



# Senior Center Newsletter

## November - December 2024

**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**  
**November 11 for Veterans Day**  
**November 28 and 29 for**  
**Thanksgiving**  
**December 24 and 25 for the**  
**Christmas holiday**

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### NEW Automatic Front Door

Thank you to Kim Lieber, Director of Planning, who secured a grant for ADA improvements to the center. The biggest improvement is our new, automatic door. There is a push button on either side of the door, easing entry for those using an assistive walking device or with limited mobility. The door is programmed to stay open for 20 seconds, please be patient, the door will close on its own.

### Program Registration

We often get the question "Do I need to register?" The simple rule is; if food is involved, the answer is yes. We can simplify this further by saying "yes, please register." This helps us know how many people to expect, so we can set up the room appropriately. It is also helpful in the event a program is unexpectedly canceled and participants need to be notified.

### Sponsor Thank Yous

Several events in November and December will be sponsored thanks to the generosity of the following local agencies that serve the older adult community:



*If you are 55 or older, you are 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.*

# A MESSAGE FROM DIRECTOR EMILY LOCKSHINE



Greetings,

How is 2024 nearly over? This year seemed to go by in a flash.

In the spirit of Thanksgiving, I would like to extend a heartfelt thank you to the volunteers at the Community Garden who faithfully brought more than 2,000 pounds of produce to the center weekly during harvest time. Our participants enjoy being able to access fresh, local produce for free. The produce was also used in dishes made by our cook, Clancy McCool. At this time, I would also like to thank all the organizations who sponsored spaghetti dinners, lunches, breakfasts or programming throughout the year. Their presence and generosity helps enrich our community.

Thank you to Stacey Allen, our dedicated and creative Activities Coordinator, and Clancy McCool, our cook who are generously donating their time to host a Christmas Eve potluck. I truly believe our center has the most caring staff and I am grateful to spend every day with them. Their daily demonstrations of kindness and caring and watching them interact with all of you makes my heart swell. The next time you see Tess, Stacey, Clancy, Kitty, Dave or Steve, please let them know how much of a difference they make.

I will be traveling to Germany over the holidays this year and will unfortunately miss our Christmas party. My brother and his family moved to Bremen in November of 2019 and this will be my first visit since they left the states - a visit that is very much overdue. You will be in excellent hands with our highly capable staff and crew of volunteers during my absence.

We continue to stretch our creative minds and expand our program offerings. As we barrel toward the end of the year, the name of the game is FUN! November will bring turkey bowling (with frozen turkey breasts), Try It Tuesdays, our popular once monthly social breakfast, and disc golf fun indoors with several indoor games that can be played.

Lastly, and this is the hardest part of my message, Stacey Allen plans to retire at the end of the year. Stacey has brought so much to the center in her nearly two years here and I credit her with growing our numbers and bringing new programming to our center. We wish her luck and this is not goodbye, just see you later.

Wishing you a healthy, peaceful and joyous holiday season,

*Emily*

## Office for Older Adults Staff

**Emily Lockshine**, Administrator  
**Stacey Allen**, Activities Coordinator

**Kitty Wawszkiewicz**, Case Manager  
**Tess Dietrich**, MOW & Volunteer Coordinator

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 approach the year's end, I can't help but marvel at how quickly the months have flown by! Here we are ushering in the holiday season with all the traditional gratitude, gatherings and celebrations. This is my favorite time of the year and I hope you enjoy it, too.

Election Day is Tuesday, November 5. As always, I urge everyone to participate and make their voices heard. If you need to locate your polling place, visit [www.voteloraincountyohio.gov](http://www.voteloraincountyohio.gov) and use the polling place lookup. You can also register to vote, request an absentee ballot (by October 29) and review the list of candidates and issues.



Veterans Day is Monday, November 11. It was made a legal holiday and set on November 11 in honor of the armistice that ended WWI. We continue to take this opportunity to honor all military veterans for their service, whether in times of war or peace, and acknowledge that their contributions and sacrifices are appreciated. The North Ridgeville Veterans Memorial at South Central Park is a dedicated space to honor our veterans year round. If you haven't had an opportunity to visit, take a moment to stop by and pay tribute to those who have given us their service.

