

# Senior Center

NORTH RIDGEVILLE OFFICE FOR OLDER ADULTS

7327 Avon Belden Road

North Ridgeville, Ohio 44039

Phone: (440) 353-0828



## SEPTEMBER - OCTOBER 2021

### OFFICE HOURS:

**Beginning Sept 8th, 2021**

Monday–Friday: 8 a.m. - 4:30 p.m.

**City Offices Closed:  
Monday September 6th,  
Labor Day**



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## Senior Center Reopens!

The Office for Older Adults resumed limited activities in mid August. Planned activities will begin the week of September 6th with the doors opening 30 minutes prior to the scheduled activity and closing immediately after. Normal business hours (Monday-Friday from 8:00 a.m. - 4:30 p.m.) will resume Wednesday, September 8, 2021. Please see calendars in the back of the newsletter.

The Senior Center will be following all CDC, Ohio Department of Health and Lorain County Public Health guidelines. At this time, the CDC recommends that all persons, vaccinated or unvaccinated, wear a mask.

Reservations are required for ALL activities. To register or for general questions, please call the front desk at (440) 353-0828.

**Please join us in person for our  
Re-Opening Open House  
Tuesday, Sept. 7th from 11:00 a.m. to 2:00 p.m.  
Open to the Public**

Wednesday, September 8th - Senior Center Resumes Normal Business Hours

## A MESSAGE FROM DIRECTOR, EMILY LOCKSHINE



Greetings! I'm excited to have arrived and am looking forward to getting to know all of you. As I write this, we are gearing up for a "soft opening" of the center and hope to be up to full speed very quickly. This time of year is my absolute favorite, it's the time when kids are heading back to school to start a new year, and in a way, we are also starting new here at the center. I would be remiss if I didn't mention how lucky we are to live in Northeast Ohio during the autumn months, with continued warm temperatures while the fall colors begin to show.

As we work toward re-opening, one of our main priorities is your health and safety. This means we will be taking precautions to protect members and are committed to following all CDC and Ohio Department of Health guidelines. This may mean that the structure of some activities may look different than before the pandemic. I want to thank you in advance for your patience and co-operation while we work through establishing safety measures so everyone is able to have an enjoyable experience and remain healthy.

I know there are some favorite activities people are anxious to have back and there will be some new ones as well. It is my goal to have something for everyone and to create opportunities for all of us to try new things and grow. We are planning a **Re-Opening Open House** on Tuesday, September 7<sup>th</sup> from 11 a.m.-2 p.m. to celebrate our reopening- please plan to attend! We will have light refreshments, prizes and a walk down memory lane.

A little about myself-I came from Cuyahoga County where I worked in Health & Human Services for the past 15 years, focusing on employment & training, child welfare, home and community-based services, and last but certainly not least, Older Adult Services. I grew up in Lakewood, spent part of my adulthood there and have been a Westlake resident for the last 12 years. I attended Ohio University for undergrad (Go Bobcats!) and earned my masters from Cleveland State (Go Vikings!) I have two children, a son and a daughter, both in college. I can't tell you how excited I am to get back into an environment that focuses on people and programs.

One thing I am most looking forward to....spaghetti dinners are back- in person! Please mark your calendar for September 24<sup>th</sup> and October 29<sup>th</sup>. See you all soon!

Emily

## A MESSAGE FROM MAYOR CORCORAN



### City Hall Hours:

Mon. - Fri.

8:00 a.m.  
until  
4:30 p.m.

City offices will  
be closed on:  
**Monday September  
6th, Labor Day**



I would like to take this opportunity to welcome our new Office for Older Adults Director Emily Lockshine. Her first day on the job was July 26<sup>th</sup> and she is doing an outstanding job with updating the center, hiring staff and planning future activities. If you haven't had an opportunity to meet her, please stop by the center and introduce yourself. She would love to meet each and every one of you!

Our Office for Older Adults offers a wide variety of activities and programs that I hope you will take full advantage! In addition to these offerings, our Fire Department and Parks & Recreation Department will be sponsoring events that you may also be interested in attending. I've highlighted a few of them below:

Annual Fire Safety & Health Fair at Fire Station #1, 7000 Ranger Way, from 10 AM -2 PM on Saturday, October 2<sup>nd</sup>. There will be food, face painting and other fun activities for kids. Informational tables on hand with fire safety and health tips for adults and children. Fire trucks and ambulances, police cars and Service Department trucks will be on hand to tour and touch. Weather permitting; an emergency helicopter will land for tours.

