



Senior Center Newsletter

January & February 2024

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



OFFICE HOURS:

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

Front Desk & Reservation Line
(440) 353-0828

City offices will be closed on
January 15 for MLK Day and
February 19 for Presidents Day.

Table of Contents

Cover	1
Message from the Director	2
Message from the Mayor	3
Senior Services	4
Fitness	5
Activities	6-7
Stacey's Small Talk	8
Outings	8
Parks & Rec and Library Programs	9
January Calendar	10-11
February Calendar	12-13
Advertisements	14-15
Subscription Info/Back Cover	16

AARP Tax Preparation Appointments

The center is once again partnering with AARP to offer tax preparation sessions on Tuesdays, February 6 - April 2, 2024. Sign ups will begin Wednesday, January 3 at 9:00 a.m. If we are not able to get to your call, please leave a message. Voice mails will be checked frequently throughout the day. Please do not call or leave a message prior to 9:00 a.m.

Inclement Weather/Cancellation Policy

As winter weather is upon us, we would like to remind everyone of our cancellation policy. When the North Ridgeville City Schools are closed, the Senior Center is also closed for programs and events. Staff will be in the office and can assist you via phone on these days.

Sponsor Thank You's

Thanks to the generosity of local agencies and individuals who serve the older adult community, we have secured sponsors for some of our upcoming events. We wish to acknowledge the following agencies and organizations who will be providing support in the next two months:

- Assisting Hands Home Care
- Avon Oaks Nursing Home
- O'Neill Healthcare of North Ridgeville
- Laura Petek, EXP Realty
- The Avenue at North Ridgeville
- The Northridge Health Center
- Wellspring Home Health Care

The Protecting the Kennedys program has been rescheduled to January 12 at 10:00 a.m. Come for The Breakfast Club at 9:30 a.m. and stay for the program. Breakfast w/program, \$5. Program only, \$1.

If you are 55 or older, you are welcome to join our vital and vibrant community for programs and events. Individuals must be 60 or older to receive social services such as transportation and Meals On Wheels in addition to program specific eligibility.

A MESSAGE FROM DIRECTOR EMILY LOCKSHINE



Greetings,

Whether you are reading our newsletter for the first time, or you have been coming to the Senior Center for a decade, thank you for being part of our community. With the addition of staff, we have been able to grow immensely over the past year and are grateful for all the new faces who have joined us. We ended the year with a delightful Thanksgiving luncheon, cookie decorating and our Christmas luncheon with nearly 100 people in attendance.

We're excited about what we have in store for 2024. In January we are adding a Senior Fitness class on Thursday mornings. This class will focus on strength, flexibility and balance. Small hand weights and other props will be used. We will also begin offering Senior Strong, a mental health resilience program that has become popular at area Senior Centers. Details about these two new offerings can be found in the newsletter.

Kim Lieber, the city's Director of Planning & Development has secured a grant from NOPEC for ADA improvements to our facility. This means our front entrance will get an automatic door opener, among other improvements. Thank you to Kim for securing this grant so that we can improve building accessibility.

January also brings another spaghetti dinner, sponsored by The Rotary Club of North Ridgeville. The club actively supports numerous community service organizations and projects in North Ridgeville, including the Senior Center, Community Care, and acts as the sole sponsor of the Annual Easter Egg Hunt. They also support many local organizations outside of North Ridgeville including Good Knights of Lorain County, Connecting for Kids, and Trials for Hope, not just with financial assistance, but contribute service hours as well. The club supports youth in the community through annual scholarships to graduating North Ridgeville students, acknowledges two Students of the Month every month during the school year, provides for the upkeep and maintenance of Safetyville, and sponsors an annual fishing derby for special needs students. Please join us on January 26th from 5:00-7:00 p.m. for a dine in experience or take out.

Look out for a survey soon about the Senior Center. We will be seeking feedback on our programs and events in order to better serve you.

Apricity (n.) – *The warmth of the sun in the winter.*

May this season bring you moments of brightness and warmth.