Holiday on the Ridge is Saturday, December 7. For many in our community, this is when the magic of the season begins. Gather with friends, family and neighbors to enjoy craft shows, open houses, and local businesses that are decked out especially for you. Join us at 5:00 p.m. at the South Central Park Gazebo for our warm and festive annual Tree Lighting Ceremony! Enjoy a delightful performance by the North Ridgeville High School Choir as we kick off the holiday season together. Find more details on this event at [nrbridgeville.org](http://nrbridgeville.org) or the North Ridgeville Visitors Bureau website at [nrchamber.com](http://nrchamber.com).

We're happy to continue the tradition that is the annual Holiday Food and Toy Drive. It always helps make the holidays brighter and provide much needed items for local families. It will be under way until November 29. Non-perishable food items and new toys (in original packaging) are gratefully accepted Monday through Friday from 8:00 a.m. until 4:30 p.m. Drop boxes are available in City Hall, Parks & Recreation and the Senior Center.

North Ridgeville Community Care also supports seniors and families in our community. If you or someone you know needs assistance with food, household essentials or utility bills, please call (440) 353-9716 or visit [nrcommcare.org](http://nrcommcare.org) for support.

We will host the final 2024 Coffee and Conversations with the November 18 and December 11. Both sessions will be in Council Chambers at City Hall at 8:30 a.m. All are welcome to attend for updates on city news and projects. The coffee is free and the company is friendly.

On a final note, please know you are welcome and invited to enjoy the programs and activities available at the Senior Center and around our community all year long.

Wishing you all good health and happiness this holiday season.

**Mayor Kevin Corcoran**



**City Hall Hours:**  
**Monday-Friday, 8:00 a.m. to 4:30 p.m.**  
City offices will be closed November 11, 28 and 29; December 24 and 25.

# 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) 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 aging adults and their families, and to assist older adults with maintaining independence.

## Transportation

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

## Blood Pressure Screening

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

**Upcoming dates: November 6 and December 4.**

## 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 visits the Senior Center on select Wednesdays 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.** There are no more scheduled visits in 2024. Be on the lookout for the 2025 schedule.

## Meals-on-Wheels

Meals-on-Wheels is available to NR residents 60 and older. A nutritious meal is delivered on Mondays and Wednesdays for a total of up to 5 meals per week. Each meal is delivered before 11:00 a.m. and contains 1/3 of the RDA for older adults.

It is our goal to provide a nutritious daily meal, however, we are unable to accommodate special diets (e.g. diabetic). Our friendly, courteous volunteer drivers pick up the meals from the Senior Center and deliver them to your door.

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. 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

## Cardio Dance with Carrie Aquila

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 III: November 19—December 31 (no class December 24)**

**Winter Session I: January 7– February 11**

## Chair Yoga with Kip Cronk

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

**\$24 for 4 weeks**

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

Chair Yoga is perfect for all ages and abilities - no experience necessary. In chair yoga 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.

**November 12– December 3**

January class info will be available late October/early November.

## Tai Chi for Arthritis and Balance

Thursdays, 10:00- 11:30 a.m.

**\$56 for 7 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 31 - December 19**  
(no class on November 28)

## Chair Volleyball

**November 25, December 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!

## Senior Fitness with Kathy Hungerman

Tuesdays & Thursdays

9:00 - 9:50 a.m.

**\$72 for 6 weeks (two days**

**a week, \$36 if you register to only do one day a week)**

Senior Fitness is a new class, with an emphasis on 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.



**Fall Session III: November 12 - December 19**

**Winter Session I: December 31 - February 6**

## Drop in Fitness Classes

### Cardio Drumming

**Mondays, 11:00 a.m.**

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. Second class at 2:00 p.m. on select Mondays, see calendar for details. \$2 class fee. **Safetyville Building**. Registration for November classes will begin October 22 at 9:00 a.m., registration for December classes will begin November 19 at 9:00 a.m. No class December 23.

