



Senior Center Newsletter

September & October 2023

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



OFFICE HOURS:

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

Front Desk & Reservation Line
(440) 353-0828

City offices closed September 4th in observance of Labor Day



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Senior Center Rat Pack

Fundraiser with Frank & Dean

September 24th 1:00-3:00 p.m.

O'Neill Healthcare North Ridgeville

Dress in your best Rat Pack attire and

spend an afternoon with Frank & Dean, dancing, getting silly in our photo booth, enjoying heavy appetizers and trying your luck at winning gift baskets and Rat Pack themed games. Tickets are \$20 in advance (available at the center-cash or check) and \$25 at the door.



September is Healthy Aging Month

We have a multitude of activities, prevention advocacy and reminders on social media planned to promote healthy aging and wellness based on the Four Pillars of Aging: Prioritize Prevention, Stay Physically Active, Seek Out Adventure and Social Connectivity. See our September calendar page for more details.

Health Fair: September 11th 9:00-11:00 a.m.

In conjunction with Healthy Aging month, the Senior Center is hosting a health fair in partnership with NR Heart & Sole and Mercy Health. Over 30 vendors will be on hand offering health screenings, flu shots, medication management consultation, fitness demonstrations and more!

Falls Prevention Awareness Week: From Awareness to Action

Did you know that falls are the leading cause of fatal and non-fatal injury for older adults, but can be preventable? September 18-22 is Falls Prevention Week. You will be seeing educational information on social media and at the center this week and an educational program on September 22nd.

A MESSAGE FROM DIRECTOR EMILY LOCKSHINE



September is a busy month! We have a variety of health-focused programming throughout the entire month — see our Activities and September calendar pages for details. On September 24th from 1:00-3:00 p.m., we have a fundraiser in partnership with O’Neill Healthcare of North Ridgeville. They have been an extremely supportive partner of the center and we look forward to having a fun Rat Rack themed party headlined by everyone’s favorite, Frank & Dean.

September Spaghetti Dinner Sponsor —North Ridgeville Lions Club.

Our September 29th dinner is the perfect end to Social Connectivity Week. The world’s largest service organization, The Lions Club, is our September spaghetti dinner sponsor. Making an impact on the local community is a core focus of the club, most notably providing eye care through exams, eyeglasses and surgery for those in financial need. The club sponsors youth to attend Echoing Hills Camp, a camp for special needs, provides college scholarships to North Ridgeville High School graduates, sponsors a little league team and is involved in Community Care’s food drive and summer lunch program. The club collects used eyeglasses and hearing aids for distribution, if you have a pair of old glasses or hearing aids, you can drop them off at the collection box here at the center.

October Spaghetti Dinner Sponsor - VFW Post 9871

The October spaghetti dinner on October 27th is sponsored by VFW Post 9871. Post 9871 was established in North Ridgeville in April of 1966. Post members serve the community through youth programs, Patriots Pen and Voice of Democracy, sponsoring Cub and Boy Scout Troops, keeping active with senior citizens groups, actively helping the community by providing support to Community Care, the local Chamber of Commerce and keeping their promise to promote Americanism and Patriotism throughout the community. The Post has an active Honor Guard that participates in flag-raising ceremonies and Parade honors as well as providing full military honors for deceased servicemen/women, both locally and in the Western Reserve National Cemetery in Rittman, Ohio.

On behalf of the Office for Older Adults, I would like to extend a heartfelt thank you for all the work these two organizations do to make North Ridgeville a great place to live and work. We are grateful for their partnership and support.

Emily

Office for Older Adults Staff

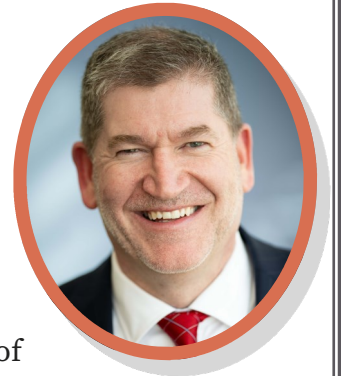
Emily Lockshine, Director **Kitty Wawzkiewicz**, Case Manager
Stacey Allen, Activities Coordinator **Tess Dietrich**, MOW & Volunteer Coordinator
Clancy McCool, Chef **Steve Makowski**, Driver **Randall DeAlba**, Driver

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

A MESSAGE FROM MAYOR CORCORAN

As the leaves begin to change colors and the air turns crisper, I am delighted to welcome the months of September and October. With so many fall activities in store, these months mark a special time of the year when we come together to celebrate the unique spirit of our community.