Emily



Office for Older Adults Staff

Emily Lockshine, Director
Stacey Allen, Activities Coordinator
Clancy McCool, Chef

Kitty Wawszkiewicz, Case Manager
Tess Dietrich, MOW & Volunteer Coordinator
Steve Makowski, Driver

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

A MESSAGE FROM MAYOR CORCORAN

Happy New Year!

I hope you had an enjoyable holiday season. As we turn the calendar page, we are kicking off 2024 with a long list of projects on our to do list. But first, I'd like to thank all those North Ridgeville residents who exercised their right to vote in November giving me the opportunity to continue serving as your mayor. I am also grateful that Issue 16 passed which will lead to the construction of a much-needed new high school!



Speaking of construction, the police station construction on Ranger Way is nearing completion. The tentative move in date is sometime in January 2024. Work also continues on a wide range of major city improvement projects in 2024. The Engineering Division is preparing bid documents for the Cypress Avenue extension; the peanut-shaped roundabout at Mills Road, Stoney Ridge Road and Avalon Drive; roundabout at State Route 83 and Chestnut Ridge Road; and Maddock Road box culvert replacement over the Watson Ditch, to name just a few. More details on these projects and others can be found on the city's website as we get closer to the project commencement date.

As previously announced in our last issue of the *Community Connection* quarterly newsletter, we will be improving the ways that the City communicates with the community. We are launching a monthly eNewsletter that will be delivered to your email inbox beginning in January 2024. If you haven't already signed up, visit nridgeville.org and click on the eNews Signup link to provide your email address to be added to the distribution list.

Finally, in 2024 I'll continue to host monthly Coffee and Conversations to share the latest city news, answer questions and hear your thoughts about the community. Our first two dates of the year are January 16 and February 12. These events begin at 8:30 a.m. and take place in Council Chambers of City Hall. I hope to see you there!

This winter, please stay warm and stay informed,

Mayor Kevin Corcoran



City Hall Hours:
Monday-Friday, 8:00 a.m. to 4:30 p.m.
City offices will be closed on January 15 and February 19.

Senior Services

Kitty Wawszkiewicz

Case Manager (440) 353-0857

Lockboxes

A Lockbox prevents damage to your property and saves time for paramedics when needing to access your home in an emergency. The Senior Center and Fire Department are proud to provide this program to North Ridgeville residents.

Lockboxes are available **for seniors 60 and over for a \$35 fee. Those under 60 can obtain a Lockbox for a \$45 fee. Checks should be made payable to the North Ridgeville Senior Center.**

Applications can be found at the Senior Center or at nridgeville.org/SeniorCenter under Forms and Links.

Supportive Services

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

Transportation

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

Blood Pressure Screening

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

Upcoming dates: January 3 and February 7.

Senior Supper Club

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

Senior Utilities Discounts

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

North Ridgeville Community Care

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

Foot Care

Dr. Thomas Emmert, a Podiatrist with Total Care will return to the Senior Center on **February 21** 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. If you are planning out your year, the doctor will be at the center on 5/15, 8/7 and 10/30.

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 1/3 of the RDA for older adults.

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

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

For more information, please call 440-353-0828.

Fitness at the Center

For information or to register
(440) 353-0828

Cardio Dance

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

\$36 for 6 weeks

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

Winter Session I: January 2 - Feb 6

Winter Session II: Feb 13 - March 19

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.

Winter Session I : (two separate class sections)

Tuesdays, January 9 - February 13

Fridays, January 12 - February 16

Winter Session II : (two separate class sections)

Tuesdays, February 27 - April 9 (no class March 26th). The March 19 class will be held at the Shady Drive complex.

Fridays, March 1 - April 12 (no class March 29).

Chair Volleyball

First & Third Mondays at 12:45 p.m.

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

NEW CLASS** Senior Fitness with Kathy Hungerman

Thursdays, 9:00-9:50 a.m.