## Beginning Line Dancing

**Mary Harwood**

**Wednesdays, 10:00 - 11:00 a.m. \$6 class fee**

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!

## NR Heart & Sole

Heart & Sole is a community-based group powered by the United Way of Greater Lorain County and facilitated by Lorain County Public Health. The collaborative includes partners from

local businesses, agencies and organizations working to improve physical, social, and mental well-being of those who live, work, and visit the community. The collaborative focuses efforts specifically on North Ridgeville residents. To learn more, visit <https://www.nrheartandsole.com>.



# 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.

**November 7, 9:00 a.m.**

### Ohio Wildlife of the Past and Present

Our native wildlife has gone through many changes in the 220 years that Ohio has been a state. Find out why many species disappeared from the landscape over time and the recovery efforts made to bring them back presented by a Cleveland Metroparks naturalist.

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

### Pearl Harbor Remembered

On December 7, 1941, in less than ninety minutes, Japanese planes destroyed or damaged 19 U.S. warships and 300 aircraft, and killed over 2,400 U.S. servicemen, catapulting the United States into the milieu of WWII. Local historian Steve Pettyjohn will present on this historic event that lives in infamy.

## 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.

**November 21, 10:30 a.m.**

### NRPD Officer McGraw and His K-9 Companion

Have you ever wanted to know how K-9 dogs are selected, training required, their job responsibilities and where they hang out when off-duty? Office John McGraw and Geno, his K-9 will provide all these answers and more.

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

### A Royal Family Christmas

December is a busy month for the royals! Please join Julie Koenig of Royally Amused as she discusses royal events leading up to Christmas. Learn about all the royal and not so royal traditions as we go back to the days of Queen Victoria and discuss the traditions that we still celebrate today.

## The Breakfast Club – Second Friday at 9:30 a.m.

A monthly social breakfast open to adults 55 and over. Come start your Friday out with friends coffee and a hot breakfast for just \$4.

## Make It Mondays

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

**Nov 4 - Turkeys with Laura Petek**

**Nov 11- Closed**

**Nov 18 - Charcuterie Boards with Brookdale**

**Nov 25 - Life Care Center of Elyria**

**Dec 2 - Crafting with O'Neill Healthcare & Decorating the Center**

**Dec 9 - Wool Applique/Embroidery with Jo Anna Schneider**

**Dec 16 - Cookie Decorating**

**Dec 23 - Ornaments with Laura Petek**

**Dec 30 - Life Care Center of Elyria**

Details will be shared after you register.

## Monday Soup Lunch

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

Come in for a light lunch of one of Clancy's homemade soups and bread. See the menu for the soup of the day. **RSVP by the previous Friday- quantities are limited.**

## Medical Mondays with Dr. Alexander Zolli November 25, 2:00 p.m.

Dr. Alexander Zolli is the Surgeon in Residence at LCCC. November's topic is back pain.

## Taco & Trivia Tuesday!

**Tuesdays, November 19, December 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 join new friends to form a team. **Registration is required for lunch at a cost of \$4.**

## Hearing Screening by Resolve Hearing November 12 at 11:00 a.m.

RSVP so we know to expect you.

## Lunch & Learn: Red Flags of Real Estate November 12 at 12:00 p.m.

You will come away with an understanding of recent changes to laws that affect how realtors and clients do business and learn about red flags to look out for when considering selling your home.

### **Try It Tuesdays**

**November 26 and December 31, 12:00 p.m.**

Have you ever thought about ordering that Thai chicken dish on the menu but were too afraid you wouldn't like it? Or maybe you just want to try something new. In this series, we will explore a variety of less common or international food items in a comfortable, no risk setting. This will be an ongoing series.

