

# Senior Center Newsletter

NORTH RIDGEVILLE OFFICE FOR OLDER ADULTS  
7327 Avon Belden Road  
North Ridgeville, Ohio 44039  
Phone: (440) 353-0828



SEPTEMBER-OCTOBER 2022

## OFFICE HOURS:

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

**Front Desk & Reservation Line**

**440-353-0828**

**All City Offices Closed:  
Monday, September 5th  
Labor Day**

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## Transportation Services

The Office for Older Adults offers limited transportation services 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. Our van has a lift to accommodate those using a wheelchair. Individuals must undergo a brief in-home assessment prior to starting services. If you think you may qualify, please call 440-353-0857 for additional information. A donation of \$1 each way for local transports and \$2 for longer distances is requested.

## Exercise Equipment

The Senior Center has outdoor fitness equipment for use at any time. The equipment was procured by a grant and provides older adults with the opportunity to work on balance, strength and range of motion. Come check it out the next time you are at the center or stop by before or after a walk in South Central Park.



## A MESSAGE FROM DIRECTOR EMILY LOCKSHINE



I hope you all had an enjoyable summer and the opportunity to partake in equal parts fun and relaxation. Much of my summer has been spent training for the Chicago marathon, my first. The training experience is not only testing my resolve, but also helping me grow as a person and I am looking forward to crossing the finish line in October.

Fall is almost here and soon, cooler temps, Friday night football, bonfires, flannel shirts and endless options for pumpkin spice food and drinks will all make their way back into our lives. There are some great programs planned for fall, a few of which are highlighted below:

- Chair yoga will be offered as a NEW fitness activity, see page 9 for registration information
- Paint & Sip Party, September 19<sup>th</sup>
- Amish Country Field Trip, September 23<sup>rd</sup>
- Super Thursday Oktoberfest, September 29<sup>th</sup>
- AARP Safe Driver Class, October 17<sup>th</sup>

Those of you who regularly frequent our center are well aware of the need for a better facility, one with dedicated activity spaces, more restrooms, even an improvement as small, but vital as increased building access for those utilizing assistive walking devices and wheelchairs. I encourage you to read the Mayor's message on the opposite page which provides more information about *One Vision One North Ridgeville*, an exciting new venture that will move our community forward as a whole. Over the next two months you will have the opportunity to learn more as well as see photos of examples of what a new center can look like. I am working with the administration and project committee to explore taking a small group out to Willoughby-Eastlake where a similar project was completed in 2018 to see firsthand what can be possible here in North Ridgeville.

As of September 1<sup>st</sup> due to rising costs, the center will be increasing fees for meals, newsletter subscription and lockboxes. While it is long overdue, the decision to increase our fees was held off as long as possible and is the first increase since 2014. Thank you for your understanding of this difficult choice.

Lastly, please join us for our fall spaghetti dinners on September 30th and October 28th. Chef Clancy will be cooking up delicious spaghetti and meatballs. This is a great community event and I look forward to seeing you there.

*Emily*

### North Ridgeville Senior Center Staff

**Kitty Wawszkiewicz**, Case Worker  
**Steve Makowski**, Driver

**Clancy McCool**, Chef  
**Scott Kelley**, Driver

## A MESSAGE FROM MAYOR CORCORAN

The fall season is a great time to reconnect as a community. As summer vacations conclude and students head back to the classroom, we're increasing our efforts to communicate about key city projects. Two of our most important initiatives will be considered by voters this November.

*One Vision. One North Ridgeville.* The City of North Ridgeville and the North Ridgeville City Schools are collaborating on a facilities project that will consist of the construction of a new high school, elementary school, dedicated space for Ranger High-Tech Academy, and a recreation center that includes an indoor aquatics facility, fitness center, a field house with an indoor walking track and a senior center.