Over the past months, our Senior Center has offered an increasing number of engaging activities, educational workshops and fun social gatherings. Our commitment to promoting wellness, lifelong learning and a sense of belonging remains strong. I would like to extend my appreciation to the Senior Center staff and volunteers who contribute their time and efforts to meet the evolving needs of our older adult population. Thank you for making this center a vibrant and welcoming space!



As for our city administration, we are continuing to work on some exciting projects to improve our community, upgrade our infrastructure and plan for our future. We had a great turnout for our Ready to Imagine Pop Up Party in July to collect input into our citywide master plan. I was excited to see so many people interested in learning more and participating in the process, despite the inclement weather. Over the next few months, we will be synthesizing all of the data we've collected with the feedback from the community to create a draft plan. More input opportunities will be available to review the plan's recommendations. Visit www.RidgevilleReady.com for more information and to sign up for project updates.

We also continue to focus on our ongoing infrastructure projects, moving forward with design, bidding and construction of our various roadway, roundabout and stormwater projects, while planning and seeking funds for other needed improvements in the city. Our new police station construction is also going well and should be wrapped up at the beginning of next year.

I am honored to serve as your Mayor, and I look forward to spending time this fall season with you. I enjoy hearing from you and sharing ideas of how we can collectively improve our community. I hope to see you at a Spaghetti dinner, our Fall Fest celebration or another upcoming city event. You can also join me for one of our scheduled Coffee and Conversations. Those upcoming dates are on Thursday, September 14 and Friday, October 13 at City Hall in Council Chambers starting at 8:30 a.m.

If you have any questions or concerns, please feel free to call my office at (440) 353-0811.

Sincerely,

Mayor Kevin Corcoran

Senior Services

Contact **Kitty Wawszkiewicz,**
Case Manager for
North Ridgeville (440) 353-0857

Lockboxes

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

Supportive Services

Supportive services are available for individuals age 60 and older. These services provide linkage to social service agencies, home healthcare, supportive groups, and much more. The purpose of these services is to be a source of information for seniors and their families, and to assist older adults with maintaining independence.

Transportation

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

Blood Pressure Checks

Our friendly volunteer nurses are here the first Wednesday of every month from 10:30-11:45 a.m. This is a walk-in service, first come first served. **Upcoming dates: September 6 and October 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 (except bottled beverages and "Simply To Go" items). Hours are Monday through Friday from 4:00 – 7:00 p.m. and Saturday and Sunday 4:00 – 5:30 p.m. There is a \$10 limit per customer for the discount, any purchases after that are full price.

Senior Utilities Discounts

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

North Ridgeville Community Care

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

Foot Care

Dr. Thomas Emmert, a Podiatrist with Total Care will return to the Senior Center on **September 20th** at 8:00 a.m. As always, appointments are first come first served by the sign-in sheet at the front desk. **If it is your first visit with the doctor, contact Dr. Emmert's office at (216) 529-1800 before your appointment to verify they have the necessary information. The cost of the clinic is usually covered by Medicare and supplemental insurance.**

Meals-on-Wheels – Can We Help?

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

It is our goal to provide a nutritious daily meal, however, we are unable to accommodate special diets (e.g. diabetic). Our friendly, courteous volunteer drivers pick up the meals from the Senior Center and deliver them to your door. The price for each meal is \$3.75.

A doctor's authorization is required before being added to the program. Our case manager will conduct a home visit prior to signing a client up to receive Meals-on-Wheels.

Fitness

**For information or to register
(440) 353-0828**

Cardio Dance

Tuesdays, 9:00-10:00 a.m.

\$36 for 6 weeks

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

Fall Session I September 26-October 31

Fall Session II November 7-December 12

Chair Yoga with Kip Cronk

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

\$36 for 6 weeks

Chair Yoga is perfect for all ages and abilities - no experience necessary. In chair yoga we do not get down on the floor, but practice poses sitting in the chair or standing and using it as support. The benefits of yoga include relaxation, calming, range of motion, stretching, muscle building and balance. In yoga we allow our own body to be our guide. You are always welcome to modify a pose, come out of a pose or take a break as needed.