**November** - Vegan Thanksgiving (give it a try, you might be surprised!)

**December** - Christmas/New Year Food Traditions Around the World

### **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. **We will have a special Thanksgiving lunch on November 27 with musical entertainment by Eddie & Donna.** Cost is \$6 for this luncheon.

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

### **Senior Strong Fridays, 11:00 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 a month will be dedicated to current events. This is not a session, please register for the days you wish to attend.

### **Hobby Hour**

**Wednesday, November 13, 1:00 - 3:00 p.m.**

**Friday, December 13, 1:00 - 3:00 p.m.**

Bring a project to work on and meet others from the center.

### **Music Bingo**

**November 8, 10:30 a.m. 1960's**

**November 27, 2:15 p.m. 1950's**

**December 20, 1:00 p.m. Christmas music**

Join Stacey for musical memories. Maybe you'll hear some old favorites or some forgotten tunes. Come sing along or just tap your toes.

### **Indoor Disc Golf Games**

**Nov 15 & Dec 10 at 10:30 a.m.**

We're going to continue the fun of disc golf, but take it indoors for cooler weather months. There are a number of indoor games that can be played using disc golf equipment. Not sure what to expect? Come anyway for some fun and maybe you'll meet a few new friends along the way. **RSVP by November 14 and December 9.**

### **Turkey Bowling, November 22, 11:00 a.m.**

**Sponsored by The Northridge Health Center**

Turkey bowling is fun, casual and even somewhat silly. No turkeys will be harmed in this activity as we will be using frozen turkey breasts. After the competition, stay for a light soup lunch for just \$2. Separate registration required for each event. **RSVP by November 19.**

### **Holiday Stress Relief**

**with Kip Cronk of Sky Green Yoga**

**December 17, 10:00 a.m. \$5**

This unique program will demonstrate methods to reduce stress in our daily lives and throughout the holiday season. The program will include breathing techniques, meditation and chair yoga. No experience necessary. **Register by December 16.**

### **Christmas Luncheon & Party**

**Friday, December 20, 11:30 a.m. \$6**

**Entertainment: Nick Gerard**

Join us for a festive Christmas celebration with a special menu and a musical program by Nick Gerard, who will provide a mix of rat pack era standards and familiar holiday tunes. **Please RSVP NO LATER than December 18 so we can prepare for the correct number of people. If you would like to participate in a gift exchange, please bring a gift.**

### **Christmas Eve Potluck**

**Tuesday, December 24, 1:00 - 4:00 p.m.**

Bring an item to share, your dishes & silverware, and an item for a gift exchange (optional). We will be playing holiday music & games. Guests are welcome! Please register before December 20 so we can set up the room.

### **Hanukkah-Kwanza-Boxing Day Celebration**

**Thursday, December 26, 12:00 p.m. \$5**

The first day of Hanukkah, Kwanza and Boxing Day all fall on December 26. Join us for this eclectic mash up celebration of multiple cultural holidays. You will learn about traditions from these celebrations while sampling foods. If you are looking for something fun and new to do the day after Christmas, come learn about traditions around the world. **RSVP by December 23.**



## Outings

For information or to register

Call (440) 490-2056

*Please note new field trip policy – you may register yourself and one other individual via phone only. If your call is not picked up, your message is time stamped. The time of your message is factored into the order of calls received.*

### **Pierogis, Strudel & Schnitzel!**

**Thursday, December 5, 10:30 a.m. - 3:00 p.m. \$5**

We will tour Rudy's Bakery to see how pierogis are made, then we will go to Das Schnitzel Haus for lunch. Time permitting, we will make some additional stops in the area. **Registration begins Wednesday, November 13 at 1:00 p.m.**

### **Great Lakes Theater: A Christmas Carol** **Thursday, December 12, 10:00 a.m. - 3:00 p.m. \$25**

In A Christmas Carol, Dickens decries materialism in favor of generosity and social responsibility. The enduring popularity of the story is grounded in his faith in the idea of change. Dickens portrays the obstacle to change as the paralyzing fear of giving up something and being somehow diminished in the process. After the play we will stop for lunch (not included) before returning to the Center.

