



Senior Center Newsletter

November & December 2023

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



OFFICE HOURS:

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

Front Desk & Reservation Line
(440) 353-0828

City offices will be closed on
November 10th for Veterans Day,
November 23rd and 24th for
Thanksgiving and
December 25th and 26th for
Christmas.

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Holiday on the Ridge Jewelry Extravaganza & Craft Sale

The Senior Center is once again participating in Holiday on the Ridge on December 2nd from 9:00 a.m. to 3:00 p.m. We will have hundreds of jewelry items for sale, shop for yourself or gifts, along with ornaments and crafts from our crafting group. Admission is just \$1- we hope to see you there!

Wreath Sale

Browse our selection of beautiful Christmas wreaths in the lobby, available to purchase for \$20. Cemetery stands are available for \$5.

Voter Education & Information

Early in-person voting can be done at the Lorain County Board of Elections from October 11th-November 5th. Call the BOE at (440) 326-5900 or check their website for voting hours. The Absentee Voting Application deadline is October 31st. Polls are open on Election Day, November 7th from 6:30 a.m.-7:30 p.m.

Candidates & Issues can be found here:
<https://www.voteloraincountyohio.gov/>

Ballot information:
<https://www.voteloraincountyohio.gov/find-ballot>

Field Trip Sign Up Policy

Starting November 1st, all field trip sign ups will be via phone only, walk in registrations will not be accepted. You may sign up one additional person with your registration. While we will do our best to accommodate as many people as we can, unfortunately it is not always possible to do so. Thank you for understanding.

A MESSAGE FROM DIRECTOR EMILY LOCKSHINE



As I reflect on 2023, at this time last year, we still had two administrative staff positions to fill and this year we are able to acknowledge staff anniversaries. Tess Dietrich will celebrate her one-year anniversary on October 31st and Stacey Allen is rounding toward her one-year anniversary at the end of January. Both of these ladies have demonstrated a solid commitment to engaging with and providing a variety of high quality experiences for our participants. I would be remiss if I also did not acknowledge the work anniversaries of our van driver, Steve Makowski who has been with the center for two years and Clancy McCool, our chef, who will be celebrating two years with the city at the end of November. Our small but mighty staff work efficiently to keep all aspects of office operations running smoothly.

The Senior Center is once again participating in Holiday on the Ridge on December 2nd. This year we are trying something new- a jewelry extravaganza! Explore hundreds of jewelry items in addition to a selection of craft items and ornaments. Our crafting ladies have once again made beautiful Christmas wreaths, for your door or as a cemetery wreath. These are for sale for \$20, cemetery stands are \$5.

November 22nd, 2023 marks the 60th anniversary of the Assassination of John F. Kennedy. We have several commemorative events are planned, including a Super Thursday luncheon that features an actor portrayal of Clint Hill, the Secret Service agent assigned to Jackie Kennedy who was present at the time of the assassination.

As we move into the season of thanks and joy, we have several fun events planned. Our annual Thanksgiving luncheon will again feature entertainers Eddie & Donna. For our Christmas luncheon, we are bringing back violinist Mary Beth Ions. She is truly a delightful performer who will bring a smile to everyone's face.

On behalf on myself, the staff and our fitness instructors, thank you for attending our programs and events, making memories and laughing with us. You truly make our jobs a joy and I would like to express my heartfelt gratitude for spending your days with us.

Wishing you and your families peace and joy this holiday season.

Emily

Office for Older Adults Staff

Emily Lockshine, Director **Kitty Wawszkiewicz**, Case Manager
Stacey Allen, Activities Coordinator **Tess Dietrich**, MOW & Volunteer Coordinator
Clancy McCool, Chef **Steve Makowski**, Driver **Randall DeAlba**, Driver

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

A MESSAGE FROM MAYOR CORCORAN

As we turn the last few pages of the calendar, I marvel how quickly the year has passed! Despite my wish for time to slow down, November is a month of gratitude and gatherings and leads us into the holiday season, which is my favorite time of year.

Don't forget that November 7 is Election Day. This year, there are many decisions for voters to make at the state, county and local level. Here in our city, North Ridgeville residents will be considering the election of city and school officials, as well as a bond issue to construct a much-needed new high school. I encourage everyone to get out and vote!