\$36 for 6 weeks

Senior Fitness is a new class, with an emphasis on strength, flexibility, posture and falls prevention. Kathy has over 20 years experience teaching fitness classes, most recently at UH's Avon Health Center. You will need to bring light weights (2 or 3 pounds) to class.



Winter Session I January 4-February 8

Winter Session II February 15 - March 28 (no class March 21)

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.

Winter Session I: January 4-February 8

Winter Session II: February 15-March 28 (no class March 21)

Drop in Fitness Classes

Cardio Drumming

Mondays at 11:00 a.m. \$2 class fee

Safetyville Building

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.

Want to try it out? A 30-minute INTRO to Cardio Drumming class will be held on January 4 at 1:00 p.m.

Beginning Line Dancing

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

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

Activities

For information or to register
(440) 353-0828

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

If you are 55 or older, join us for a morning of good food, fellowship and a speaker or entertainment. Breakfast includes a hot entrée, coffee, fruit and juice for \$4.

January 4, 9:00 a.m.

Sleeping Bear Dunes: Shores and Shipwrecks

Nature Pam will present a photo essay and first hand account of this unique park.

February 1, 9:00 a.m.

Jennifer Winkler from LPLS North Ridgeville Branch will come and unveil what is new with library renovations and other special announcements about the library.

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

If you are 55 or older, join us for a hot entrée, coffee, fruit cup and juice for \$4. Brunch includes a speaker or entertainment.

January 18, 10:30 a.m.

Singer and Entertainer Debra Rose will present a colorful program designed to chase away the winter blues.

February 15, 10:30 a.m.

Jennifer Winkler from LPLS North Ridgeville Branch will come and unveil what is new with library renovations and other special announcements about the library.

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

A monthly social breakfast open to adults 55 and over. Come start your Friday out with friends and a hot breakfast for just \$4. See the calendar pages for menu information. **RSVP required.**



Make It Mondays

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

Join us for a different project each week. No experience will be needed—open to all skill levels. Come try something new or revisit an old skill. Some will be crafts, some will be treats, all will be fun! Everyone is welcome. The center will be closed on the following Mondays: 1/1/24, 1/15/24, 2/19/24.

Jan. 8-Pine Cone Gnomes with Stacey

Jan. 22 -Felted Beads with Stacey

Jan. 29-Macramé Plant Hangers with Kris \$12

Feb. 5-Creating with O'Neill Healthcare

Feb. 12-Beginning Loom Knitting with Laura Petek

Feb. 26-Egg Shell Mosaics with Stacey

Details will be shared following your preregistration for each project.

Monday Soup Lunch

12:00 p.m. \$2

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

Taco & Trivia Tuesday!

First & Third Tuesdays, 12:00 p.m.-2 p.m.

Join us for a taco-inspired lunch followed by trivia covering a wide range of topics. Come as a team or join new friends to make a team.

Registration is required for lunch, cost is \$4.

Cards Wednesdays & Thursdays afternoons

Join in on Pinochle, Euchre, Hand & Foot or Dominos. Check the calendar for start times.

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!

Keeping Your Resolutions

January 3 2:30 p.m.-3:30 p.m.

Stacey Stengal from Central State Extension Service will give you tips for keeping both your short-term and long-term resolutions for a healthy and happy new year. **Register by January 2.**

Senior Strong-Promoting Older Adult Mental Health & Resilience

Fridays, January 5-26 11:00 a.m.-12:00 p.m.

Police Station 2nd floor training room

Senior Strong is an innovative program offered by the Far West Center designed to build resilience and improve protective factors for health and happiness in older adults. This program has been successfully implemented at other area senior centers. We will initially offer a four-week series during the month of January with individual topics in February. **RSVP for the January series by January 4.**

Eat Smart-Live Strong

Wednesdays, January 10-31

2:30 p.m.-3:30 p.m.

Stacey Stengal from Central State Extension Service will have cooking tips, exercises and activities to help you live your best life. **Register by January 8.**

Hobby Hour 1:00 p.m.-3:00 p.m.