**Registration begins Wednesday, November 6 at 1:00 p.m.**

### **Cocoa, Lights & Friends**

**Wednesday, December 18, 6:45 - 9:00 p.m. \$8**

Start the evening with some treats, then board the bus to tour some of the fabulous light displays in the area. We will end with the drive through display at the Cuyahoga County fairgrounds and several neighborhoods who are known for their holiday lights. **Registration begins Wednesday, November 20 at 1:00 p.m.**

## **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

### **Irish Pub Dinner & Music**

**Friday, November 1, 5:00 - 6:30 p.m.**

### **Westside Irish American Club**

8559 Jennings Rd, Olmsted Township, OH 44138  
Join Stacey for an evening of good food and live Irish music. The Pub is open from 5 - 9 p.m., food is served from 5:00 - 7:00 p.m. **Please register so we can save you a seat.**

### **Volunteer Spotlight: Diana Tesar**

We don't always have space in our newsletter to highlight one of our many valued volunteers, but for this edition, we are excited to tell you about Diana Tesar.

Diana lives in Elyria and has been volunteering at the center for more than 10 years. If you've ever been at the center on a Monday afternoon, you are familiar with her smiling face. In addition to working at the front desk, she also helps with serving during Rotary meetings. "I enjoy being helpful, whether it is to the people who come to the center, or serving." When she is not volunteering, she loves spending time at her great grandchildren's sporting events, and spending time with the triplets who are now 5 years old. Recently Diana went on a bus trip to parts of Pennsylvania and West Virginia, including a 46 mile train trip across West Virginia. One place she would like to go is Las Vegas and hopes to get there someday soon. In the meantime, we're grateful to have her with us on a regular basis.

### **Dementia Friends Education Session**

**Thursday, November 7 at 6:00 p.m.**

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

### **Dementia Resources**

Did you know North Ridgeville has been designated a dementia friendly community? As part of this effort, several public education sessions will be held later this year. Stay tuned for details in a future newsletter. 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)

## **American Heart Association CPR / Basic Life Support Certification Saturdays, November 2 and December 7 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. Cost covers CPR certificate and materials.

Instructor: NR Fire Department

Ages: 11 and up

Class Size: 4 minimum / 20 maximum

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

## **Gentle Yoga with Kip Cronk Tuesdays, November 5 - December 10 6:00 - 7:00 p.m.**

The Ashtanga yoga sequence is set, it never changes. So, you can go to any Ashtanga class in the world and be guided through the exact same postures. The benefit of this is that you will start to see the progress in your practice as your body begins to find ease in the postures that you once found difficult.

Ages: 15 and up Location: Safetyville Building

Class Size: 6 minimum / 15 maximum

Fee: \$70 Resident / \$80 Non-Resident

## **Restorative Sound Bath with Kip Cronk & Becky Hopp**

### **Monday, December 16, 6:00 - 7:30 p.m.**

60 minutes of easy restorative yoga and an extended 30 minutes of Savasana.

Ages: 15 and up Location: Senior Center

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

## **Sound Bath**

### **Mondays, November 11 and December 9 6:30 - 7:30 p.m.**

Join Becky Hopp from With a Grateful Heart Wellness, as she takes you on a relaxing journey using the highest-grade Crystal Alchemy Singing Bowls. This full body relaxation experience will help with stress, tension, sleeplessness, anxiety, depression, grief, physical pain, addiction and more. Based on ancient healing techniques, this occurs through the sound wave vibrations which calm the nervous system and balance the subtle body.

Instructor: Becky Hopp

Ages: 15 and Up Location: Senior Center

Class Size: 4 minimum / 20 maximum

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

# 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).

## **Diabetes Self-Care**

Wednesday, November 6; 2:00 to 3:30 p.m.

Learn what diabetes is, how it progresses and what lifestyle changes you can make to reduce your risk. These same changes can help gain better control of blood sugar levels.