Fall Session I September 12-October 17

Fall Session II November 7- December 12 (11/7 class will be held at the Shady Drive complex)

Tai Chi for Balance and Arthritis

Thursdays, 10:00 – 11:30 a.m.

\$48 for 6 weeks

This program is designed to reduce your likelihood of falling, stop the fear of falling cycle, and improve your activity levels and health in a short period of time. It has also been shown to improve arthritis-related symptoms such as pain and stiffness, and is recognized and recommended by the **Arthritis Foundation**. This program combines techniques from **Chinese Qigong** and **Tai Chi** movements that focus on strengthening muscles of the ankles, knees, hips and legs.

Fall Session I September 7-October 12

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



Cardio Drumming

Mondays at 11:00 a.m.

\$2 drop in fee

Safetyville Building



Cardio Drumming is quickly growing in popularity and we are excited to offer this class. Participants are taken through routines using drumsticks in a variety of patterns to heart-pumping fun hits. You can do this activity standing or sitting in a chair. Reserve your space the Friday before class. **Please note, on September 11th, class will be held at 1:00 p.m. due to the Health Fair.**

Chair Volleyball

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

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

Beginning Line Dancing

Every Wednesday 10:00-11:00 a.m.

\$6 per class

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

Walking Warriors

Tuesdays at 9:00 a.m. through October

Meet inside the Senior Center. We will walk the path across the street at South Central Park. It is a 0.75 mile loop. You can join us for 1, 2 or 3 laps. Everyone who participates in September and October will be entered into a drawing to win a walking stick.

Nature Walks

Monday, September 25th, 1:00-2:30 p.m.

Bradley Woods Reservation

Join Stacey for a nature walk following the joint picnic with the North Olmsted Senior Center. The walk is about 1.25 miles at a leisurely pace and starts from the Cordington Picnic Area parking lot.

Friday, October 6th 1:00-3:00 p.m.

Sandy Ridge Reservation

During the fall wetlands can be bustling with activity. We will venture out into the wetland and follow the trail around, so we can check out who is out and about. The trail surface is compact limestone and level.

Activities

For information or to register
(440) 353-0828

Men's Breakfast & Speaker 1st Thursday, 9:00 a.m. \$4

If you are 55 or older, join us for a morning of good food, fellowship and a speaker or entertainment. Breakfast includes a hot entrée, coffee, fruit and juice for just \$4.00.

September 7th, 9:00 a.m.

Tim Alcorn, the voice of the Cavs

Tim is back to entertain you with tales from the front lines of the NBA.

October 5th 9:00 a.m.

NRPD K-9 Officer

A K-9 officer from the North Ridgeville Police Department will be here to talk about the specialized training involved for both the dog and the officer.

Ladies' Brunch & Speaker 3rd Thursday, 10:30 a.m. \$4

If you are 55 or older, join us for a hot entrée, coffee, fruit cup and juice for just \$4.00. Brunch cost includes a speaker or entertainment.

September 21st, 10:30 a.m.

Tammy Koleski, Wee Care Closet

Wee Care Closet assists local school children through donations of goods and services for daily activities, special deeds and special needs. With a helping hand from local community members and businesses, their mission is to make sure no child goes without.

October 19th, 10:30 a.m.

Entertainer Holly Prather Performs Hits from the 1920's-1960's

Singer and performer Holly Prather will entertain you with a program of everyone's favorites from the decades. Holly specializes in entertainment for senior centers, assisted living facilities and VA hospitals. We hope you enjoy the show!

Taco & Trivia Tuesday!

1st & 3rd Tuesdays, 12:00 p.m.-2 p.m.

Join us for a taco-inspired lunch followed by trivia covering a wide range of topics. Come as a team or join new friends to make a team. **Registration required for lunch, cost is \$4.**

Mahjongg Thursdays at 12:00 p.m.

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

Wednesday Lunch, 12:00 p.m. \$5

Join us every Wednesday for a hot entrée, dessert and beverage. Menu details can be found on the calendar pages.

Watercolors Wednesdays at 9:30 a.m. Community Cabin at South Central Park

Our art enthusiasts gather for a morning of painting and conversation. There is no formal instruction, but all attendees assist each other with projects when needed. If interested, call to tell us you are coming & bring your paints!