Fall Fest at South Central Park on Saturday, October 9th from 4-6 PM. This is a free event where families will experience fun games, food vendors, face and pumpkin painting, balloon animals, pumpkin bowling, photo booth and hay rides (weather permitting). Please visit the Parks and Recreation website to register in advance for this event at [www.nridgeville.org/parksandrec](http://www.nridgeville.org/parksandrec).

As a reminder, special leaf collection will take place from October 26 through November 23. Leaves may be placed at the curb in **plastic** bags on weekly regular trash collection days. After November 23, leaves in plastic bags can only be left out as extra trash during bulk pick-up. From April through October, yard waste must be placed in brown yard waste bags for weekly collection.

I would like to invite you to my monthly Coffee & Conversation – September 13 and October 22 from 8:30-9:30 AM at City Hall in Council Chambers. If you are unable to attend and have any questions, please feel free to call my office at (440) 353-0811.

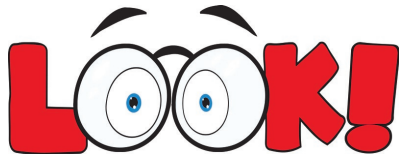
Enjoy the cooler temperatures and the fall colors!

Sincerely,  
*Mayor Kevin Corcoran*



# WELCOME TO NORTH RIDGEVILLE SENIOR CENTER

If you haven't already, it's time to renew your newsletter subscription for 2021. The \$8.00 fee per household helps defray our costs to mail this newsletter every other month so we can keep you updated on activities here at the Senior Center.



We will be going through our list regularly and removing anyone who does not keep their subscription current so we can keep our costs down. If you move, please update us on 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 "2021 or 2022" or "0" for Lifetime Subscription, you are current on your subscription for this year.**

## SUBSCRIPTION FORM - OFFICE FOR OLDER ADULTS

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

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

DATE \_\_\_\_\_

*Please make checks payable to  
The 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): \$8.00    Lifetime Subscription: \$ 75.00**  
**Your subscription expires 1 year from the date of your payment.**

## NORTH RIDGEVILLE BRANCH LIBRARY NEWS

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



### Library Hours

**WE'RE OPEN! All LPLS**  
branches are open from 9 a.m. to  
8 p.m. Monday thru Thursday and  
from 10 a.m. to 6 p.m.  
Friday and Saturday.

The first hour of each day is  
reserved for our senior patrons  
and those that are  
immunocompromised.

To join any of our Facebook programs, visit us at [https://  
www.facebook.com/LorainPublicLibrarySystem](https://www.facebook.com/LorainPublicLibrarySystem).

Patrons can register for programs offered on Zoom at [https://  
www.lorainpubliclibrary.org/events](https://www.lorainpubliclibrary.org/events). Registrants are asked to  
include their email addresses so that Zoom invitations can be sent  
for the event.

Visit the online calendar for the most current information  
[www.lorainpubliclibrary.com/events](http://www.lorainpubliclibrary.com/events).

### Chess Club

Wednesdays, Sept. 1, 8, 15, 22, 29; Oct. 6, 13, 20, 27;  
Nov. 3, 10, 17, 24; at 4 p.m.

**South Lorain Branch** - 2121 Homewood Dr., Lorain,  
OH 44055. Open play sessions are for all levels, from  
beginner to expert. This chess club is registered with the  
United States Chess Foundation.



### North Ridgeville Writers Group

Saturdays, Oct. 2; Nov. 13; 2 p.m.

North Ridgeville Branch - Come and join us in this pressure free and friendly writing group. Engage in writing exercises and peer critiques, as well as support for whatever project you are working on. Preregistration required.



### Homemade Greener Cleaners

Friday, Oct. 8; 2 to 2:45 p.m. North Ridgeville Branch

Create an eco-friendly cleaning solution to take home in a spray bottle and receive instructions for a glass cleaner you can make with common ingredients found in your home. Preregistration required.



## 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.



Please contact the Parks & Rec office at 440-353-0860 to register for these programs.