## **Learn a New Language**

Wednesday, November 20; 2:00 to 3:30 p.m.

Use eLibrary resources Transparent Language and Mango Languages to help you learn a new language.

## **Felt Peace Dove Ornament for Adults**

Wednesday, December 11; 1:00 to 2:30 p.m.

Learn how to hand stitch a dove ornament with the creative options of adding other embroidery and beading embellishments.

## **Classic Hollywood Christmas Musicals**

Saturday, December 14; 2:00 to 3:00 p.m.

Enjoy a celebration of Hollywood Christmas musicals from the 40s and 50s featuring clips and songs from the movies "Holiday Inn," "White Christmas," "Meet Me in St. Louis" and "Christmas in Connecticut."


## **Soul Food: Sweet Potato Pie**


Thursday, December 19; 2:00 to 3:30 p.m.

A live demonstration of how to prepare a healthier version of this classic dessert without using white sugar.



# November

Monday	Tuesday	Wednesday
<p>4</p> <p><b>Make It Monday 10:00 a.m.</b>  <b>Cardio Drumming 11:00 a.m.</b>  <b>Soup Lunch 12:00 p.m. \$2</b></p>	<p>5</p> <p><b>Election Day</b>  <b>Center Closed</b>  <b>Great Lakes Theater</b>  <b>9:00 a.m. - 3:00 p.m.</b></p>	<p>6</p> <p>Watercolors 9:30 a.m.  Line Dancing 10:00 a.m.  <b>Lunch 12:00 p.m. \$5</b>  Bingo, Euchre &amp; Canasta 12:30 p.m.</p>
<p>11</p> <p><b>Center Closed for Veterans Day</b></p> 	<p>12</p> <p><b>Cardio Dance 9:00 a.m.</b>  <b>Senior Fitness 9:00 a.m.</b>  <b>Chair Yoga 10:00 a.m.</b>  Resolve Hearing screenings 11:00 a.m.  <b>Lunch &amp; Learn: Red Flags in Real Estate 12:00 p.m.</b>  NR Hatters 2:00 p.m.</p>	<p>13</p> <p>Watercolors 9:30 a.m.  Line Dancing 10:00 a.m.  <b>Lunch 12:00 p.m. \$5</b>  Bingo, Euchre &amp; Canasta 12:30 p.m.</p>
<p>18</p> <p><b>Make It Monday 10:00 a.m.</b>  <b>Cardio Drumming 11:00 a.m.</b>  <b>Soup Lunch 12:00 p.m. \$2</b></p>	<p>19</p> <p><b>Cardio Dance 9:00 a.m.</b>  <b>Senior Fitness 9:00 a.m.</b>  <b>Chair Yoga 10:00 a.m.</b>  <b>Taco Lunch 12:00 p.m. \$4</b>  <b>Trivia 12:30 p.m.</b></p>	<p>20</p> <p>Watercolors 9:30 a.m.  Line Dancing 10:00 a.m.  <b>Tailgate Party Lunch 12:00 p.m.</b>  <b>Sponsored by O'Neill Healthcare of NR</b>  Bingo, Euchre &amp; Canasta 12:30 p.m.</p>
<p>25</p> <p><b>Make It Monday 10:00 a.m.</b>  <b>Cardio Drumming 11:00 a.m.</b>  <b>Soup Lunch 12:00 p.m. \$2</b>  Chair Volleyball 12:45 p.m.  <b>Medical Monday 2:00 p.m.</b></p>	<p>26</p> <p><b>Cardio Dance 9:00 a.m.</b>  <b>Senior Fitness 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>Vegan Thanksgiving</b></p>	<p>27</p> <p>Watercolors 9:30 a.m.  Line Dancing 10:00 a.m.  <b>Thanksgiving Lunch 12:00 p.m. \$6</b>  Bingo, Euchre &amp; Canasta 1:00 p.m.  Music Bingo 1950s 2:15 - 3:30 p.m.</p>