Wreath Making

Monday, September 18th, 10:00 a.m.-12:00 p.m.

This simple technique will have beautiful results. Anyone can do this! This class is free, but you are asked to bring your own supplies. **Call for supply list. Registration Required!**

Crafting Mondays, 10:00 a.m.-12:00 p.m.

Join us for a morning of creativity. No experience needed. Sometimes we paint, do paper crafts, make beads and more! Bring your ideas and we can add them to the list. Everyone is welcome!

Soup Lunch

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

Come in for a light lunch of one of Clancy's homemade soups and bread. **No Soup on September 11th. RSVP by the previous Friday.**

Understanding Your Medications

Friday, September 8th, 10:30-11:15 a.m.

Medication is intended to help us live longer and healthier, but taking medicines the wrong way can be dangerous. Learn tools and techniques to make medicine use safer. Kim Rodriguez LPN and staff from Visiting Angels Home Health Care will help you understand medication management.

Frisbee Golf at South Central Park Tuesday, September 19th 10:00 a.m.

What is frisbee golf? Here's your chance to find out. We'll explore and play the course at South Central Park together. Meet at the center and we will walk over as a group. RSVP by September 18th.

Falls Prevention Program

Friday, September 22th 11:00 a.m.

University Hospitals will present a falls prevention program, focusing on balance, medication and other aspects that impact balance. RSVP by September 21st.

When Ghosts Speak Stories & S'mores

Wednesday, September 27th, 2:00 p.m.

As part of Social Connectivity week, gather around our "campfire" while enjoying s'mores and stories from "When Ghosts Speak" by Marianne Winkowski, the Ghost Whisperer. RSVP by September 26th.

Game Day & Word Play

Thursday, September 28th, 10:30-11:30 a.m.

Connect and be social by participating in a variety of games and word play as one of our Social Connectivity Week activities.

Intergenerational Pumpkin Decorating

Friday, October 13th, 10:00-11:30 a.m.

Come create something beautiful, scary or zany the possibilities only end when your creativity does! This is an inter-generational program with participants of all ages. All supplies will be provided. One pumpkin will be provided to each person preregistered. Light refreshments will be provided. RSVP by October 12th.

Music Bingo

Tuesday, October 24th, 1:00-2:00 p.m.

Join Stacey for music bingo featuring some of the biggest hits from the 1960s.

Halloween Party

Wednesday, October 25th

11:00 a.m.-12:00 p.m.

Join us before lunch for spooktacular games and a costume contest. RSVP by October 23rd.

North Ridgeville Hatters

September 12th and October 10th 2:00 p.m.

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

National Caramel Apple Day

Tuesday, October 31st, 3:00-3:30 p.m. \$3

Everyone deserves a treat today. Make a caramel apple dessert with us. RSVP by October 30th.

Stacey's Small Talk

I find spiders fascinating. I always try to get others to appreciate them too. I'll settle for you not squashing every one you see.

People tend to notice spiders in the fall more than other times of year. I think it's because they are larger now and we are spending more time outdoors. Fortunately, where we live most spiders are not dangerous so we can live harmoniously with them.

In the fall you might notice what I think of as the storybook spiderwebs around your home, possibly in your flower beds or under your eaves by your windows. These are orb webs and several kinds of spiders make them. They are usually made at night. When the spider is hunting for food, it sits in the center waiting for the web to vibrate, alerting it that an insect has gotten tangled. The center of the web is mostly open allowing the spider to move from one side of the web to the other, so it can capture the insect on the right side of the web. Some of these orb weavers are nocturnal, so during the day the web will appear empty. The spider is usually nearby tucked into a crevasse taking a snooze.

This photo is a young crucifix spider, one of the very common orb weavers from our area. This spider sits head down in the web waiting for food. Notice the white "crucifix" on her abdomen. As we move further into fall her abdomen will grow to be about ¾" across making her definitely large enough to notice! She is harmless and rarely leaves her web. As long as she is catching food, she will stay put until the first heavy frost.



If you're brave enough to venture close enough to look at the intricate designs of both their webs and markings, you might find them as fascinating as I do. You can even join me on a nature walk, where I have no doubt we will stop to take a look at a few spiders!

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.