Find out more about what is available from our Parks and Rec Department by logging on to the Parks & Rec website at:

<https://northridgeville.recdesk.com>

Once you are there click on the link on the right side to sign up for their mailing list. You can also stop in to the Parks and Rec Office (attached to the North West side of the Senior Center) and pick up a paper copy of the Fall Program Guide.



## Chair/Gentle Yoga Fusion

Offered by: North Ridgeville Parks and Recreation



This class allows you to perform postures and breathing exercises with the aid of a chair and gentle yoga poses. You can experience the many benefits of yoga without having to get up or down from the floor. Benefits of this class include increased balance, strength, flexibility, range of motion, and stress reduction.

**Instructor:** Heather Gillespie

**Ages:** 15 and Up

**Class Size:** 04 minimum / 06 maximum

**Fee:** \$50 Resident / \$60 Non-Resident

**Location:** NR Senior Center 7327 Avon Belden Rd

Session	Day	Date	Time
Ses I	FRI	08.27-10.01	9:00-10:00AM
Ses II	FRI	10.08-11.12	9:00-10:00AM

## BACK TO HEALTH, FUN & FITNESS!

### Join our Walking Warriors every Tuesday morning at 10:00 a.m.

We will take nice walk around South Central Park. Meet at the center and sign in, then we will cross the street as a group. Feel free to bring a friend or come alone and make some new ones!

All levels of fitness are welcome. You can go at your own pace. Call the front desk to let us know you are coming so we don't leave anyone behind. 440-353-0828.



### Adaptive Movement: Class session runs 9/27-11/1.

Each 60 minute class we will explore various yoga type movements using props such as mats, chairs, blocks, and straps for support while cultivating mindful awareness of the breath and promoting relaxation of the body, mind and spirit. Join us each Monday at 10:00 a.m., September 27-November 1. \$30 for the six-week session. Held at the Center. Bring a yoga mat to class.

Must register in person. Cash or check made payable to NR Office for Older Adults. Registration closes 9/22/21

**Minimum of 5 participants to hold this class. No class on 10/11—Center Closed for Columbus Day**



Our friends at North Ridgeville Parks & Rec have programs for all ages, including YOU, our Seniors! Programs include fitness but also Adult Education like Aromatherapy, Vitamins and Cooking! See the Parks & Rec page in our newsletter for info or check them out on the city website at [www.nridgeville.org](http://www.nridgeville.org). click on departments then Parks & Recreation. Their Fall Program guide will be there for you to explore. Call the Rec Desk phone for more info. 440-353-0860

You've only got 2 feet.



Take care of them!

Dr. Emmert will be visiting the Senior Center for foot care beginning in January 2022. If you need to reach him at his office please call 216-529-1800 to schedule at his Lakewood location.



Our fabulous volunteer nurses will begin taking blood pressures again on September 1st from 10:00 a.m. to 11:30 a.m. They will be at the center the first Wednesday of every month.



## SENIOR SERVICES

### LOCK BOXES

The Lock Box prevents damage to your property and saves time for our paramedics when trying to gain access into your home. North Ridgeville Seniors, Inc., and the North Ridgeville Fire Department are proud to provide Lock Boxes to our North Ridgeville seniors. **A donation of \$30 is required for a Lock Box for seniors 60+.** Lock Boxes are available to anyone else for \$40. Applications can be found at the Senior Center or at [www.nridgeville.org](http://www.nridgeville.org). *The cost of the Lock Boxes are supplemented by North Ridgeville Seniors, Inc. 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 receptionist for a 40% discount on all food (except bottled beverages and "Simply to Go" items). There is a \$10 limit per customer for discount, after that the items are full price.

The services provided are funded entirely by the City of North Ridgeville, donations and North Ridgeville Seniors, Inc. Transportation receives a small grant from Title III-B of the Older Americans Act through the Ohio Department on Aging administered by the Western Reserve Area Agency on Aging.

**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 are always available by calling (440) 353-0857. These are always wonderful Birthday or anytime gifts!

Help your older family member by purchasing something they need.

This is a perfect gift for family members, friends or neighbors and can be purchased in a variety of denominations.