Veterans Day will take on special significance this year as construction has begun on the North Ridgeville Veterans Memorial at South Central Park! There are still opportunities to purchase engraved pavers for those who wish to honor service members. Visit nrvetmemorial.com for more information.

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. Come join in the fun with your friends and neighbors on Saturday, December 2. There will be a variety of craft shows and open houses at our local businesses decorated for the season. At 5:00 p.m., we'll meet up at South Central Park Gazebo 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 about Holiday on the Ridge is available on the city's website at nridgeville.org and the North Ridgeville Visitors Bureau website at nrchamber.com.

As we plan for the festivities ahead, we also think about those in our community who are in need of support and assistance. The City is sponsoring a Holiday Food and Toy Drive to benefit North Ridgeville Community Care through December 1. 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.

Community Care is there to serve not just families, but our senior population, as well. 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 or call the center at (440) 353-9716.

I'll be hosting our final two Coffee and Conversations of 2023 on Monday, November 13 and Wednesday, December 13. Consider joining me to hear about city news and project updates and to get your questions answered. These events take place from 8:30 a.m. until 9:30 a.m. in Council Chambers of City Hall.

I wish you a very Merry Christmas and Happy Holidays!

Mayor Kevin Corcoran



City Hall Hours:

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

City offices will be closed on November 10th, 23rd, 24th,
December 25th and 26th

Senior Services

Kitty Wawszkiewicz

Case Manager (440) 353-0857

Lockboxes

A Lockbox prevents damage to your property and saves time for paramedics when needing to access your home in an emergency. The Senior Center and Fire Department are proud to provide this program to North Ridgeville residents. Lockboxes are available **for seniors 60 and over for a \$35 fee. Those under 60 can obtain a Lockbox for a \$45 fee. Checks should be made payable to the North Ridgeville Senior Center.** Applications can be found at the Senior Center or at nridgeville.org/SeniorCenter under Forms and Links.

Supportive Services

Supportive services are available for individuals age 60 and older. These services provide linkage to social service agencies, home healthcare, supportive groups, 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 residents 60 and older, who are medically unable to drive. Transportation is provided for routine medical appointments, grocery shopping, banking, human services appointments, pharmacy pick-ups and socialization at the Senior Center.

Blood Pressure 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: Nov. 1st and Dec. 6th.**

Senior Supper Club

Seniors can eat at St. John Medical Center's Terrace View Café for a discounted price. Anyone over the age of 60 can obtain a card from our front desk for a 45% discount on all food items (except bottled beverages and "Simply To Go"). Hours are Monday-Friday from 4:00-7:00 p.m. and Saturday & Sunday 4:00-5:30 p.m. There is a \$10 limit per customer for the discount, any purchases after that are full price.

Senior Utilities Discounts

Residents aged 62 and older qualify for a water discount for usage less than 400 cubic feet and a \$1 refuse discount. Additional information and forms can be obtained from the Public Utilities Department.

North Ridgeville Community Care

Community Care is a human services agency for residents in need of food distribution or other basic needs. To inquire about assistance, call (440)353-9716. Donations of goods and non-perishable food items can be arranged by calling Community Care during business hours, Mondays and Tuesdays 9:30 a.m.-1:30 p.m. and Thursdays 3:00-6:00 p.m.

Foot Care

Dr. Thomas Emmert, a Podiatrist with Total Care will return to the Senior Center on **December 6th** 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, 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?

Meals-on-Wheels is available to NR residents 60 and older. A nutritious meal is delivered on Mondays and Wednesdays for a total of up to 5 meals per week. Each meal is delivered before 12:00 p.m. and contains an entrée and fruit or 100% juice. Meals are delivered in microwaveable containers and need to be heated before consumption.

It is our goal to provide a nutritious daily meal, 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.

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 at the Center

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.

Fall Session II November 14th-December 19th

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.

Fall Session II November 7th- December 12th

(11/7 class will be held at the Shady Drive complex)

Tai Chi for Balance and Arthritis

Thursdays, 10:00 - 11:30 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 **Tai Chi** movements that focus on strengthening muscles of the ankles, knees, hips and legs.

Fall Session II October 26-December 7 (no class 11/23)



Cardio Drumming

Mondays at 11:00 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.

Chair Volleyball

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

Join us for a spirited game of volleyball. We will divide into teams and let the fun begin. No prior experience necessary!

Beginning Line Dancing

Wednesdays 10:00-11:00 a.m.