Tuesday, January 23

Friday, February 16

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

Winter Luau

Tuesday, January 30 11:30 a.m.

Get out of the cold and warm up with our winter luau. Let's chase those winter blues away with a cheerful, colorful celebration, including a Hawaiian-themed menu and a steel drum musical performance. Cost \$6 for lunch and entertainment- best deal in town! **Register by January 26.**

Music Bingo 1950s

Tuesday, January 30 2:00 p.m.

Come play along with Stacey as she calls bingo with the top hits from the 1950s.

Winter is Half Over! \$3

Friday, February 2 1:30 p.m.-2:00 p.m.

February 2 is the exact middle of winter, Groundhog Day and Candlemas Day, so if you're looking for a reason to get out of the house and celebrate with an ice cream sundae, today is the day. We will have all the toppings! **Register by February 1.**

Health Talk: The Immune and Lymphatic Systems Tuesday, February 6 11:30 a.m.

Ted Smith will provide an in-depth overview of these two important systems, what they are and what you can do to improve their functioning. **Register by February 5.**

Super Thursday, February 29

11:00 a.m. \$6 Lunch & Program

Celebrate Leap Day with us and a delicious meal of beef tenderloin cutlets with mushroom gravy, mashed potatoes, veggies, rolls & dessert. Program TBD. **Register by February 27.**

Mardi Gras Party \$6

Tuesday, February 13

11:30 a.m.-1:00 p.m.

Come for a N'Orleans N'Ridgeville style party. We will enjoy some Fat Tuesday traditions, jambalaya (not spicy), King Cake and more! **Register by February 9.**

NR Heart & Sole Indoor Walking

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

LCCC University Partnership Ridge Campus

32121 Lorain Road

Mondays & Wednesdays, 5 - 7 p.m. through March 27

Liberty Elementary School

5700 Jaycox Road

Tuesdays and Thursdays, 6 - 8 p.m. through May 23

Join Heart & Sole for a **smoothie demo** by the North Ridgeville Library Branch on January 18 at 6:30 p.m. at Liberty and January 22 at 5:30 p.m. at LCCC University Partnership Ridge Campus.

February Walking Challenge

From February 5-29, you will be entered in a drawing for every indoor walking session you attend. At the end of the month, three lucky winners will be chosen to win a \$25 gift card.

Stacey's Small Talk

As the New Year begins, many of us set goals and resolutions for ourselves. I would encourage you to consider “being creative” as one of your goals. “Being creative” can mean a wide variety of things, such as painting, drawing, dancing, singing, cooking, knitting, writing, or anything that engages the right hemisphere and prefrontal cortex of your brain. The key is to find an activity that you enjoy and engages you. It generally isn't something that requires all of your concentration, but that engrosses you. Someone recently described it as “when I'm line dancing, my brain goes quiet.” This resonated with me. I enjoy many different creative activities, and personally, I notice a difference in my stress levels and attitude when I don't carve out enough time for my hobbies.

Medical research has made connections between being creative and both physical and mental benefits for us. Exercising these parts of your brain is thought to help improve spatial awareness, emotions, stress levels, and decision-making. Research is being done that indicates people who have creative outlets are less stressed and anxious. This can result in lower blood pressure, fewer digestive issues, and better sleep. Being creative is also thought to lead to high self-confidence.

This year I would encourage you to explore new creative outlets. Try at least one new activity, hopefully here with us, but if not, many resources are available here in North Ridgeville. If there is an activity that you want to try and we don't currently offer it, let me know. If it isn't a good fit with us, we will try to help you find a group, a class, a buddy, or whatever you need to accomplish your goal.

Dementia Resources

Did you know that North Ridgeville is working to become a dementia friendly community? As part of this effort, several public education sessions will be held later this year. Stay tuned for details in a future newsletter. If you would like more information, or a friend or loved one is facing dementia and you are looking for resources, please call our office at (440) 353-0828.