## MEALS-ON-WHEELS

### CAN WE HELP?

The North Ridgeville Office for Older Adults (Senior Center) offers a Meals-on-Wheels program to seniors 60 years and older. A nutritious meal is delivered right to their door 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 cannot do special diets (e.g. diabetic, low sodium). The price for a meal is \$3.75. Our friendly, courteous volunteer drivers pick up the meals from the Senior Center and deliver them to our clients. For additional information, please give us a call at (440) 353-0857.

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

Anyone 60 or older who lives in North Ridgeville. We do not adhere to any special diets so we do require a doctor's authorization prior to anyone being added to the program. Our case manager will do a home visit prior to signing up the client on Meals-on-Wheels.





## SENIOR SERVICES CONTINUED



### OUTREACH PROGRAM

A very special thank you to the Grafton V.F.W. Post 3341 for staffing/organizing our Outreach Program in Grafton. Located at 783 Huron St., they always have something special happening. The Grafton VFW and the North Ridgeville Senior Center team up to provide Outreach Programs for Seniors at the VFW hall at **NO COST** to the senior. A calendar of events can be found in the **Rural Urban Newspaper**. For information on the programs, please contact the VFW at (440) 926-3341 for an updated schedule.

### SUPPORTIVE SERVICES

Supportive Services are provided for persons 60 and older. These services provide linkage to social service agencies, home healthcare services, support groups, telephone reassurances, and much more. The purpose of Supportive Services is to try to help seniors maintain independence, and to be a source of information for and about seniors. If you need assistance, or if you have any questions, call (440) 353-0857 Monday thru Friday, 10 a.m. - 4 p.m.

### FOOT CARE

At this time Dr. Emmert is taking appointments at his office in Lakewood. **He will not be visiting the Senior Center until January 2022.** It is recommended that you contact Dr. Emmert's office before your appointment to insure they have the necessary information. They can be reached at (216) 529-1800. The cost of the clinic is usually covered by Medicare and supplemental insurance.

### BLOOD PRESSURE CHECKS

Blood pressure checks will resume on September 1st, from 10:00 a.m. to 11 a.m.. Please stop in and see our lovely volunteer nurses. If you have your blood pressure logs or cards please bring them with you. Blood pressure checks will be available on the first Wednesday of every month.

### NORTH RIDGEVILLE COMMUNITY CARE

#### **COVID-19 Food Distribution Hours of Operation:**

Monday and Tuesday 9:30 a.m. - 1:30 p.m.

Thursday 3:00 p.m. - 6:00 p.m. We are closed in observance of U.S. holidays and when North Ridgeville City Schools are closed due to inclement weather. **Contact Us:** CEO, Heather A. Kaesgen - heather@nrcommcare.org 34015 Center Ridge Rd. North Ridgeville, Ohio 44039 Phone: 440-353-9716

### GOLDEN BUCKEYE CARD INFORMATION:

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

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

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 if your card was lost or stolen, call 1-866-301-6446 to get a new card.

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 for information.

## BACK TO FUN AT THE CENTER!



### *Spaghetti Dinners are Back!*

**September 24th, 2021**

*Sponsored by the N. Ridgeville Lions Club*

**October 29, 2021**

*Sponsored by VFW Post 9871*

We welcome you all back to the Senior Center for the Spaghetti Dinner! Enjoy our famous meal of spaghetti, sauce and meatballs, garlic bread and salad. Adults \$7.00, Seniors \$6.00 and Children 10 and under \$4.00: dessert \$1.00, pop \$.50 extra and carry out is available. Pre-Sale tickets will be available beginning on September 8, 2021 at the Senior Center reception desk.



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 are all included for the \$3.00 price. It's a fun filled morning of good food, fellowship and a wonderful speaker or entertainment. **Reservations please by calling 440-353-0828, by 10:00 a.m. Wednesday morning.**

Sept 16th – Entertainment TBD  
October 14th - Entertainment TBD

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 \$3.00.