Thursday	Friday
	<sup>1</sup> Rotary Club meeting 12:00 p.m. <b>Irish Pub dinner Meet Up 5:00 pm</b> <b>(sunset 6:30)</b>
<sup>7</sup> <b>Men's Breakfast, 9:00 a.m. \$4</b> <b>Senior Fitness 9:00 a.m.</b> <b>Tai Chi 10:00 a.m.</b> Euchre, Pinochle, Dominos & Mahjongg 12:00 p.m. Dementia Friends Education Session 6:00 p.m.	<sup>8</sup> <b>The Breakfast Club 9:30 a.m.</b> <b>Sponsored by Wellspring Home</b> <b>Health Care</b> <b>Music Bingo 1960s</b> <b>10:30 a.m. - 12:00 p.m.</b>
<sup>14</sup> <b>Senior Fitness 9:00 a.m.</b> <b>Tai Chi 10:00 a.m.</b> Euchre, Pinochle, Dominos & Mahjongg 12:00 p.m.	<sup>15</sup> <b>Indoor Disc Golf Games 10:00 a.m.</b> Senior Strong 11:00 a.m. Rotary Club meeting 12:00 p.m.
<sup>21</sup> <b>Senior Fitness 9:00 a.m.</b> <b>Tai Chi 10:00 a.m.</b> <b>Ladies Brunch 10:30 a.m.</b> <b>Sponsored by The Northridge Health</b> <b>Center</b> Euchre, Pinochle, Dominos & Mahjongg 12:00 p.m.	<sup>22</sup> <b>Turkey Bowling 11:00 a.m.</b> <b>Soup lunch 12:00 p.m. \$2</b>
<sup>28</sup> <b>Closed for Thanksgiving</b> 	<sup>29</sup> <b>Closed for Thanksgiving</b>