\$6 per class

Join Mary Harwood to get your heart pumping and your feet moving to a variety of music. New people are always welcome. No prior experience necessary!

Cleveland Clinic Health Corner



Gratitude can boost your health.

When you're overwhelmed or stressed out, practicing gratitude can shift your perspective. "Many studies show that practicing gratitude can help maintain a sense of calm and happiness, reduce depression and anxiety, lower our risk of disease, and flood the brain with feel-good chemicals like serotonin," says Rebecca Starck, MD, president of Cleveland Clinic Avon Hospital at Richard E. Jacobs Campus.

Dr. Starck shares five ways to build gratitude:

1. Keep a gratitude journal to reflect on the good things in your life.
2. Reach out to say 'thanks' to someone who is often there for you.
3. Support your favorite charity, volunteer, or help a neighbor or loved one.
4. Eat slowly and mindfully.
5. Breathe and take five. Take five breaths, inhaling through the nose and exhaling through the mouth. Slowly count to 5 on each in-breath and out-breath.

Visit ClevelandClinic.org/Avon to learn more about Avon Hospital or call 440.695.5000 to schedule an appointment.

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 morning of good food, fellowship and a speaker or entertainment. Breakfast includes a hot entrée, coffee, fruit and juice for \$4.00.

November 22nd marks the 60th anniversary of President Kennedy's assassination. Baldwin-Wallace's Institute for Learning in Retirement will present this program in two-parts that includes facts, ballistic and medical evidence, FBI agent testimonies and other research.

November 2nd, 9:00 a.m.
JFK, The Search for Truth, Part I

December 7th, 9:00 a.m.
JFK, The Search for Truth, Part II

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 \$4.00. Brunch cost includes a speaker or entertainment.

November 16th, 10:30 a.m.

Jennifer Winkler, LPLS North Ridgeville Branch

Jennifer will be discussing what's new and upcoming at the library, including current renovations and plans for post-renovation programs and events. Many exciting additions are in the works, but you'll have to come to find out exactly what!

December 21st, 10:30 a.m.
Christmas Traditions

Remember Mr. Jingeling at Halle's, the gorgeous live Christmas tree at Sterling-Lindner, and Higbee's Silver Grille restaurant? Join former librarian, local actress, and director, Corinne Jalkanen as she shares stories and memorabilia about shopping in downtown Cleveland during the holiday season. Attendees are encouraged to share their memories of the holidays in the city.

Taco & Trivia Tuesday!

1st & 3rd Tuesdays, 12:00 p.m.-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 make a team. **Registration is required for lunch, cost is \$4.**

Mahjonn Thursdays at 12:00 p.m.

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.

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.

Watercolors Wednesdays at 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 each other with projects when needed. If interested, call to tell us you are coming & bring your paints!

Card Making Class

Monday, November 13th, 10:00 a.m.-12:00 p.m. \$12

It's time to create cards and gift tags for the holidays. During this class you will create two birthday cards, three Christmas cards and several Christmas tags. Supplies are included and will already be pre-cut for assembly. Check out the example in our craft display to get an idea of what you will make during class. Space is limited - sign ups begin October 30th at 9:00 a.m.

Easy Macramé Ornaments

Monday, November 27th

10:30 a.m. - 12:00 p.m. Santa's \$12

12:30 - 2:00 p.m. Christmas Trees \$12

No previous skills needed. Each kit makes 4 ornaments. **RSVP by November 22nd.**

Turkey Bowling

Tuesday, November 21st, 1:00 p.m. FREE

Come and participate in this bracket style tournament where we will be bowling with frozen turkeys. Who will be crowned the winner? Bring 5 canned goods, which will be donated after the tournament. **RSVP by November 20th.**

Thanksgiving Lunch w/Eddie & Donna

Wednesday, November 22nd, 11:30 a.m. \$6

Join us for a special Thanksgiving lunch, complete with roast turkey, gravy, sides, Clancy's famous mashed potatoes and of course pie! Eddie & Donna will once again provide our entertainment. **RSVP by November 20th.**

NRPD Fraud & Scam Presentation

Monday, November 27th at 12:15 p.m.