Outings

**For information or to register
(440) 353-0828**

Lorain County Metroparks Tour

**Thursday, September 14th, 10:30 a.m.-3:00 p.m.
\$5 (includes a boxed lunch)**

Board the Lorain County Metroparks bus to Schoepfle Garden for a tour. Then we will visit two other reservations and have a picnic lunch before making our way back to the Senior Center. There will be some opportunities to explore or just sit and enjoy the parks. **Registration begins September 1st at 9:00 a.m.**

Vermilion River Boat Tour

**Friday, September 15^h 11:30 a.m.—4:00 p.m.
\$20**

Lunch (on your own) at Martino's International Tasties before making our way to the boat for a guided tour on the Vermilion River. **Registration begins September 5th at 9:00 a.m. Payment must be received by September 8th.**

\$20 Transportation and Tour -13 spots

**\$15 Tour (provide your own transportation)
8 spots**

Urban Hike: Detroit-Shoreway Neighborhood

**Wednesday, September 20th
2:30 p.m.-5:30pm \$4**

This is an approximately one mile hike that includes local history, public murals and window shopping with stops at Brewnuts, a unique craft doughnut shop and an early dinner at The Happy Dog—where you have the option of 50 different unique toppings to choose from. Vegan options available. Bring money for treats and to eat at The Happy Dog. **Registration begins September 1st 9:00 a.m. 13 spots available.**

Discover a New Park: Camp Cleveland Thursday, September 21st 12:00 p.m. \$4

Camp Cleveland is a pocket park located at the north end of the Towpath extension near the former Sokolowski's restaurant. There are large swings and platforms where you will be treated to spectacular views of Cleveland. We will stop at Battr, a new dessert shop that specializes in gelato, fruit teas and batter crepe cones. Bring money for a treat at Battr. **Registration begins Sept 8th at 9:00 a.m. 13 spots available.**

Westside Market Shopping & Challenge

Friday, September 22nd

10:00 a.m.-2:00 p.m. \$5

Join us for a shopping trip to this iconic market where Cleveland's diverse ethnic populations come together. As part of Seek Out Adventure week, we challenge you to try a new food and share a recipe using that food. All who share a "new" recipe within 1 week of the trip will be entered into a drawing. We will have lunch at the Market Garden Brewery near the Market. **Registration begins September 5 at 9:00 a.m. 13 spots available.**

Joint Picnic with the North Olmsted SC Bradley Woods Reservation

Monday, September 25th, 12:00 p.m.

We're getting together with our friends from the North Olmsted Senior Center for an end of summer picnic. Lunch will be provided along with fun and friendly competition. **RSVP by September 22nd.**

Lunch Bunch at Cafe Melissa

Friday, September 29th 12:00 p.m.

To cap off Social Connectivity week, we will have an informal lunch on your own at Café Melissa in Avon Lake. Space is limited to 20 participants. **Registration begins September 8th at 9:00 a.m.** Please note, this is an on your own lunch and no Senior Center staff will be present.

Cuyahoga Valley Scenic Railroad

Thursday, October 19th

12:30 p.m.-4:30 p.m. \$20

Board the Cuyahoga Valley Scenic Railroad in Peninsula and enjoy the beautiful scenery as it loops through the National Park. Treats will be available at the train station. **Registration begins October 2nd at 9:00 a.m. 13 spots available.**

Great Lakes Theater

Dracula-The Bloody Truth \$25

Tuesday, October 31st 9:00 a.m.-2:00 p.m.

After the Great Lakes Theater matinee performance we will go to Zaytoons for lunch, which is just a .3 mile walk from the theater. **Registration begins Sept. 18th at 9:00 a.m.**

Items Needed: Your unwanted jewelry

Are you cleaning out drawers and closets? Do you have unwanted fashion (or even fine) jewelry that can be donated to the senior center? We are collecting for a jewelry extravaganza fundraiser to be held later this year. It will be a lot of fun, but we need donations in order to make this fundraiser a success. Bring your donation to the center at any time. If you have questions, ask Emily or Stacey.

North Ridgeville Parks & Recreation

For information and to register
[www.nridgeville.org/
parksandrec](http://www.nridgeville.org/parksandrec)

Gentle Yoga with Kip Cronk September 12th-October 17th 6:00-7:00 p.m.

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

Mindful Yoga with Kip Cronk September 6th and October 24th 6:00 – 7:30 p.m.