For years, we've heard input from the public that we need a recreation center and better activity spaces for our seniors. We know that program offerings for seniors could be vastly expanded and improved with the construction of new facilities. We've toured combined facilities in other communities and have come away impressed with the level of activity, vibrancy and creativity in the use of space. This shared approach also means we can provide new amenities in a more cost effective manner.

The City will send a ballot measure to voters this November proposing to increase local income tax by two-tenths of one percent (0.2%) to pay for the cost of the recreation and senior center. If approved, the new income tax would become effective January 1, 2023. Only individuals with income would be impacted. To fund the educational component of the project, the North Ridgeville Board of Education will place a bond issue on the ballot that will impact property tax. In order for the recreation and senior center to be constructed, the school bond issue will also need to pass.

*Charter Amendments.* The North Ridgeville Charter was first adopted in 1961. It is the legal framework through which our City exercises its powers of self-government. A Charter Review Committee, consisting of nine North Ridgeville residents, convened earlier this year for the purpose of conducting a review of the Charter and presenting proposed amendments. As a result of their work, North Ridgeville voters will be asked to consider eight changes to the Charter this November. Before casting your vote, visit our website at [nridgeville.org](http://nridgeville.org) to learn more about these eight ballot issues and why the Charter Review Committee feels these amendments are important for the community.

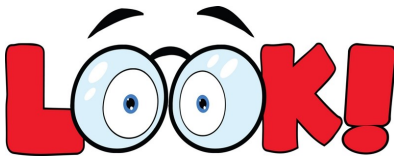
This is an exciting time for North Ridgeville! I'd encourage anyone who has questions about these initiatives or wants to get involved to reach out to me or attend an upcoming Coffee and Conversation at City Hall in Council Chambers at 8:30 a.m. on Thursday, September 22 or Monday, October 24.

*Mayor Kevin Corcoran*



# WELCOME TO NORTH RIDGEVILLE SENIOR CENTER

If you haven't already, it's time to renew your newsletter subscription for 2022. 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.

### Adult Crafternoon

Enjoy a fun afternoon of crafting. Each month staff will provide instruction on a new exciting project. Please register for the Tuesday or Thursday session only.

**September 20th OR 22nd 1:00-2:30 p.m.  
October 18th OR 20th 1:00-2:30 p.m.**

### Red Wagon Farm: From Their Farm to Your Table

**Tuesday September 13th 6:00-7:00 p.m.**

For over five decades, Red Wagon Farm has been growing and selling produce in Northeast Ohio. Shari Ross, owner of Red Wagon, will discuss how they plant, grow, nurture, and sell their homegrown and locally sourced fruits and vegetables. She will also share some favorite recipes that you can

### Meditation for Beginners

**Friday, Sept. 23rd 11:00 a.m. to noon**

Learn a variety of techniques such as breath work, guided imagery, and body awareness to aid in relaxing and healing the body and mind. All are welcome! Pre-registration required.

### Tri-C Ghost Hunters: Insights into the Unknown

**Monday, Oct. 24 6:30 to 7:30 p.m.**

Embark on a trip into the world of the paranormal and ghost hunting as Greg Feketik, from Tri-C Ghost Hunters, presents evidence from some of his most memorable investigations. Preregistration required.

### Finding Voter Resources

**Tuesday Oct. 4th 1:00 to 2:00 p.m.**

Learn how to navigate the Lorain County Board of Elections' and learn how to identify other unbiased, informative voting resources, such as the League of Women Voters. Hybrid. Preregistration required.

### Book Sale

**Thursday, Oct. 13th 5:00 to 7:30 p.m. - Preview**

**Friday, Oct. 14th 10:00 a.m. to 5:30 p.m.**

**Saturday, Oct. 15th 10:00 a.m. to 5:30 p.m.**

**Sunday, Oct. 16th 1:00 to 4:30 p.m. - Bag Sale**

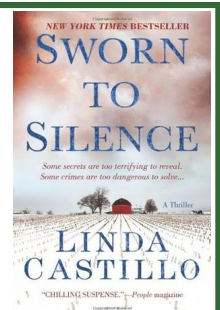
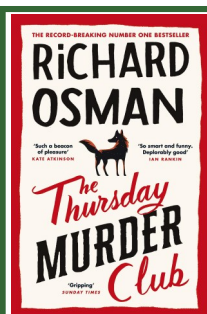
Admission to the book sale preview is reserved for members of The Friends of North Ridgeville Branch Library, Inc. New members may join, or former members may renew their annual memberships that evening.