An officer from NRPD will be here to teach participants how to recognize scams, protecting oneself against scams, and common schemes used. Email, phone call, impersonation and romance scams will be covered. Questions are encouraged. **RSVP by November 22nd.**

Lunch & Learn: Deeds, Titles & Real Estate Fraud

Tuesday, November 28th, 12:00 p.m.

Jennifer Herron-Underwood of Howard Hanna will present a Market Update, and Your Real Estate Question & Answer Session. In this lunch and learn we will discuss what a deed is vs a title, the types of deeds and common real estate fraud schemes to watch out for. Jennifer will also provide a brief real estate market update. Come with your real estate or downsizing questions. See if you can stump her with your question. Let's have some fun and learn about real estate.

Super Thursday, November 30th

11:00 a.m. \$6

Lunch & Program: Protecting the Kennedy's

Baldwin-Wallace ILR's Reach program will present an actor portrayal of Agent Clint Hill, Jackie Kennedy's agent who will recall the details of the day and aftermath of Kennedy's assassination. **RSVP by November 29th.**

Hobby Hour

Friday, November 17th 1:00 - 3:00 p.m.

Tuesday, December 12th 1:00 - 3:00 p.m.

Do you knit, crochet, whittle, paint, quilt, Sudoku, wordsearch or any hobby that you can bring to the Senior Center? Join us to chat & _____ (you fill in the blank). Coffee, tea and light snacks provided. You might pick up a new hobby or find others like you.

Gift Wrapping

Monday, December 11th

10:00 a.m. - 12:00 p.m.

Bring your gifts and wrapping paper to the Center. We will have tables, ribbons, bows and ideas for making your packages stand out under the tree this year.

Cookie Decorating

Friday, December 15th, 1:30 p.m. FREE

We're spreading holiday cheer in the form of cookies! Decorate holiday cookies for yourself or to give away to friends and family. All supplies provided, courtesy of Kari Bozic of Brookdale. **RSVP by December 13th.**

Christmas Luncheon & Party

December 22nd, 11:30 a.m. \$6

Entertainment: Mary Beth Ions, Violinist

Join us for a festive Christmas celebration with a special menu and a musical program by Mary Beth Ions. We are excited to welcome Mary Beth's music and humor back to our center for what is sure to be a joyful program. **Please RSVP by December 20th so we can prepare for the correct number of people.**

North Ridgeville Hatters

November 14th and December 12th

2:00 p.m.

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

Soup Lunch

Mondays, 12:00 p.m. \$2

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

NR Heart & Sole Indoor Walking

North Ridgeville Heart & Sole collaborative is expanding the indoor walking program to four days a week this fall and winter.

LCCC University Partnership Ridge Campus

32121 Lorain Road

Mondays & Wednesdays, 5 - 7 p.m.

(Oct. 2 through March 27)

Liberty Elementary School

5700 Jaycox Road, North Ridgeville

Tuesdays and Thursdays, 6 - 8 p.m. (Oct. 3 through

May 23) No walking Oct. 26 or Nov. 2

Stacey's Small Talk

When putting up a Christmas tree, there are several things to consider. If you are one of those that like the holidays to go on and on, an artificial tree might be the right choice for you.

You might want to consider a balled or potted tree if you have space to plant it after the holidays. These trees are only able to be indoors for 7-10 days and require a little more care.

For those who prefer a real, cut tree here are a few things to keep in mind:

* Do the drop test—lift the tree a few inches off the ground and drop it. The amount of needles that fall off will give you an idea of how fresh the tree is.

* Check with your city on how to best dispose of your tree after the holidays. Those large plastic bags make it nice to get the tree out of your home without making a mess, but most cities take those trees and process them as trash instead of yard waste. Once the tree is outdoors, removing the bag is all you need to do to have your tree become mulch versus buried in a land fill.

* Consider (if you have the room) putting your tree outdoors after you are finished with it. Animals such as rabbits will use it for shelter and food throughout the winter. Then you can get rid of it in the spring. However, only trees **without** tinsel or angel hair should be put outdoors.

However you decide to decorate, we wish you a joyous season and hope you spend some of it with us here at the Senior Center.

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. Jewelry will be accepted until November 22nd.

Outings

For information or to register (440) 353-0828. Please note our new field trip policy— you may register yourself and one other individual via phone only. Thank you for understanding.

JACK Casino

Friday, December 1st at 11:30 a.m.