**Reservations please by 10:00 a.m. Wednesday morning by calling (440)**

**353-0828.**



Sept 23rd - Women in History - Ruth Ettig  
October 21st - Entertainment TBD

**Join us in person on Tuesday September 7th for our Re-Opening Open House!**  
**11:00 a.m. to 2:00 p.m. We will have light refreshments, prizes and a walk down memory lane.**



## MOVIES, MOVIES, MOVIES

Join us for a movie at **noon!**  
Popcorn will be provided.  
Tuesday Matinee September 14th—*Cocoon*  
October 12th -*Funny Girl*  
Friday Movie October 8th - *Rudy*



# BACK TO FUN AT THE CENTER!



## Freestyle (Watercolor) Art Group

Our art enthusiasts gather for morning of painting and conversation on **Wednesdays 9:30 am- 12:00 p.m.** There is no formal instruction, but all that attend assist each other with projects when needed. If interested, bring your paints and stop in on **Wednesdays 9:30 a.m. – 12:00 p.m.** at the Senior Center.

## **CANASTA** Group meets on **Wednesdays** from

1:00 p.m. until 4:00 p.m.

**EUCHRE, PINOCHLE, DOMINOS**

Our card players meet on **Thursdays** from 12:00 p.m. until 4pm to play Euchre, Pinochle or Dominos.



## 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, but will share ours to make for the Craft Store here at the Senior Center. Bring your own Bag lunch and share fellowship and other seasonal activities after lunch.



Our

Midweek Social is a lot of fun with lunch, cards and/or bingo! On **Wednesdays STARTING September 8th**, come at 11:30 for a delicious hot lunch served from 12:00 –12:15 p.m.

**The Wednesday lunch menu for September & October is listed in the calendar at the end of the newsletter.**

\$4.00 includes a hot entrée, dessert and beverage.

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

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



## **PUZZLE EXCHANGE**

We have plenty of puzzles to choose from each month, please limit 3 puzzles back to us, but you are welcome to take as many as you'd like. Just stop on in and browse the selection on the

**Last Tuesday of the month 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. noon and always welcomes new members. If you can play, come by **Thursday** at noon. If you have never played, we offer instruction as to how to play the game. A player’s card is required for a small fee.



Please continue to call in to register for ALL programs. 440-353-0828. We like to know how many to expect for each event. Thanks! We are glad you are here!

## BACK TO FUN AT THE CENTER!



### Taco and Trivia Tuesday!

Join us on Tuesday September 21st and October 5th at 11:30 a.m. for a taco salad lunch. Trivia will start at 12:30 p.m. and the cost per person is \$4.00 We will make it mild so if you want it spicy, bring your own hot sauce!



### College Game Day! October 8th

Wear your favorite college gear and join us at **noon** for the heartfelt movie, *Rudy*.



We are so happy to be able to meet in person again. You will find hand sanitizer stations around the center and lots of soap in the restrooms as we continue to fight this virus. Please remember to RSVP for ALL events at this time and stay home if you don't feel well. Thank you!

## Picnic in the Park

O'Neill Healthcare & our own Chef Tim will be firing up the grill for our end of Summer picnic. Join us in South Central Park, Pavilion # 1 on September 9th from 10:30 a.m.-12:30 p.m. We will enjoy some hot dogs, burgers, baked beans, potato salad and lemonade. RSVP is necessary for this event. Please call 440-353-0828 today! Cost per person is \$5.00.

## Friday Game Day

And we aren't talking football! We are talking board games! Bring your favorite board game or discover a new one and come play.

Friday Sept 10th 10:00 a.m.—12:00 p.m.  
The center will accept donations of complete and good condition games for our game library. Please check with the director to see what we already have before dropping games off.



## BACK TO FUN AT THE CENTER!



BINGO Reminder - Please check the monthly calendars in the back of the newsletter to be sure there is a lunch or bingo scheduled on Wednesday.

**September 1st**, there is no lunch offered.

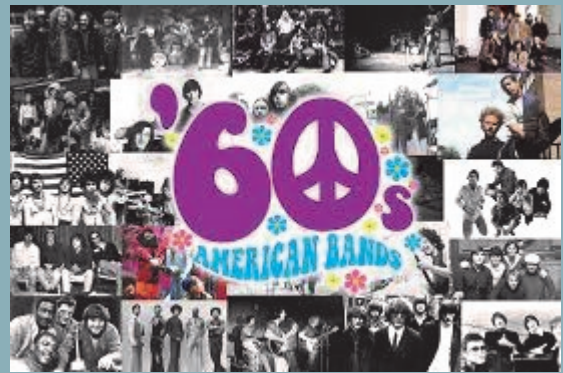
**September 8th**, no BINGO

(yoga & Medicare presentations)

**October 13th**—there is no BINGO scheduled after lunch but we will be holding a program about the History of Music in the 1960's. We hope you will join us!