Outings

For information or to register
(440) 353-0828

Please note our new field trip policy – you may register yourself and one other individual via phone only. Thank you for understanding.

Cleveland's AsiaTown Thursday, February 8

10:00 a.m. - 3:00 p.m. \$5

AsiaTown is a unique and vibrant Cleveland neighborhood, offering cultural events and artistic destinations, business and dining districts; and a close, connected residential community. We will stop at Asia Plaza and the Park to Shop grocery for a unique shopping experience before dining at Li Wah, a favorite among Clevelanders. After lunch, we'll stop at Koko Bakery, where you can purchase tarts, cakes, other worldly desserts, try bubble tea or take home one of their famous sweet or savory steam buns. Cost is \$5 for transportation, bring money for lunch and other purchases.

Reservations will be taken starting January 10 at 1:00 p.m. 13 spots available.

Cleveland Museum of Art Thursday, February 22

10:00 a.m. - 3:00 p.m. \$5

Spend the day getting lost in the galleries of the Art Museum, have lunch at the Café and visit the gift shop. You can also download their interactive app for additional experiences. **Reservations will be taken January 31 at 1:00 p.m. 13 spots available.**

The 2024 Solar Eclipse

Some useful information from Alan Willoughby about the upcoming eclipse:

On April 8, 2024, there will be two and a half hours of partial eclipse at each viewing site and about four minutes of totality. In Cleveland, the partial eclipse starts at 1:59 p.m. and ends at 4:29 p.m. Totality starts at 3:13 EDT and ends at 3:17 p.m., with maximum totality occurring at 3:17 p.m. For a detailed map and times, visit <https://science.nasa.gov/eclipses/future-eclipses/eclipse-2024/where-when/>

North Ridgeville Parks & Recreation

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

Restorative Yoga with Kip Cronk January 9 - February 27 7:15 p.m. - 8:15 p.m.

Ages: 15 and up Location: Safetyville Building
Pre-Registration Fee: \$70 Resident / \$80 Non-Resident

Restorative Sound Bath with Kip Cronk & Becky Hopp Monday, January 22 6:00 p.m. – 7:30 p.m.

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

Ages: 15 and up Location: Senior Center
Pre-Registration Fee: \$25 Resident / \$30 Non-Resident

American Heart Association CPR / Basic Life Support Certification Saturdays, January 6 and February 3 9:00 a.m. - 1:00 p.m.

This class is designed for healthcare professionals and other personnel who need to know how to perform CPR and other basic cardiovascular life support skills in a wide variety of in-facility and prehospital settings. Cost covers CPR certificate and materials.

Instructor: NR Fire Department

Ages: 11 and up
Class Size: 4 minimum / 20 maximum
Fee: \$10 Resident / \$15 Non-Resident

Astanga Yoga with Kip Cronk Tuesdays, January 9- February 27 6:00 - 7:00 p.m.

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

Ages: 15 and up Location: Safetyville Building
Class Size: 6 minimum / 15 maximum
Fee: \$70 Resident / \$80 Non-Resident

Mindful Yoga with Kip Cronk Wednesdays, January 17 and February 21 6:00 - 7:30 p.m.

Ages: 15 and up Location: Safetyville Building
Pre-Registration Fee: \$70 Resident / \$80 Non-Resident

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.

Writers Group

Saturdays, Jan. 6; Feb. 3; 2:00 p.m. to 3:30 p.m.
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.

PLEASE NOTE: The Avon Branch is the alternative location if the meeting rooms are unavailable during renovations. Attendees will be notified of location change. Preregistration required.

The Butler Did It Mystery Book Discussion

Wednesdays, 6:30 p.m. to 7:30 p.m.
Jan. 17; "Journey to Munich" by Jacqueline Winspear
Feb. 21; "Eight Perfect Murders" by Peter Swanson
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. PLEASE NOTE: The Senior Center is the alternative location if the meeting rooms are unavailable during renovations. Attendees will be notified of location change. Preregistration required.