The Avenue at North Ridgeville will provide a boxed lunch and transportation to JACK Casino in downtown Cleveland. Space is limited, **registration begins November 6th at 9:00 a.m. 10 spots available.**

Pierogis, Strudel & Schnitzel!

**Thursday, December 7th
10:00 a.m. - 2:00 p.m. \$5**

We will tour Rudy's Bakery to see how pierogis are made, then head to Das Schnitzel Haus for lunch. If there is time, we will make some additional stops. **Registration begins Monday, November 20th at 9:00 a.m. 13 spots available.**

Christmas Cheer & Shopping

**Friday, December 8th 11:00 a.m. - 4:00 p.m.
\$5**

We will go to Uncle John's to see the thousands of poinsettias, have lunch at the Falls Diner, followed by shopping at Grand Pacific Junction. There are options for dessert too. **Registration begins November 8th at 9:00 a.m. 13 spots available.**

Cocoa, Lights & Friends

**Wednesday, December 13th
6:30 p.m.– 9:00 p.m. \$8**

Start the evening by celebrating National Hot Cocoa Day with some treats. After, we will board the bus to tour some of the fabulous light displays in the area then drive through display at the Cuyahoga County fairgrounds. **Registration begins November 28th 9:00 a.m. 13 spots available.**

The Nutcracker presented by Ballet Legato

Sunday, December 17th

1:15 p.m. – 4:30 p.m. \$20

Enjoy this holiday classic at LCCC's Stocker Center. Ballet Legato is a professional ballet company based in North Ridgeville. **Registration begins November 14^h at 9:00 a.m. 13 spots available; 6 drive on your own spots.**

North Ridgeville Parks & Recreation

For information and to register
www.nridgeville.org/parksandrec

Gentle Yoga with Kip Cronk **November 7th - December 12th** **6:00 p.m-7:00 p.m.**

Ages: 15 and up Location: Safetyville Building
Pre-Registration Fee: \$50 Resident / \$60 Non-Resident

Mindful Yoga with Kip Cronk **Nov. 15th or Dec. 19th** **6:00 p.m.-7:30 p.m.**

Ages: 15 and up Location: Safetyville Building
Pre-Registration Fee: \$10 Resident / \$15 Non-Resident

American Heart Association **CPR / Basic Life Support Certification** **Saturday, November 4th 9:00 a.m.-1:00** **p.m. or Saturday, December 2nd,** **9:00 a.m.-1:00 p.m.**

This class is designed for healthcare professionals and other personnel who need to know how to perform CPR and other basic cardiovascular life support skills in a wide variety of in-facility and prehospital settings. Participants will learn high-quality CPR for adults, children, and infants, AHA Chain of Survival (BLS components), important early use of an AED. Effective ventilations using a barrier device, importance of teams in multi-rescuer resuscitation and performance as an effective, team member during multi-rescuer CPR, and relief of foreign-body airway obstruction (choking) for adults and infants. CPR certificate will be received upon completion of this course. Cost covers CPR certificate and materials.

Instructor: NR Fire Department

Ages: 13 and up

Class Size: 4 minimum / 20 maximum

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

Holiday Food and Toy Drive

Non-perishable food items and new toys in original packaging are needed to help benefit Community Care for the Holidays. Drop off boxes will be located at City Hall, Parks & Recreation, and Senior Center.

Items can be dropped off October 30 - December 1, Monday - Friday 8:00 - 4:30 p.m. We appreciate your donations and thank you for making the holidays brighter for a family in need.

North Ridgeville Library Programs

For information or to register
(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.*

Setting Up a Reading Journal for 2024

Wednesday, November 1; 6:30 to 7:30 p.m.
Start a reading journal to track your books in the upcoming year. Preregistration required.

Welcome to Medicare

Wednesday, November 1; 6:30 to 7:30 p.m.
Learn information on how Medicare works, what benefits it provides and what options are available. Preregistration required.

Bingocize

Thursday, November 2; 10 to 11 a.m.
Join Fairhill Partners for a ten-session series that mixes exercise, health education and bingo to help overcome health concerns.

Tea Time

Thursday, November 16; 10:30 to 11:30 a.m.
A discussion about the history and health benefits of tea followed by a herbal tea sampling.

The Butler Did It Mystery Book Discussion

Wednesdays, 6:30 to 7:30 p.m.
November 15; "Long Call" by Ann Cleeves
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.