### 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.

**September 21st 6:30-7:30 p.m.: *The Thursday Murder Club* by Richard Osman**

**October 19th 6:30-7:30 p.m.: *Sworn to Silence* by Linda Castillo**





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.

## SENIOR SERVICES

### **LOCK BOXES**

A Lock Box saves damage to your property and saves time for our paramedics when need to access your home in an emergency. The Senior Center and Fire Department are proud to provide Lock Boxes 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](http://www.nridgeville.org) by clicking the 'Departments' tab, and then 'Senior Center.' ***Thank You!***

### **SENIOR SUPPER CLUB**

Seniors can eat at St. John Medical Center's Terrace View Café (cafeteria) for a discount. 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, and after that the items 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 microwaveable containers and will 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 9:00 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.** This is 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: Sept 7th and October 5th.**



### 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. 440-353-0860

### Gentle Yoga

A calming stress relieving yoga class designed to strength and strengthen the body gradually. Emphasis is on building awareness of the body and on breathing techniques. Yoga poses are practiced at a slow pace with attention to alignment and detail. Props such as chairs, straps and blocks are used to assist participants. Seniors welcome! Mondays at 6:00 p.m. beginning September 12th.



Instructor: Kip Cronk  
Ages: 15 and up  
Fee: \$50 Resident/ \$60 Non-resident  
Location: Senior Center, 7327 Avon Belden Rd.

Session I: 9/12/10/17 6:00 p.m.-7:00 p.m.  
Session II: 10/24-11/28 6:00 p.m.-7:00 p.m.

### Senior Adult Irish Dance Exercise Class

This class provides a low-impact exercise opportunity for seniors. Irish Dance offers many health benefits including, but not limited to improving balance, sharpening the memory, and strengthening muscles around the joints to help with arthritis and overall fitness. All are welcome and no experience is necessary. The class will cover various styles of Irish Dance such as "old style" and "Irish social dance," in addition to basic, traditional Irish step dance. Movements can be modified to accommodate physical abilities and participation can be done from a chair if necessary.

Instructor: Peggy Cannon  
Ages: 50 and Up  
Size: 4 minimum / 15 maximum  
Fee: \$50 Resident / \$60 Non-Resident  
Location: Safetyville Building 35753 Bainbridge Rd.

Saturdays, begins 10/15, 3:00-4:00 p.m.

### 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

Session I: Saturday, September 24th 9:00-11:00 a.m.  
Session II: 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

CardioDance offers a great workout to the hits of today and yesterday and is adaptable to a variety of fitness levels. Tuesdays at 9:00 a.m.

Fall Session I: 9/27-11/1  
Fall Session II: 11/8-12/13

Stop in by 9/27 (session I) or 11/8 (session II) to register. 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.

### Tai Chi for Balance and Arthritis with Michael W. Stadul

**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 dates:** Thursdays, 9/8-10/13  
**Time:** 9:30 – 11:00 a.m.  
**Class fee:** \$42.00

Call 440-353-0828 by September 7th to register. Payment is due by the first class session