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

Standard-Beginner Dog Training Courses

Tuesdays, 6:00-7:00 p.m.
Instructor: Lindsey Norton, Hype Dog Training
Ages: 18 and up
Class Size: 4 minimum / 10 maximum
Fee: \$130 Resident / \$140 Non-Resident

Session I September 12th-October 17th
Session II October 24th– December 5th
(no class 11/7)

Intermediate Dog Training Courses

Tuesdays, 7:00-8:00 p.m.
Instructor: Lindsey Norton, Hype Dog Training
Ages: 18 and up
Class Size: 4 minimum / 10 maximum
Fee: \$130 Resident / \$140 Non-Resident

Session I September 12th-October 17th
Session II October 24th– December 5th
(no class 11/7)

Annual Fall Fest Sponsored by Legacy Roofing & Keller Williams Citywide October 14th 4:00-6:00 p.m. South Central Park

Come enjoy a fun fall day with the Parks & Recreation Department. Families will experience fun games, food vendors, face & pumpkin painting, balloon animals, pumpkin bowling, photo booth and hay rides (weather permitting). We buy a limited number of pumpkins to give-come early so your child is guaranteed one.

North Ridgeville Library Programs

For information or to register
(440) 327-8326

Please note *preregistration is required for all programs except where noted. Visit the online calendar for the complete details & most current information www.lorainpubliclibrary.com/programs.*

Bingocize

Tues, September 12, 19; October 3, 17, 31; 10 a.m. to noon
Thurs, September 14, 21; October 5, 19; Nov. 2; 10 a.m. to noon. Join Fairhill Partners for a ten-session series that mixes exercise, health education and bingo to help overcome health concerns.

Book Art for Adults

Wednesday, September 13; 1:00 to 2:30 p.m.
Transform an ordinary old paperback into a charming 3D apple figurine.

Using eLibrary Resources to Save Money

Monday, September 25; 1:00 to 2:00 p.m.
Learn how to access newspapers, magazines and other online resources using your library card.

Financial Wellness Workshop

Monday, September 25; 6 :00 to 7:00 p.m.
Join a financial advisor from Primerica to learn simple financial concepts that can get you on the path to a better future.

Friends of the North Ridgeville Branch Library, Inc. Book Sale

September 28 to October 1; various hours

Libby App 101

Tuesday, October 3; 2:00 to 3:00 p.m.
Learn how to borrow eBooks, audiobooks and magazines to read on your phone or tablet using the Libby app by OverDrive.

Halloween Paper Lantern for Adults

Wednesday, October 11; 1:00 to 2:30 p.m.
Learn how a Cricut machine can be used to make a haunting paper lantern.

Intro to Ancestry.com

Monday, October 23; 6:30 to 7:30 p.m.
Learn how to search and navigate the features of Ancestry for greater success in your genealogical research.