Page Turners Book Discussion: "When We Were Young and Brave" by Hazel Gaynor

Tuesday, November 28; 1 to 2 p.m.
Spend an afternoon each month discussing a great book and making friends. Copies of the book are available at the library. Preregistration required.

NOVEMBER



Monday	Tuesday	Wednesday
		1 Watercolors 9:30 a.m. Line Dancing 10:00 a.m. Blood pressure screenings 10:30 a.m. Lunch 12:00 p.m. \$5 Bingo, Euchre & Canasta 12:30 p.m.
6 Crafts 10:00 a.m. Cardio Drumming 11:00 a.m. Soup Lunch 12:00 p.m. \$2 Chair Volleyball 1:00 p.m.	7 Cardio Dance 9:00 a.m. Chair Yoga 10:00 a.m. (at Shady Drive) Election Day – no activities on site	8 Watercolors 9:30 a.m. Line Dancing 10:00 a.m. Blood pressure screenings 10:30 a.m. Lunch 12:00 p.m. \$5 Bingo, Euchre & Canasta 12:30 p.m.
13 Crafts 10:00 a.m. Card Making Class Cardio Drumming 11:00 a.m. Soup Lunch 12:00 p.m. \$2	14 NRCOC Member Breakfast 8:30 a.m. Cardio Dance 9:00 a.m. Chair Yoga 10:00 a.m. Taco & Trivia Tuesday! Taco Lunch \$4 Trivia 12:30 p.m. NR Hatters 2:00 p.m.	15 Watercolors 9:30 a.m. Line Dancing 10:00 a.m. Lunch 12:00 p.m. Sponsored by O'Neill Healthcare Bingo, Euchre & Canasta 12:30 p.m.
20 Crafts: Macramé Ornaments Santa's 10:30 a.m., Trees 12:30 p.m. Cardio Drumming 11:00 a.m. Soup Lunch 12:00 p.m. \$2 Chair Volleyball 1:00 p.m.	21 Cardio Dance 9:00 a.m. Chair Yoga 10:00 a.m. Turkey Bowling 1:00 p.m.	22 Watercolors 9:30 a.m. Line Dancing 10:00 a.m. Thanksgiving Lunch 12:00 p.m. \$6 Bingo, Euchre & Canasta 12:30 p.m.
27 Crafts 10:00 a.m. Macrame Class Cardio Drumming 11:00 a.m. Soup Lunch 12:00 p.m. \$2 NRPD Fraud & Scam Presentation 12:15	28 Cardio Dance 9:00 a.m. Chair Yoga 10:00 a.m. Puzzle Exchange 11:00 a.m. Lunch & Learn: Deeds Titles & Real Estate Fraud 12:00 p.m.	29 Watercolors 9:30 a.m. Line Dancing 10:00 a.m. Lunch 12:00 p.m. \$5 Bingo, Euchre & Canasta 12:30 p.m. Last Call Trivia at NOSC 1:30 p.m.

Menu

- 1st Chicken Salad Sandwich & Tater Tots**
- 2nd Corned Beef Hash & Eggs**
- 8th Salisbury Steak with Mushroom Gravy, Mashed Potatoes & Fruit**
- 14th Chicken Taco Salad & Spicy Guacamole**
- 15th Pork Cutlet with Plum Chutney, Roasted Red Potatoes & Veggies**
- 16th French Toast, Sausage & Fruit**
- 17th Pancake, Sausage, Eggs & Fruit**
- 22nd Turkey Dinner with Cranberry Relish**
- 29th Roasted Lamb Stew**
- 30th Lasagna, Bread and Salad**

Thursday	Friday
2 <b style="color: green;">Men's Breakfast, 9:00 a.m. <b style="color: maroon;">Tai Chi 10:00 a.m. Cards & Mahjongg 12:00 p.m.	3 Rotary Club meeting 12:00 p.m.
9 <b style="color: maroon;">Tai Chi 10:00 a.m. Cards & Mahjongg 12:00 p.m.	10 Closed for Veteran's Day
16 <b style="color: maroon;">Tai Chi 10:00 a.m. <b style="color: green;">Ladies Brunch 10:30 a.m. Cards & Mahjongg 12:00 p.m.	17 <b style="color: green;">The Breakfast Club 9:30 a.m. Rotary Club meeting 12:00 p.m. Hobby Hour 1:00 p.m. <div style="text-align: center;">  </div>
23 Closed for Thanksgiving	24 Closed for Thanksgiving
30 <b style="color: maroon;">Tai Chi 10:00 a.m. <b style="color: green;">Super Thursday Lunch & Program Protecting the Kennedys 11:00 a.m. <b style="color: green;">\$6 Cards & Mahjongg 12:30 p.m.	