### Chair Yoga with Kip Cronk

Meet Kip, our newest instructor: Hi everyone, my name is Kip and I am excited to begin teaching Chair Yoga at the North Ridgeville Senior Center. I live and work here and love being part of the community. Last year I became a bus driver for our school district and love it. My yoga journey began around 2005 as a therapist recommended it to help manage my anxiety. Since then it has been an integral part of my life and in 2017 I became a yoga teacher through the Yoga Alliance. Teaching has been an incredible journey and one that I am grateful for every time I guide a class. It is hard for me to believe but I have already taught over 950 different types of yoga classes to a variety of students, including Chair, Gentle and Restorative yoga. Outside of the Senior Center I teach Chair Yoga classes at the French Creek YMCA and online. I truly believe that yoga should be accessible to all. In yoga school I was instantly interested in Chair Yoga because one of my best friends is in a wheelchair and I wanted to make sure she could participate. I love seeing all different kinds of people in my yoga classes and it makes me shine to be part of the yoga community. I look forward to meeting you in Chair Yoga and sharing my practice with you. Namaste' Kip

Chair Yoga is perfect for everyone, all ages, all 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. In addition, we may use props 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 you 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. Mondays at 10:00 a.m.

Fall Session I: 9/12-10/17  
Fall Session II: 11/24– 11/28

Stop in by 9/12 (session I) or 10/17 (session II) to register. Payment can be made by cash or check made payable to NR Office for Older Adults. Payment is due by the

## TRIPS!

### Holmes County Amish Tour, September 23rd

Join us on the Ohio Amish Tour to Holmes County: the largest Amish settlement in the world. The tour features motor coach transportation, shopping at Heini's Cheese, Breitenbach Winery, the Dutch Valley Market, and other Amish stores, in addition to a family-style luncheon at the Der Dutchman restaurant. Trip cost is \$74 and will depart the Senior Center at 7:45 a.m. and return at 6:00 p.m. Call 440-353-0828 to register.



### LITTLE SHOP OF HORRORS

Great Lakes Theater Festival

Wednesday, September 28th at 10:00 a.m.

Van departs the Senior Center at 9:00 a.m.

Featuring popular favorites such as "Suddenly, Seymour," "Skid Row," and "Somewhere That's Green," this smash-hit musical about a meek gardener who accidentally creates a monster is equal parts humorous and horrifying. Lunch on your own at Rustic Restaurant following the performance. Price is \$25, includes your ticket and transportation. Payment **MUST BE** received by September 21st.

Reservations will be accepted **beginning September 7th at 8:00 a.m.** *Early reservations will not be accepted.*



## OTHER CENTER EVENTS

### NR High School Show Choir Special Performance

**October 12th at noon**

We'll have a special performance of the NRHS show choir at lunch on this day. Please note, lunch will be served at 11:45 a.m. so the performance can begin promptly at noon. Don't forget to RSVP for lunch and to arrive early!

### Walking Warriors Tuesdays at 9:00 a.m.

Our walking group meets Tuesdays for a brisk walk and lively conversation. Meet at the Senior Center and we walk over as a group for a few laps around South Central Park. Please RSVP so that we know you are coming.

## LEARNING AND FUN AT THE CENTER

### Lunch & Learn Downsizing: Where Do You Start? September 13th at 11:30 a.m.

Have you been thinking about downsizing but aren't sure where to start? This is a great opportunity to learn how to create a downsizing plan that works for your lifestyle and learn 10 easy steps to downsizing and decluttering.

Jennifer Underwood of Howard Hanna will provide this informative presentation and provide lunch for attendees. Your RSVP is required by September 9th, 440-353-0828.

### AARP Safe Driving Class Monday, October 17th, noon to 4:00 p.m.

The AARP Smart Driver course teaches proven driving techniques to help keep you and your loved ones safe on the road. Content includes: the effects of medication on driving, how to reduce driver distractions, age-related physical changes and how to adjust your driving to compensate and other important facts to know about driving safely as we age. Cost is \$20 for member, \$25 for non-members, payment must be received by October 13th. Register through the center by calling 440-353-0828. AARP has an offer for members of its Medicare Supplemental Plan who can attend the class for free if they present their AARP insurance card when registering.

### Halloween Party Thursday, October 27th at 11:00 a.m.

Join us for a Spooktacular time, a ghoulish lunch and a costume contest with prizes.  
Entertainment TBD.