Fiber Arts Group

Mondays, Jan. 22; Feb. 26; 10:30 a.m. to 12:30 p.m.
For new and longtime knitters, crocheters, quilters and needle pointers. If you have a "UFO" (an Unfinished Object) that you would like to work on with us, bring it or start something new!
PLEASE NOTE: The Senior Center is the alternative location if the meeting room are unavailable during renovations. Attendees will be notified of location change. Preregistration required.

Page Turners Book Discussion

Tuesdays, 1:00 p.m. to 2:00 p.m.
Jan. 23; "Everything I Never Told You" by Celeste Ng
Feb 27; "The Night Watchman" by Louise Erdrich
Spend an afternoon each month discussing a great book and making friends. Copies of the book are available at the library. PLEASE NOTE: The Senior Center is the alternative location if the meeting rooms are unavailable during renovations. Attendees will be notified of location change. Preregistration required.

JANUARY

Monday	Tuesday	Wednesday
<p>1 Closed for New Year's Day</p>	<p>2 Cardio Dance 9:00 a.m. Taco & Trivia Tuesday! Taco Lunch 12:00 p.m. Trivia 12:30 p.m.</p>	<p>3 Watercolors 9:30 a.m. Line Dancing 10 :00 a.m. Blood pressure screenings 10:30 a.m. Lunch 12:00 p.m. Bingo, Euchre & Canasta 12:30 p.m. Keeping Your Resolutions 2:30 p.m.</p>
<p>8 Make It Monday– Pine Cone Gnomes 10:00 a.m. Cardio Drumming 11:00 a.m. Soup Lunch 12:00 p.m. Chair Volleyball 12:45 p.m.</p>	<p>9 Cardio Dance 9:00 a.m. Chair Yoga 10:00 a.m. NR Hatters 2:00 p.m.</p>	<p>10 Watercolors 9:30 a.m. Line Dancing 10 :00 a.m. Lunch 12:00 p.m. Bingo, Euchre & Canasta 12:30 p.m. Eat Smart, Live Strong 2:30 p.m.</p>
<p>15 Closed for MLK Day</p>	<p>16 Cardio Dance 9:00 a.m. Chair Yoga 10:00 a.m. Cardio Drumming 11:00 a.m. Taco & Trivia Tuesday! Taco Lunch 12:00 p.m. Trivia 12:30 p.m.</p>	<p>17 Watercolors 9:30 a.m. Line Dancing 10:00 a.m. Lunch 12:00 p.m. Sponsored by O'Neill Healthcare of NR Bingo, Euchre & Canasta 12:30 p.m. Eat Smart, Live Strong 2:30 p.m.</p>
<p>22 Make It Monday Felted Beads 10:00 a.m. NO Cardio Drumming Soup Lunch 12:00 p.m. Chair Volleyball 12:45 p.m.</p>	<p>23 Cardio Dance 9:00 a.m. Chair Yoga 10:00 a.m. Hobby Hour 1:00 p.m.</p>	<p>24 Watercolors 9:30 a.m. Line Dancing 10 :00 a.m. Lunch 12:00 p.m. Bingo, Euchre & Canasta 12:30 p.m. Eat Smart, Live Strong 2:30 p.m.</p>
<p>29 Make It Monday - Macrame Plant Hangers \$12 Cardio Drumming 11:00 a.m. Soup Lunch 12:00 p.m.</p>	<p>30 Cardio Dance 9:00 a.m. Chair Yoga 10:00 a.m. Puzzle Exchange 11:00 a.m. Winter Luau 11:30 a.m.</p>	<p>31 Watercolors 9:30 a.m. Line Dancing 10 :00 a.m. Lunch 12:00 p.m. sponsored by Avon Oaks Bingo, Euchre & Canasta 12:30 p.m. Eat Smart, Live Strong 2:30 p.m.</p>