SEPTEMBER

Monday	Tuesday	Wednesday
<p>September is Healthy Aging Month. We will have an activity each day to celebrate the month. Each week will focus on a different pillar of healthy aging with activities to match.</p>		
<p>4 PRIORITIZE PREVENTION Center Closed for Labor Day</p>	<p>5 Walking Warriors 9:00 a.m. Cardio Dance 9:00 a.m. Healthy Cooking demo 10:00 a.m. Skillet Frittatas Taco & Trivia Tuesday! Taco Lunch 12:00 p.m. \$4 Trivia 12:30 p.m.</p>	<p>6 Watercolors 9:30 a.m. Line Dancing 10:00 a.m. \$6 Blood pressure screenings 10:30 a.m. Lunch 12:00 p.m. \$5 Bingo, Euchre & Canasta 12:30 p.m.</p>
<p>11 STAY PHYSICALLY ACTIVE Health Fair 9:00-11:00 a.m. No crafts today No Soup Lunch today Cardio Drumming moved to 1:00 p.m. \$2</p>	<p>12 Walking Warriors 9:00 a.m. Cardio Dance 9:00 a.m. Chair Yoga 10:00 a.m. NR Hatters 2:00 p.m.</p>	<p>13 Watercolors 9:30 a.m. Line Dancing 10:00 a.m. \$6 Lunch 12:00 p.m. \$5 Bingo, Euchre & Canasta 12:30 p.m.</p>
<p>18 SEEK OUT ADVENTURE Wreath Making 10:00 a.m. Cardio Drumming 11:00 a.m. \$2 Soup lunch 12:00 p.m. \$2 Chair Volleyball 1:00 p.m. Browns/Steelers tailgate 2:30 p.m. \$4</p>	<p>19 Walking Warriors 9:00 a.m. Cardio Dance 9:00 a.m. Chair Yoga 10:00 a.m. Frisbee Golf 10:00 a.m. South Central Park Taco & Trivia Tuesday! Taco Lunch 12:00 p.m. \$4 Trivia 12:30 p.m.</p>	<p>20 Dr. Emmert 8:00 a.m. Watercolors 9:30 a.m. Line Dancing 10:00 a.m. \$6 Lunch 12:00 p.m. Sponsored by O'Neill Health Care Bingo, Euchre & Canasta 12:30 p.m. Urban Hike: Detroit-Shoreway 2:30 p.m. \$4</p>
<p>25 SOCIAL CONNECTIVITY Crafts 10:00 a.m. Cardio Drumming 11:00 a.m. \$2 Picnic in the Park w/ North Olmsted Senior Center 12:00 p.m. Bradley Woods Nature Walk 1:00 p.m. Soup lunch 12:00 p.m. \$2</p>	<p>26 Walking Warriors 9:00 a.m. Cardio Dance 9:00 a.m. Chair Yoga 10:00 a.m. Puzzle Exchange 11:00 a.m.</p>	<p>27 Watercolors 9:30 a.m. Line Dancing 10:00 a.m. \$6 Lunch 12:00 p.m. \$5 Bingo, Euchre & Canasta 12:30 p.m. Campfire Stories & S'mores 2:00 p.m.</p>

Menu

5th Taco Salad

6th Chicken Paprikash & Spaetzels

7th Pancakes, Sausage & Fruit

13th City Chicken & Noodles

15th Pork Chop, Eggs & Hashbrowns

18th Tailgate—Hot Dogs, 7 Layer Dip & BBQ Smokies

19th Taco Plate

20th Roast Beef, Potatoes & Carrots

21st Quiche & Fruit

27th Chicken Cordon Bleu & Mashed Potatoes

KEY

Bold = Requires Registration

Blue = Field Trip

Maroon = Fitness

Green = Food

Thursday	Friday
<p>Rat Pack Fundraiser at O'Neill Healthcare NR with Frank & Dean</p> <p>September 24th 1:00-3:00 p.m. Tickets are \$20 in advance, \$25 at the door.</p>	1
<p>7</p> <p>Men's Breakfast, 9:00 a.m. \$4 Tai Chi 10:00 a.m. Euchre, Pinochle, Dominos & Mahjongg 12:00 p.m.</p>	<p>8</p> <p>Understanding Your Medications 10:30 a.m. Rotary Club Meeting 12:00 p.m.</p>
<p>14</p> <p>Tai Chi 10:00 a.m. Euchre, Pinochle, Dominos & Mahjongg 12:00 p.m. Lorain County Metro Parks Bus Trip 10:00 a.m. \$5</p>	<p>15</p> <p>The Breakfast Club 9:30 a.m. \$4 Rotary Club meeting 12:00 p.m. Vermilion River Boat Tour & Lunch 11:15 a.m. \$20</p> <div style="text-align: center;">  </div>
<p>21</p> <p>Tai Chi 10:00 a.m. Ladies Brunch 10:30 a.m. \$4 Euchre, Pinochle, Dominos & Mahjongg 12:00 p.m. Discover a New Park 12:00 p.m. \$4</p>	<p>22</p> <p>Westside Market & Lunch 10:00 a.m. \$5 Falls Prevention Program 11:00 a.m.</p>
<p>28</p> <p>Tai Chi 10:00 a.m. Game Day & Word Play 10:30 a.m. Euchre, Pinochle, Dominos & Mahjongg 12:00 p.m.</p>	<p>29</p> <p>Lunch Bunch at Café Melissa 12:00 p.m. Spaghetti Dinner 5-7 p.m. Sponsored by the North Ridgeville Lions Club.</p> <div style="text-align: center;">  </div>

