m. Watercolors 9:30 a.m. Lunch 12 p.m. <b>Pork medallions, roasted and veggie</b></p> <p>Bingo, Euchre &amp; Canasta 12:30 p.m.</p>	<p>10 Zion: Unparalleled Beauty w/ Nature Pam 11:00 a.m.</p> <p>Euchre/Pinochle/ Dominos/Mahjongg 12:30 p.m.</p>	<p>11 <b>CENTER CLOSED FOR VETERANS DAY- THANK YOU VETERANS</b></p>
<p>14 Crafts 10:00 a.m. Chair yoga 10:00 a.m. Reminisce and Fun with Carleen 1:00 p.m.</p>	<p>15 CardioDance 9:00 a.m. Safetyville Building</p> <p><b>Taco &amp; Trivia Tuesday!</b> lunch at 12:00 p.m. with Trivia starting at 12:30 p.m.</p>	<p>16 Watercolors 9:30 a.m.</p> <p>Lunch 12 p.m. <b>Beef stew w/biscuit</b></p> <p>Bingo, Euchre &amp; Canasta 12:30 p.m.</p>	<p>17 Ladies Brunch 10:30 a.m. <b>French toast, sausage, fruit</b></p> <p>Euchre/Pinochle/ Dominos/Mahjongg 12:00 p.m.</p>	<p>18 Rotary Club Meeting 12:00 p.m.</p>
<p>21 Crafts 10:00 a.m. Chair yoga 10:00 a.m.</p> <p><b>FREE TRIAL CLASS-</b> Irish Dancing and Stability 11:15 a.m.</p>	<p>22 CardioDance 9:00 a.m. Safetyville Building</p>	<p>23 Watercolors 9:30 a.m.</p> <p>Thanksgiving Meal 11:00 a.m. <b>Turkey, mashed potatoes, veggie and roll.</b></p> <p>Bingo, Euchre &amp; Canasta 12:30 p.m.</p>	<p>24 <b>CENTER CLOSED HAPPY THANKSGIVING</b></p> 	<p>25 <b>CENTER CLOSED HAPPY THANKSGIVING</b></p>
<p>28 Crafts 10:00 a.m. Chair yoga 10:00 a.m.</p>	<p>29 CardioDance 9:00 a.m. Safetyville Building</p> <p>Puzzle exchange 11:00 a.m.</p>	<p>30 Watercolors 9:30 a.m.</p> <p>Lunch 12 p.m. <b>Beef pot roast w/roll</b></p> <p>Bingo, Euchre &amp; Canasta 12:30 p.m.</p>		



# December 2022

Monday	Tuesday	Wednesday	Thursday	Friday
			1 Men's Breakfast 9:00 a.m. <b>Scrambled eggs, hash brown, biscuit and fruit</b>  Euchre/Pinochle/ Dominos/Mahjongg 12:00 p.m.	2  Rotary Club Meeting 12:00 p.m.
5  Crafts 10:00 a.m.  Chair yoga 10:00 a.m.	6 CardioDance 9:00 a.m. Safetyville Building  <b>Field Trip: A Christmas Carol</b> Van departs at 10:00 a.m.  <b>Taco &amp; Trivia Tuesday!</b> Beef quesadilla lunch at 12:00 p.m. with Trivia starting at 12:30 p.m.	7  Watercolors 9:30 a.m. Blood Pressure checks 10:30-11:45 a.m. Lunch 12 p.m. <b>BBQ pork, potato salad, fruit salad w/roll</b>  Bingo, Euchre & Canasta 12:30 p.m.	8  Euchre/Pinochle/ Dominos/Mahjongg 12:00 p.m.	9
12  Crafts 10:00 a.m.  Reminisce and Fun with Carleen 1:00 p.m.	13  CardioDance 9:00 a.m. Safetyville Building <b>Lunch &amp; Learn: Organizing your Personal Documents</b> 11:30 a.m.  Red Hats 2:00 p.m.	14 Watercolors 9:30 a.m. Blood Pressure checks 10:30-11:45 a.m. Lunch 12 p.m. <b>Baked chicken, roast potatoes, veggie</b>  Bingo, Euchre & Canasta 12:30 p.m.	15  Ladies Brunch 10:30 a.m. <b>Scrambled eggs, bacon, fruit and hash brown</b>  Euchre/Pinochle/ Dominos/Mahjongg 12:00 p.m.	16  Rotary Club Meeting 12:00 p.m.
19  Crafts 10:00 a.m.	20 CardioDance 9:00 a.m. Safetyville Building  <b>Taco &amp; Trivia Tuesday!</b> Taco plate lunch at 12:00 p.m. with Trivia starting at 12:30 p.m.	21 Watercolors 9:30 a.m. Blood Pressure checks 10:30-11:45 a.m. Lunch 12 p.m. <b>Baked ham, mashed sweet potatoes, veggie</b>  Bingo, Euchre & Canasta 12:30 p.m.	22  Christmas party 10:30 a.m. <b>Roast Beef, mashed potatoes, veggie w/roll</b>  Euchre/Pinochle/ Dominos/Mahjongg 12:30 p.m.	23  <b>CENTER CLOSED</b>  
26  <b>CENTER CLOSED</b>	27  Puzzle exchange 11:00 a.m.	28 Watercolors 9:30 a.m. Blood Pressure checks 10:30-11:45 a.m. Lunch 12 p.m. <b>Meatloaf, mashed potatoes, veggie</b>  Bingo, Euchre & Canasta 12:30 p.m.	29  Euchre/Pinochle/ Dominos/Mahjongg 12:00 p.m.	30

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



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## **Senior Center Newsletter November-December 2022**

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**[www.nridgeville.org](http://www.nridgeville.org)**