Thursday	Friday
<p>4 Men's Breakfast, 9:00 a.m. Senior Fitness 9:00 a.m. Tai Chi 10:00 a.m. INTRO TO Cardio Drumming 1:00 p.m. Safetyville Building</p>	<p>5 Senior Strong 11:00 a.m. PD 2nd floor training room Rotary Club meeting 12:00 p.m.</p>
<p>11 Senior Fitness 9:00 a.m. Tai Chi 10:00 a.m. Euchre, Pinochle, Dominos & Mahjongg 12:00 p.m.</p>	<p>12 The Breakfast Club 9:30 a.m. Protecting the Kennedys Super Thursday RESCHEDULE 10:00 a.m. Chair Yoga 10:00 a.m. Senior Strong 11:00 a.m. PD 2nd floor training room</p>
<p>18 Senior Fitness 9:00 a.m. Tai Chi 10:00 a.m. Ladies Brunch 10:30 a.m. Euchre, Pinochle, Dominos & Mahjongg 12:30 p.m.</p>	<p>19 Chair Yoga 10:00 a.m. Senior Strong 11:00 a.m. PD 2nd floor training room Rotary Club meeting 12:00 p.m.</p>
<p>25 Senior Fitness 9:00 a.m. Tai Chi 10:00 a.m. Ladies Brunch 10:30 a.m. Euchre, Pinochle, Dominos & Mahjongg 12:00 p.m.</p>	<p>26 Chair Yoga 10:00 a.m. Seniors Strong 11:00 a.m. PD 2nd floor training room Spaghetti Dinner 5:00-7:00 p.m. Sponsored by the Rotary Club of North Ridgeville</p>
	<p style="text-align: center;">Spaghetti Dinner</p> 

Menu

- 2 **Taco Plate**
- 3 **Beef Stroganoff with Pasta & Vegetable**
- 4 **Breakfast Burrito & Fruit**
- 8 **Philly Cheese Steak Soup**
- 10 **Hot Turkey Sandwich, Mashed Potatoes & Vegetable**
- 12 **Country Scramble with Home Fries & Fruit**
- 16 **Beef & Bean Burrito**
- 17 **Pork Chop with Rice & Vegetable**
- 18 **Breakfast Sandwich & Fruit**
- 22 **Stuffed Pepper Soup**
- 24 **Beef & Potato Pie**
- 29 **Mulligatawny Stew**
- 30 **Luau inspired menu**
- 31 **Breaded Chicken, Mashed Potatoes, Gravy & Vegetable**

KEY
Bold = Requires Registration
Blue
Maroon
Green

FEBRUARY

Monday	Tuesday	Wednesday
<p>5</p> <p>Make It Monday—Creating with O’Neill Healthcare 10:00 a.m. Cardio Drumming 11:00 a.m. Soup lunch 12:00 p.m. Chair Volleyball 12:45 p.m.</p>	<p>6</p> <p>Cardio Dance 9:00 a.m. Chair Yoga 10:00 a.m. Health Talk: The Immune and Lymphatic System 11:30 a.m. Taco & Trivia Tuesday! Taco Lunch 12:00 p.m. Trivia 12:30 p.m.</p>	<p>7</p> <p>Watercolors 9:30 a.m. Line Dancing 10:00 a.m. Blood pressure screenings 10:30 a.m. Lunch 12:00 p.m. sponsored by Wellspring Home Health Care Bingo, Euchre & Canasta 12:30 p.m. Eat Smart, Live Strong 2:30 p.m.</p>
<p>12</p> <p>Make It Monday—Beginning Loom Knitting with Laura Petek 10:00 a.m. Cardio Drumming 11:00 a.m. Soup lunch 12:00 p.m.</p>	<p>13</p> <p>Cardio Dance 9:00 a.m. Chair Yoga 10:00 a.m. NR Hatters 2:00 p.m. Mardi Gras Party 11:30 a.m.</p>	<p>14</p> <p>Watercolors 9:30 a.m. Line Dancing 10:00 a.m. Valentine’s themed Lunch 12:00 p.m. sponsored by The Avenue of NR Bingo, Euchre & Canasta 12:30 p.m. Eat Smart, Live Strong 2:30 p.m.</p>
<p>19</p> <p>Closed for Presidents Day</p>	<p>20</p> <p>Cardio Dance 9:00 a.m. Taco & Trivia Tuesday! Taco Lunch 12:00 p.m. Trivia 12:30 p.m.</p>	<p>21</p> <p>Dr. Emmert 8:00 a.m. Watercolors 9:30 a.m. Line Dancing 10:00 a.m. Lunch 12:00 p.m. sponsored by O’Neill Health Care of NR Bingo, Euchre & Canasta 12:30 p.m. Eat Smart, Live Strong 2:30 p.m.</p>
<p>26</p> <p>Make It Monday—Egg Shell Mosaics with Stacey 10:00 a.m. Cardio Drumming 11:00 a.m. Soup lunch 12:00 p.m.</p>	<p>27</p> <p>Cardio Dance 9:00 a.m. Puzzle Exchange 11:00 a.m.</p>	<p>28</p> <p>Watercolors 9:30 a.m. Line Dancing 10:00 a.m. Lunch 12:00 p.m. Bingo, Euchre & Canasta 12:30 p.m.</p>