### History of Music in the 1960's

After lunch at 11:30 a.m. on October 13th we will have an groovy program about the History of Music in the 1960's with Dr. Joel Keller. Join us for lunch of breaded chicken, seasoned mashed potatoes and green beans and a far out dessert! \$4 per person. Please call for reservations no later than Tuesday October 12th 440-353-0828



Thursday September 28th at 10:00 a.m., come and share some memories from your school days. With school back in session, what better time to reminisce about your favorite memories from your school days. Who was your favorite teacher? What games did you play at recess? Where were you when you met your best friend from school?

Join us in an activity to bring back those school memories and share some of your favorites. Feel free to bring pictures or other memorabilia. Call 440-353-0828 to register.



Monday September 20th at 12:00 p.m., BYOB (B stands for Bag Lunch) and join our new Director, Emily in some Getting to Know You Games – Emily is looking forward to getting to know all of you better. Join us for some games where we all learn fun and interesting facts about one another.

Wii Games will be available to play from 12:30 to 2:00 On September 13th, September 27th and October 18th.

On October 4th and 25th at noon we will have a fun Fall activity to share while we BYOB (B = bag lunch). Call and RSVP at 440-353-0828

## BACK TO FUN AT THE CENTER!



Thursday October 28th at 10:30 a.m., don your spookiest costume and join us for some frightfully fun and scary games followed by lunch of home style GOULash, green beans and garlic rolls. A spooky treat for desert will top off our festivities. \$5 per person. Reservations are a must! Please call the front desk at 440-353-0828 no later than Monday Oct 25th.

Cards and Mahjonn will start at 1:00 p.m.

## Book Nook

Be sure to check out our updated Magazine & Book Nook Library, offering books and magazines for reading . Feel free to take something home, just return it when you are done.



Lorain County Community College’s Center for Lifelong Learning offer non-credit and continuing education programs designed to help community members 50 years or older advance their lives- professionally or personally. Many courses are just one session and priced as low as \$12. Some online/virtual class options are available. For a full list of available courses, visit

<https://www.lorainccc.edu/community/center-for-lifelong-learning>

If you need assistance registering for a class, please call 440-366-4148.

### COMING SOON!!!

The Tree of Gratitude – what are you grateful for? Write it down on a leaf and it will be posted on our Tree of Gratitude, a wonderful reminder of the good things in our lives.



"I Learn in Retirement  
with ILR at BW."



**NO HOMEWORK • NO TESTS •  
NO GRADES • LOW COST**

Since 1992 the Institute for Learning in Retirement (ILR) at Baldwin Wallace University has offered classes on diverse topics for seniors who enjoy learning together, or through Zoom™. Typically 80 minutes long, once a week for 6 weeks, classes range from history and science to art and more... and it's all *"just for the fun of learning new things."* ILR also sponsors TRIPS -- local tours, USA, and International.

**Check it all out at  
[ilrbw.org](http://ilrbw.org)**

Institute for Learning in Retirement (ILR) is a program offered by Baldwin-Wallace University. September classes are filling now. Type or copy this link and paste to your browser and check out what's new! <https://www.ilrbw.org/website/publish/courses/courseList.php?2>



September is back to school time for many of our school districts and the familiar yellow school busses will be back on our streets carrying precious cargo. Please remember NOT to pass a school bus and when in doubt, stop!

## Changes Are Coming to the 440 Area Code With Ten Digit Dialing

Please be advised that changes are coming to the way you dial local numbers which are going to begin to take effect April 24, 2021. These changes will affect our personal phones, emergency contact numbers, and other aspects when dialing any number in the 440 area code. The Federal Communications Commission (FCC) has adopted 988 as a new three-digit number to be used nationwide to reach the National Suicide Prevention and Mental Health Crisis Lifeline, starting July 16, 2022.

Customers must continue to dial 1-800-273-TALK to reach the Lifeline until July 16, 2022. In order for 988 to work in certain area codes, 10-digit local dialing must first be implemented. The 440 area code here in Ohio has been identified as one of the two area codes where you will need to change the way you dial local calls.