### 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.

**September 6th and 20th  
October 4th and 18th**

### Intergenerational Pumpkin Decorating October 14th, 10:00 a.m.—12:00 p.m.

Looking to decorate a pumpkin this Halloween? North Ridgeville Parks and Recreation and Senior Center have got you covered! We will have glitter, stickers, paint, and other craft supplies to make sure you have the best pumpkin in town. Come create something beautiful, scary or zany—the possibilities only end where your creativity does! This is an intergenerational program with school-age children. One pumpkin will be provided to each person pre-registered. Light refreshments will be provided. This program is free of charge, **register by calling 440-353-0828.**





## Donate Your Old Eyeglasses



In addition to sponsoring the September spaghetti dinner, the Lions Club of North Ridgeville is a very active community partner, providing scholarships to graduating seniors, supporting Community Care, the NR Arts Council, Special Olympics, donates to the NR Fire Department fireworks fund for the 4th of July celebration and provides eye exams and glasses to those in need. These are only a few examples of how the Lion Club supports the community. The senior center is a collection site for old pairs of glasses which The Lions Club distributes the glasses to countries with limited eye care options.



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.



## Spaghetti Dinner, September 30th & October 28th

It's spaghetti dinner time again! Join us on Friday, September 30th and October 28th from 5-7 p.m. for Clancy's delicious spaghetti and meatballs. Tickets are \$8 for adults, \$7 for Seniors and \$5 for kids 10 and under, and includes bread and a side salad. Soda and dessert are available for \$1 each. Proceeds benefit essential programs at the center such as MOW and transportation services. Thank you to The Lions Club of North Ridgeville for sponsoring the September dinner and VFW Post 9871 for sponsoring the October dinner.

## Staying Fit & Healthy in North Ridgeville

Sign up for an exercise class through North Ridgeville Parks and Recreation  
Visit a paved walking path

- South Central Park- 7565 Avon Belden Rd in North Ridgeville
- Shady Drive Complex - 37077 Shady Drive in North Ridgeville
- Multipurpose Trail - along Center Ridge Road in North Ridgeville

Check out a bike at North Ridgeville Branch Library (weather permitting)

Heart and 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 toward one goal of making the healthy choice the easy choice in the area.



POWERED BY

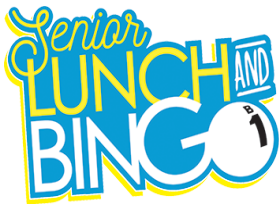


United Way of  
Greater Lorain County



**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!



Our Midweek Social is a lot of fun with lunch, and cards or bingo! On **Wednesdays** come at 11:45 a.m., for a delicious hot lunch served from 12:00 - 12:15 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 (Sept. 27th, Oct. 25th) from 11:00 a.m. -12:00 p.m.**

**MAHJONGG**

"Mahjongg" is an ancient Chinese tile game. 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.

**Upcoming meetings: September 13th, October 9th**

## PROGRAMS OF INTEREST



It's a wonderful morning of friendship at our Men's Breakfast. 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.**

**September 1— TBD  
October 6th— NASA**

In October, Kevin Melcher will be speaking about the launch of Artemis 1, the first flight of the agency's Space Launch System super heavy-lift launch vehicle and the first flight of the Orion

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.**



**September 15th— TBD  
October 20th— TBD**



**Super Thursday  
Oktoberfest  
Sept 29th, 11:00 a.m.**



Join your friends for an Oktoberfest themed luncheon, then tap your toes and clap your hands to the snappy tunes of Fred Zwich, master accordion player. Cost is

\$6 which includes lunch and entertainment. RSVP by September 27th, 440-353-0828.



**Paint & Sip Party  
September 16th 1:00-3:00 p.m.**

Karen Staszko is back for another paint and sip party. You will receive step by step instructions for painting the image below— what a perfect way to exercise your creativity and get into the fall mood. Cost is \$15 and includes instruction, supplies and light refreshments.