## Menu

**4th Chicken Noodle  
Soup**

**6th Beef Taco Plate**

**7th French Toast,  
Sausage, Eggs, Fruit &  
Juice**

**8th Scrambled Eggs,  
Bacon, Potato, Fruit &  
Juice**

**13th BBQ Pork, Salad &  
Potato Salad**

**18th Vichyssoise Soup**

**19th Taco Plate**

**20th Sloppy Joes, Chips  
& Cookies**

**21st French Toast,  
Sausage, Eggs, Fruit &  
Juice**

**22nd Soup Lunch**

**25th Beef Vegetable  
Soup**

**27th Roasted Turkey,  
Mashed Potatoes,  
Gravy, Vegetables & Roll**

## KEY

**Bold** = Requires  
Registration

**Blue** = Field Trip

**Maroon** = Fitness

**Green** = Food

# December

Monday	Tuesday	Wednesday
<p>2</p> <p><b>Make It Monday 10:00 a.m.</b>  <b>Cookie Decorating</b>  <b>Cardio Drumming 11:00 a.m.</b>  <b>Soup Lunch 12:00 p.m. \$2</b></p>	<p>3</p> <p><b>Cardio Dance 9:00 a.m.</b>  <b>Senior Fitness 9:00 a.m.</b>  <b>Chair Yoga 10:00 a.m.</b>  <b>Taco Lunch 12:00 \$4</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. \$5</b>  Bingo, Euchre &amp; Canasta 12:30 p.m.</p>
<p>9</p> <p><b>Make It Monday 10:00 a.m.</b>  <b>Cardio Drumming 11:00 a.m.</b>  <b>Soup Lunch 12:00 p.m. \$2</b>  <b>Chair Volleyball 12:45 p.m.</b></p>	<p>10</p> <p><b>Cardio Dance 9:00 a.m.</b>  <b>Senior Fitness 9:00 a.m.</b>  Skein Gang 10:00 a.m.  Indoor disc golf games 10:30 a.m.  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. \$5</b>  Bingo, Euchre &amp; Canasta 12:30 p.m.  <b>Christmas Lights Tour 6:45-9:30 p.m.</b></p>
<p>16</p> <p><b>Make It Monday 10:00 a.m.</b>  <b>Cardio Drumming 11:00 a.m.</b>  <b>Soup Lunch 12:00 p.m. \$2</b>  <b>Music Bingo 12:30-2:00 p.m.</b></p>	<p>17</p> <p><b>Cardio Dance 9:00 a.m.</b>  <b>Senior Fitness 9:00 a.m.</b>  Stress Release for the Holidays  10:00 a.m. \$5  <b>Taco Lunch 12:00 \$4</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 O'Neill Healthcare of NR</b>  Bingo, Euchre &amp; Canasta, 12:30 p.m.</p>
<p>23</p> <p><b>Make It Monday 10:00 a.m.</b>  <b>NO Cardio Drumming</b>  <b>Soup Lunch 12:00 p.m. \$2</b>  <b>Chair Volleyball 12:45 p.m.</b></p>	<p>24</p> <p><b>Closed for Christmas Eve</b>  <b>Christmas Eve Potluck 1:00 p.m.</b></p>	<p>25</p> <p><b>Closed for Christmas Day</b></p> 
<p>30</p> <p><b>Make It Monday 10:00 a.m.</b>  <b>Cardio Drumming 11:00 a.m.</b>  <b>Soup Lunch 12:00 p.m. \$2</b></p>	<p>31</p> <p>Puzzle exchange 11:00 a.m.  <b>Try It Tuesday 12:00 p.m.</b>  <b>Christmas/New Year's Food Traditions Around the World</b></p>	



## Menu

**2nd Christmas Tortellini Soup**  
**3rd Taco Plate**  
**4th Roasted Pork Loin, Red Potatoes, Vegetable, & Cookies**  
**5th Omelet, Potatoes, Fruit & Juice**  
**9th Split Pea & Ham Soup**  
**11th Beef Tips over Noodles, with Vegetable, Rolls & Dessert**  
**13th French Toast, Scrambled Eggs, Sausage, Fruit & Juice**  
**16th Beef & Lentil Soup**  
**17th Burritos**  
**18th Baked Chicken with Rice, Vegetable & Roll**  
**19th Quiche, Potatoes, Fruit & Juice**  
**20th Beef Wellington, Mashed Potatoes, Vegetable, & Dessert**  
**23rd Chicken, Vegetable & Rice Soup**  
**24th Potluck**  
**26th Latkes, Jollof Rice, Beef Stew, Pie**  
**30th Soup—Chef's Choice**

### KEY

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

Thursday	Friday
5 <b>Men's Breakfast, 9:00 a.m. \$4</b> <b>Senior Fitness 9:00 a.m.</b> <b>Tai Chi 10:00 a.m.</b> Euchre, Pinochle, Dominos & Mahjongg 12:00 p.m.	6 Senior Strong 11:00 a.m.
12 <b>Senior Fitness 9:00 a.m.</b> <b>Tai Chi 10:00 a.m.</b> Euchre, Pinochle, Dominos & Mahjongg 12:00 p.m. <b>Great Lakes Theater 10:00 a.m.</b>	13 <b>The Breakfast Club 9:30 a.m. \$4</b> Senior Strong 11:00 a.m. Rotary Club meeting 12:00 p.m. Hobby Hour 1:00-3:00 p.m.
19 <b>Ladies Brunch 10:30 a.m. \$4</b> <b>Royally Amused A British Royal Christmas</b> <b>Senior Fitness 9:00 a.m.</b> <b>Tai Chi 10:00 a.m.</b> Euchre, Pinochle, Dominos & Mahjongg 12:30 p.m.	20 <b>Christmas Luncheon 11:30 a.m. \$6</b> <b>Christmas Music Bingo 1:00 - 2:30 p.m.</b>
26 <b>Hanukkah-Kwanza-Boxing Day Celebration \$5</b> <b>11:00 a.m.-12:00 p.m.</b> Euchre, Pinochle, Dominos & Mahjongg 12:00 p.m.	27 Senior Strong 11:00 a.m.
	

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