Beginning October 24, 2021, you must dial 10-digits (area code + telephone number) for all local calls. On and after this date, local calls dialed with only 7-digits may not be completed, and a recording will inform you that your call cannot be completed as dialed. You must hang up and dial again using the area code and the 7-digit number.

# SEPTEMBER 2021

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>Please call the front desk to RSVP for all events. 440-353-0828</b></p>	<p><b>Pre-Sale Spaghetti Dinner Tickets go on sale 9/8/21 at the Senior Center Reception Desk. Cash or Checks only.</b></p>	<p>1 Watercolors 9:30 a.m.</p> <p>Blood pressure 10 a.m.</p> <p>Bingo 10:30 a.m.-12:00 p.m. (No lunch today) Canasta 1:00 p.m.</p>	<p>2 Cards/Mahjongg 12:00 p.m.</p>	<p>3 Rotary Luncheon 12:00 p.m.</p>
<p>6 <b>LABOR DAY</b> <b>Center Closed</b></p>	<p>7 Walking Warriors 10:00 a.m.</p> <p>RE-OPENING OPEN HOUSE 11:00 a.m.-2:00 p.m.</p>	<p>8 Watercolors 9:30 a.m. <b>Lunch 11:30 a.m. (Roast Beef)</b> Yoga presentation 11:45 a.m. Medicare Presentation 12:00 p.m. Canasta 1:00 p.m.</p>	<p>9 <b>End of Summer Picnic in the Park Pavilion 1 10:30 a.m.-12:30 p.m. (Grilled Burgers , Hotdogs)</b></p> <p>Cards/Mahjongg 1:00 p.m.</p>	<p>10 <b>Friday Game Day</b> 10:00 a.m. Come and play your favorite board game or discover a new favorite</p>
<p>13 Crafts 10:00 a.m.</p> <p>BYOB (Bring your own Bag lunch) and <b>Wii Bowling/sports</b> 12:30 p.m.-2:00 p.m.</p>	<p>14 Walking Warriors 10:00 a.m.</p> <p>Tuesday Matinee <i>Cocoon</i> 12:00 p.m.</p> <p>Red Hats Society 2:00 p.m.</p>	<p>14 Watercolors 9:30 a.m.</p> <p><b>Lunch 11:30 a.m. (Grilled Chicken)</b> Bingo 12:30 p.m. Canasta 1:00 p.m.</p>	<p>16 <b>Men's Breakfast 9:00 am (Bacon &amp; Eggs)</b></p> <p>Cards/Mahjongg 12:00 p.m.</p>	<p>17 Rotary Luncheon 12:00 p.m.</p>
<p>20 Crafts 10:00 a.m.</p> <p>BYOB (Bring your own Bag lunch) and <b>Getting to Know You Games</b> 12:00 p.m.</p>	<p>21 Walking Warriors 10:00 a.m.</p> <p><b>Taco &amp; Trivia Tuesday! Taco salad lunch</b> 11:30 a.m. with Trivia starting at 12:30 p.m.</p>	<p>22 Watercolors 9:30 a.m.</p> <p><b>Lunch 11:30 am (Baked Breaded Pork Chops)</b> Bingo 12:30 p.m. Canasta 1:00 p.m.</p>	<p>23 <b>Ladies Brunch 10:30 a.m.</b></p> <p><b>(Loaded Scrambled Eggs)</b> Women in History: Ruth Ettig</p> <p>Cards/Mahjongg 12:30 p.m.</p>	<p>24 No Rotary</p> <p>Spaghetti Dinner 5:00-7:00 p.m.</p> 
<p>27 Crafts 10:00 a.m.</p> <p>Movement Class 10:00 a.m.</p> <p>BYOB (Bring your own Bag lunch )and <b>Wii Games</b> 12:30 p.m.-2 p.m.</p>	<p>26 Walking Warriors 10:00 a.m.</p> <p>Puzzle Exchange 11:00 a.m.—12:00 p.m.</p>	<p>27 Watercolors 9:30 a.m. <b>Lunch 11:30 a.m. (Brats &amp; Pierogies)</b> Bingo 12:30 p.m. Canasta 1:00 p.m.</p>	<p>28 Schools Days Reminiscing 10:00 a.m.</p> <p>Cards/Mahjongg 12:00 p.m,</p>	<p>29</p>