KEY

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

DECEMBER



Monday	Tuesday	Wednesday
<p>Ballet Legato's The Nutcracker at LCCC's Stocker Center, Sunday, December 17th at 2:00 p.m. Van departs at 1:15 p.m.</p>		
<p>4 Crafts : Ornaments Pt. 2 10:00 a.m. Cardio Drumming 11:00 a.m. Soup Lunch 12:00 p.m. \$2 Chair Volleyball 1:00 p.m.</p>	<p>5 Cardio Dance 9:00 a.m. Chair Yoga 10:00 a.m. Taco & Trivia Tuesday! Taco Lunch \$4 Trivia 12:30 p.m.</p>	<p>6 Dr. Emmert 8:00 a.m. Watercolors 9:30 a.m. Line Dancing 10:00 a.m. Blood pressure screenings 10:30 a.m. Lunch 12:00 p.m. \$5 Bingo, Canasta, 12:30 p.m.</p>
<p>11 Crafts - Gift Wrapping 10:00 a.m. Cardio Drumming 11:00 a.m. Soup Lunch 12:00 p.m. \$2</p>	<p>12 Cardio Dance 9:00 a.m. Chair Yoga 10:00 a.m. Hobby Hour 1:00 p.m. NR Hatters 2:00 p.m.</p>	<p>13 Watercolors 9:30 a.m. Line Dancing 10:00 a.m. Lunch 12:00 p.m. \$5 Bingo, Euchre & Canasta 12:30 p.m. Cocoa, Lights & Friends 6:30 p.m.</p>
<p>18 Crafts 10:00 a.m. Cardio Drumming 11:00 a.m. Soup Lunch 12:00 p.m. \$2 Chair Volleyball 1:00 p.m.</p>	<p>19 Cardio Dance 9:00 a.m. Taco & Trivia Tuesday! Taco Lunch \$4 Trivia 12:30 p.m.</p>	<p>20 Watercolors 9:30 a.m. Line Dancing 10:00 a.m. Lunch 12:00 p.m. Sponsored by O'Neill Healthcare Bingo, Euchre & Canasta 12:30 p.m.</p>
<p>25 Closed for Christmas</p>	<p>26 Closed for Christmas</p>	<p>27 Watercolors 9:30 a.m. Line Dancing 10:00 a.m. Lunch 12:00 p.m. \$5 Bingo, Euchre & Canasta 12:30 p.m.</p>

Thursday	Friday
	1 Rotary Club meeting 12:00 p.m. Casino Trip with The Avenue 11:30 a.m.
7 Men's Breakfast, 9:00 a.m. \$4 Tai Chi 10:00 a.m. Pierogis, Strudel & Schnitzel 10 a.m. Cards & Mahjongg 12:00 p.m.	8 Christmas Cheer & Shopping 11:00 a.m.
14 Cards & Mahjongg 12:00 p.m.	15 The Breakfast Club 9:30 a.m. \$4 Rotary Club meeting 12:00 p.m. Cookie Decorating 1:30 p.m.
21 Ladies Brunch 10:30 a.m. \$4 Cards & Mahjongg 12:00 p.m.	22 Christmas Luncheon & Party 11:30 a.m. \$6
28 Cards & Mahjongg 12:00 p.m.	29

Menu

5th Taco Plate

**6th Pork Scallopine
with Pasta and Veggies**

**7th Eggs, Bacon,
Hashbrowns and Fruit**

**13th Chicken w/Bercy
Sauce, Rice and
Veggies**

**15th Eggs, Ham, Tater
Tots & Bagels**

20th Beef Tostada

**21st Roast Beef, Baked
Potatoes and Veggies**

**22nd Green Salad,
Ham Steak, Mashed
Potatoes, Veggies and
Roll**

**27th Roasted Pork
Loin with Potatoes,
Veggies and Fruit Cake**

KEY

Bold = Requires

Registration

Blue = Field Trip

Maroon = Fitness

Green = Food

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