OCTOBER

Monday	Tuesday	Wednesday
<p>2 Crafts 10:00 a.m. Cardio Drumming 11:00 a.m. \$2 Soup lunch 12:00 p.m. \$2 Chair Volleyball 1:00 p.m.</p>	<p>3 Walking Warriors 9:00 a.m. Cardio Dance 9:00 a.m. Chair Yoga 10:00 a.m. Taco & Trivia Tuesday! Taco Lunch 12:00 p.m. \$4 Trivia 12:30 p.m.</p>	<p>4 National Taco Day Watercolors 9:30 a.m. Line Dancing 10:00 a.m. \$6 Blood pressure screenings 10:30 a.m. Lunch 12:00 p.m. \$5 Bingo, Euchre & Canasta 12:30 p.m.</p>
<p>9 Wreath Making BYO Supplies 10:00 a.m. NO Cardio Drumming today Soup lunch 12:00 p.m. \$2</p>	<p>10 Walking Warriors 9:00 a.m. Cardio Dance 9:00 a.m. Chair Yoga 10:00 a.m. NR Hatters 2:00 p.m.</p>	<p>11 Watercolors 9:30 a.m. Line Dancing 10:00 a.m. \$6 Lunch 12:00 p.m. \$5 Bingo, Euchre & Canasta 12:30 p.m.</p>
<p>16 Crafts 10:00 a.m. Cardio Drumming 11:00 a.m. \$2 Soup lunch 12:00 p.m. \$2 Chair Volleyball 1:00 p.m.</p>	<p>17 Walking Warriors 9:00 a.m. Cardio Dance 9:00 a.m. Chair Yoga 10:00 a.m. Taco & Trivia Tuesday! Taco Lunch 12:00 p.m. \$4 Trivia 12:30 p.m.</p>	<p>18 Meatloaf Appreciation Day Watercolors 9:30 a.m. Line Dancing 10:00 a.m. \$6 Lunch 12:00 p.m. Sponsored by O'Neill Health Care Bingo, Euchre & Canasta 12:30 p.m.</p>
<p>23 Crafts 10:00 a.m. Cardio Drumming 11:00 a.m. \$2 Soup lunch 12:00 p.m. \$2</p>	<p>24 Cardio Dance 9:00 a.m. Walking Warriors 9:00 a.m. Music Bingo 1:00 p.m.</p>	<p>25 Watercolors 9:30 a.m. Line Dancing 10:00 a.m. \$6 Halloween Games 11:00 a.m. Lunch 12:00 p.m. \$5 Bingo, Euchre & Canasta 12:30 p.m.</p>
<p>30 Crafts 10:00 a.m. Cardio Drumming 11:00 a.m. \$2 Soup lunch 12:00 p.m. \$2</p>	<p>31 GLT—Dracula 9:00 a.m. Walking Warriors 9:00 a.m. Cardio Dance 9:00 a.m. Puzzle Exchange 11:00 a.m. National Caramel Apple Day 3:00 p.m. \$3</p>	

Thursday	Friday
5 Men's Breakfast, 9:00 a.m. \$4 Tai Chi 10:00 a.m. Euchre, Pinochle, Dominos & Mahjongg 12:00 p.m.	6 Rotary Club meeting 12:00 p.m. Nature Walk 1:00 p.m.
12 Tai Chi 10:00 a.m. Euchre, Pinochle, Dominos & Mahjongg 12:00 p.m. Red Wagon Farm Tour 1:00 p.m. \$10	13 The Breakfast Club 9:30 a.m. \$4 Intergenerational pumpkin decorating 10:00-11:30 a.m.
19 Ladies Brunch 10:30 a.m. \$4 Euchre, Pinochle, Dominos & Mahjongg 12:00 p.m. Cuyahoga Valley Scenic RR 12:30 p.m. \$20	20 Rotary Club meeting 12:00 p.m.
26 Tai Chi 10:00 a.m. Euchre, Pinochle, Dominos & Mahjongg 12:00 p.m.	27 Spaghetti Dinner 5-7 p.m. Sponsored by VFW Post 9871 

Menu

3rd Soft Tacos

4th Pork Taco Plate

5th French Toast & Bacon

11th Sausage Pizza & Salad

13th Chef's Choice

17th Nacho Plate

18th Meatloaf, Mashed Potatoes & Veggies

19th Seafood Bisque & Salad

25th Vegetarian Lasagna & Salad

31st Caramel Apple Layer Treat

KEY

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Blue = Field Trip

Maroon = Fitness

Green = Food

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YEAR 2023

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