# OCTOBER 2021

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>Please call the front desk to RSVP for all events. 440-353-0828</b></p>		<p><b>Pre-Sale Spaghetti Dinner Tickets go on sale 10/1/21 at the Senior Center Reception Desk. Cash or Checks only.</b></p>		<p><b>1</b> Rotary Luncheon 12:00 p.m.</p>
<p><b>4</b> Crafts 10:00 a.m.  Movement Class 10:00 a.m.  BYOB (Bring your own Bag lunch) and Fall Activities 12:00 p.m.</p>	<p><b>5</b> Walking Warriors 10:00 a.m.  <b>Taco &amp; Trivia Tuesday!</b> Taco salad lunch 11:30 a.m. with Trivia starting at 12:30 p.m.</p>	<p><b>6</b> Watercolors 9:30 a.m. Blood pressure 10:00 a.m.  <b>Lunch 11:30 a.m. (Country Fried Steak)</b> Bingo 12:30 p.m.  Canasta 1:00 p.m.</p>	<p><b>7</b>  Cards/Mahjonn 12:00 p.m.</p>	<p><b>8</b> <b>College Game Day!</b> Wear your favorite college t-shirt or sweatshirt <b>Friday movie: Rudy</b> 12:00 p.m.</p>
<p><b>11</b> Crafts 10:00 a.m.  Movement Class 10:00 a.m.</p>	<p><b>12</b> Walking Warriors 10:00 a.m.  Tuesday Musical Matinee <b>Funny Girl</b> 12:00 p.m.</p>	<p><b>13</b> Watercolors 9:30 a.m.  <b>Lunch 11:30 a.m. (Breaded Chicken)</b> History of Music of the 1960's  Canasta 1:00 p.m.</p>	<p><b>14</b> Men's Breakfast 9:00 a.m. <b>(Scrambled Eggs &amp; Ham)</b>  Cards/Mahjonn 12:00 p.m.</p>	<p><b>15</b>  Rotary Luncheon 12:00 p.m.</p>
<p><b>18</b> Crafts 10:00 a.m.  Movement Class 10:00 a.m.  BYOB (Bring your own Bag lunch) and Wii Bowling/sports 12:00 p.m.</p>	<p><b>19</b> Walking Warriors 10:00 a.m.  <b>Taco &amp; Trivia Tuesday!</b> Taco salad lunch 11:30 a.m. with Trivia starting at 12:30 p.m.</p>	<p><b>20</b> Watercolors 9:30 a.m.  <b>Lunch 11:30 a.m. (Stuffed Cabbage)</b> Bingo 12:30 p.m. Canasta 1:00 p.m.</p>	<p><b>21</b> Ladies Brunch 10:30 a.m. <b>(French Toast)</b>  Cards/Mahjonn 12:30 p.m.</p>	<p><b>22</b>  No Rotary .</p>
<p><b>25</b> Crafts 10:00 a.m.  Movement Class 10:00 a.m.  BYOB (Bring your own bag lunch) and Pumpkin Painting &amp; Decorating 12:00 p.m.</p>	<p><b>26</b> Walking Warriors 10 a.m.  Puzzle Exchange 11:00 a.m.—12:00 p.m.</p>	<p><b>27</b> Watercolor 9:30 a.m.  <b>Lunch 11:30 a.m. (Salisbury Steak)</b> Bingo 12:30 p.m.  Canasta 1:00 p.m.</p>	<p><b>28</b> <b>HALLOWEEN PARTY/luncheon</b> <b>10:30 am</b> <b>(Home Style Goulash)</b>  Cards/Mahjonn 1:00 p.m.</p>	<p><b>29</b>  Spaghetti Dinner 5:00-7:00 p.m.  </p>

Office for Older Adults  
North Ridgeville Seniors, Inc.  
7327 Avon Belden Road  
North Ridgeville, OH 44039  
Phone: 440-353-0828



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## North Ridgeville Senior Center Newsletter



***SEPTEMBER-OCTOBER 2021***

***(440) 353-0828***  
***7327 Avon Belden Road***  
***www.nridgeville.org***