Thursday	Friday
<p>1 Men's Breakfast, 9:00 a.m. Senior Fitness 9:00 a.m. Tai Chi 10:00 a.m. Euchre, Pinochle, Dominos & Mahjongg 12:00 p.m.</p>	<p>2 Chair Yoga 10:00 a.m. Senior Strong 11:00 a.m. PD 2nd floor training room Rotary Club meeting 12:00 p.m.</p>
<p>8 Senior Fitness 9:00 a.m. Tai Chi 10:00 a.m. Euchre, Pinochle, Dominos & Mahjongg 12:00 p.m. AsiaTown Shopping & Lunch 10:00 a.m.</p>	<p>9 The Breakfast Club 9:30 a.m. Chair Yoga 10:00 a.m. Senior Strong 11:00 a.m. PD 2nd floor training room</p>
<p>15 Senior Fitness 9:00 a.m. Tai Chi 10:00 a.m. Ladies Brunch 10:30 a.m. Euchre, Pinochle, Dominos & Mahjongg 12:30 p.m.</p>	<p>16 Chair Yoga 10:00 a.m. Senior Strong 11:00 a.m. PD 2nd floor training room Rotary Club meeting 12:00 p.m. Hobby Hour 1:00 p.m.</p>
<p>22 Senior Fitness 9:00 a.m. Tai Chi 10:00 a.m. Cleveland Museum of Art 10:00 am. Euchre, Pinochle, Dominos & Mahjongg 12:00 p.m.</p>	<p>23 Senior Strong 11:00 a.m. PD 2nd floor training room</p>
<p>29 Senior Fitness 9:00 a.m. Tai Chi 10:00 a.m. Super Thursday Program Euchre, Pinochle, Dominos & Mahjongg 12:30 p.m.</p>	

Menu

- 1 Biscuits with Sausage Gravy, Potatoes & Scrambled Eggs
- 5 Split Pea with Ham Soup
- 6 Taco Plate
- 7 Fettuccini Alfredo, Garlic Bread & Salad
- 9 French Toast with Berry Compote & Sausage
- 12 Cream of Broccoli Soup
- 13 Jambalaya & King Cake
- 14 Mixed Green Salad with Shrimp
- 15 Biscuits with Sausage Gravy, Potatoes & Scrambled Eggs
- 19 Bean & Bacon Soup
- 20 Taco Salad
- 21 Chicken Ala King over Pasta
- 26 Chicken, Vegetable & Lentil Soup
- 28 Baked Ham, Roasted Red Potatoes & Vegetable
- 29 Beef Tenderloin with Mushroom Gravy, Mashed Potatoes & Vegetable

KEY

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 Blue = Field Trip
 Maroon = Fitness
 Green = Food

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