Space is limited, register today!





**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!*




**FALL WORD SCRAMBLE**

Unscramble the following fall-themed words!




- 1. PLEPA IRCDE \_\_\_\_\_
- 2. EEGLCLO ABOLFOLT \_\_\_\_\_
- 3. TPBEEMSER \_\_\_\_\_
- 4. NUPKPMI \_\_\_\_\_
- 5. YAH EIRSD \_\_\_\_\_
- 6. INGLLFA ESVLAE \_\_\_\_\_
- 7. SCNROA \_\_\_\_\_
- 8. CBAK OT LSHOCO \_\_\_\_\_
- 9. SVREHAT \_\_\_\_\_
- 10. CRRCAWOES \_\_\_\_\_
- 11. ANLNELF \_\_\_\_\_
- 12. AREWSTE TEWEARH \_\_\_\_\_
- 13. PRCSI RAI \_\_\_\_\_
- 14. LDECLAVEN NRBOSW \_\_\_\_\_
- 15. MPELA \_\_\_\_\_

# September 2022

Monday	Tuesday	Wednesday	Thursday	Friday
3			<b>1</b> <b>Men's Breakfast 9:00 a.m. French toast, sausage &amp; fruit \$4</b>  Euchre/Pinochle/ Dominos/Mahjongg 12:00 p.m.	<b>2</b>
5 CENTER CLOSED LABOR DAY	6 CardioDance 9:00 a.m. Safetyville Building  Walking Warriors 9:00 a.m.  <b>Taco &amp; Trivia Tuesday! Tostada lunch (\$4) at 12:00 p.m. with Trivia starting at 12:30 p.m.</b>	7 Watercolors 9:30 a.m. Blood pressure screenings 10:00 a.m.  Lunch 12 p.m. <b>Pork-chop w/mashed potatoes and gravy, vegetable \$5</b>  Bingo, Euchre & Canasta 12:30 p.m.	8  Euchre/Pinochle/ Dominos/Mahjongg 12:00 p.m.	9  Rotary Club Meeting 12:00 p.m.
12 Crafts 10:00 a.m.  Chair yoga 10:00 a.m.	13 CardioDance 9:00 a.m. Safetyville Building  Walking Warriors 9:00 a.m.  Lunch & Learn: Downsizing 101 11:30 a.m.  Red Hats 2:00 p.m.	14 Watercolors 9:30 a.m.  Lunch 12 p.m. <b>BBQ chicken breast, baked beans and corn \$5</b>  Bingo, Euchre & Canasta 12:30 p.m.	15 Ladies Brunch <b>Quiche w/fruit \$4</b>  Euchre/Pinochle/ Dominos/Mahjongg 12:30 p.m.	16 Lakeview Cemetery Field Trip Van departs at 9:00 a.m.  Rotary Club Meeting 12:00 p.m.
19 Crafts 10:00 a.m.  Chair yoga 10:00 a.m.  Paint & Sip 1:00 p.m.	20 CardioDance 9:00 a.m. Safetyville Building  Walking Warriors 9:00 a.m.  <b>Taco &amp; Trivia Tuesday! Taco salad lunch (\$4) at 12:00 p.m. with Trivia starting at 12:30 p.m.</b>	21 Watercolors 9:30 a.m.  Lunch 12 p.m. <b>Beef stroganoff w/noodles brussels sprouts \$5</b>  Bingo, Euchre & Canasta 12:30 p.m.	22 National Fall Prevention Awareness Day  Euchre/Pinochle/ Dominos/Mahjongg 12:00 p.m.	<b>23</b> <b>Great Day Tours:</b> <b>Holmes County</b> <b>Amish Country Tour</b>  Bus departs from the Senior Center at 7:45 a.m.
26 Crafts 10:00 a.m.  Chair yoga 10:00 a.m.	27 CardioDance 9:00 a.m. Safetyville Building  Walking Warriors 9:00 a.m.  Puzzle exchange 11:00 a.m.	28 <b>Field Trip: Little Shop of Horrors</b> van departs at 9:00 a.m. Watercolors 9:30 a.m.  Lunch 12 p.m. <b>Lasagna w/bread and salad \$5</b>  Bingo, Euchre & Canasta 12:30 p.m.	29 <b>Super Thursday Oktoberfest Party 11:00 a.m. Brats w/sauerkraut with pierogis and vegetables \$6</b>  Euchre/Pinochle/ Dominos/Mahjongg 12:30 p.m.	<b>30</b> <b>Spaghetti Dinner</b> <b>Sponsored by The Lions Club of North Ridgeville</b> <b>5-7 p.m.</b>

# October 2022

Monday	Tuesday	Wednesday	Thursday	Friday
3 Crafts 10:00 a.m.  Chair yoga 10:00 a.m.	4 CardioDance 9:00 a.m. Safetyville Building  Walking Warriors 9:00 a.m.  <b>Taco &amp; Trivia Tuesday! Taco plate lunch \$4</b> at 12:00 p.m. with Trivia starting at 12:30 p.m.	5 Watercolors 9:30 a.m. Blood pressure screenings 10:00 a.m.  Lunch 12 p.m. <b>Beef stuffed peppers w/ rice and vegetables</b>  Bingo, Euchre & Canasta 12:30 p.m.	6 Men's Breakfast 9:00 a.m. <b>Mexican frittata w/fruit</b>  Euchre/Pinochle/ Dominos/Mahjongg 12:00 p.m.	7  Rotary Club Meeting 12:00 p.m.
10 Crafts 10:00 a.m.  Chair yoga 10:00 a.m.	9 CardioDance 9:00 a.m. Safetyville Building  Walking Warriors 9:00 a.m.  Red Hats 2:00 p.m.	12 Watercolors 9:30 a.m.  Lunch 11:45 a.m. <b>Chicken mushroom fettucine w/salad</b> NRHS Show Choir, noon Bingo, Euchre & Canasta 12:30 p.m.	13  Euchre/Pinochle/ Dominos/Mahjongg 12:00 p.m.	14  Intergenerational pumpkin decorating 10 a.m.-12 p.m.
17 Crafts 10:00 a.m.  Chair yoga 10:00 a.m.  AARP Safe Driving Class 12-4 p.m.	18 CardioDance 9:00 a.m. Safetyville Building  Walking Warriors 9:00 a.m.  <b>Taco &amp; Trivia Tuesday! Chicken quesadilla lunch at 12:00 p.m. \$4</b> with Trivia starting at 12:30 p.m.	19 Watercolors 9:30 a.m.  Lunch 12 p.m. <b>Pork scaloppini w/ mushroom gravy, broccoli and mashed potatoes \$5</b>  Bingo, Euchre & Canasta 12:30 p.m.	20 Ladies Brunch 10:30 a.m. <b>Quiche w/fruit \$4</b>  Euchre/Pinochle/ Dominos/Mahjongg 12:30 p.m.	21  Rotary Club Meeting 12:00 p.m.
24 Crafts 10:00 a.m.  Chair yoga 10:00 a.m.	25 CardioDance 9:00 a.m. Safetyville Building  Walking Warriors 9:00 a.m.  Puzzle exchange 11:00 a.m.	26 Watercolors 9:30 a.m.  Lunch 12 p.m. <b>Taco lasagna \$5</b>  Bingo, Euchre & Canasta 12:30 p.m.	27 <b>SUPER THURSDAY Halloween Party 11:00 a.m. Sour &amp; sweet chicken w/ rice \$6</b>  Euchre/Pinochle/ Dominos/Mahjongg 12:30 p.m.	28 <b>Spaghetti Dinner</b>  <b>Sponsored by VFW Post 9871</b>  <b>5-7 p.m.</b>
31 Crafts 10:00 a.m.  Chair yoga 10:00 a.m.				



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 September-October 2022

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