



Senior Center Newsletter

September & October 2024

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



**Dementia
Friendly
Ohio**
NORTH RIDGEVILLE

An Initiative of Ohio Council for Cognitive Health

OFFICE HOURS:

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

Front Desk & Reservation Line
(440) 490-2056

City offices will be closed on
September 2 in observance of
Labor Day

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Health Fair: September 9th 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. Over 30 vendors will be on hand offering health screenings, flu shots, medication management consultation, fitness demonstrations and more!

A Reminder to Please Be Kind

A friendly reminder that everyone is welcome at the North Ridgeville Senior Center. As the number of attendees continues to increase, please keep in mind that there are no reserved seats at the center. If you find a new person sitting at your regular table, please introduce yourself and consider sitting with them. Our goal is to make everyone feel welcome. Thank you for your part in helping us maintain our friendly and welcoming environment.

Desserts Needed for our Spaghetti Dinners

If you love to bake and would like to contribute a dessert for our spaghetti dinners on September 27 and October 25, please see a staff member or sign up at the front desk.

Sponsor Thank Yous

Thanks to the generosity of the following local agencies who serve the older adult community, several of our September and October events will be sponsored :



A MESSAGE FROM ADMINISTRATOR EMILY LOCKSHINE



Greetings,

I'm a firm believer in honesty and I'm going to be honest here, I love the Olympics and I've been on an Olympic high! I hope you had an opportunity to get caught up in the excitement of the games, stunning athletic achievements, and the spirit of courage and competition that comes with it.

In August we had members of a research team from Kent State here to conduct a survey that will become part of a large Community Needs Health Assessment for Northeast Ohio. Thank you to those who participated. If you still would like to participate you can access the survey on a PC tablet or mobile device at: bit.ly/seniorcentersurvey.

Please join us for our upcoming spaghetti dinners, September 27 and October 25, sponsored by The Lions Club of North Ridgeville and VFW Post 9871, respectively. These dinners showcase some of the best qualities of North Ridgeville; the generosity and spirit of community. I hope that you, family and friends will join us.

Speaking of generosity, a HUGE thank you to residents Frank and Denise Nehls, who solicited donations of discs and disc golf accessories on our behalf. We now have a few dozen golf discs, bags and baskets. When the weather is too cold to play on the course, we will be able to use the baskets and discs for indoor games.

As we get closer to the Presidential election, I would like to take the time to gently remind everyone that the senior center is a politics free zone. Healthy conversation of any kind is encouraged, but if you wish to engage in a political discussion, please do so off city property. Thank you for your cooperation.

I would like to end on another exciting note, in July, I celebrated three years here at the City of North Ridgeville. My job allows me the opportunity to continually reflect on aging and the aging process and I am proud of all of you for aging gracefully and your willingness to try new things-thank you for showing me "how it's done."

Emily

Office for Older Adults Staff

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

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

7327 Avon Belden Road, North Ridgeville, OH 44039 ■ (440) 490-2056 ■ www.nridgeville.org

A MESSAGE FROM MAYOR CORCORAN

As we move into the fall season, our staff has been busy planning a packed-full schedule of programs and events! 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 making this center a vibrant and welcoming space!



The city and our partner agencies are working on numerous capital projects, ensuring our roadway network is meeting the needs of our community. Several projects continue to progress towards construction including the Stoney Ridge Road, Avalon Drive and Mills Road roundabout; the SR 83 and Chestnut Ridge Road roundabout; and the Cypress Avenue extension project. On the subject of paving, our Public Works Streets Division paved 10 asphalt streets with an additional seven concrete streets that will be repaired or replaced by an outside contractor.

Stay informed about our projects and initiatives in the city by visiting our website at nridgeville.org, signing up to receive our monthly eNewsletter that will be delivered right to your email inbox and by following us on social media. Also, keep an eye out for my weekly videos reporting the latest city news and events.

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, Safety Fair, 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 12 and Friday, October 11 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) 490-2042.

Sincerely,

Mayor Kevin Corcoran



City Hall Hours:
Monday-Friday, 8:00 a.m. to 4:30 p.m.
City offices will be closed on September 2.

Senior Services

Kitty Wawszkiewicz
Case Manager (440) 490-2057

Lockboxes

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

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

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

Supportive Services

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

Transportation

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

Blood Pressure Screening

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

Upcoming dates: September 4 and October 2.

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 **October 30** at 8:00 a.m. As always, appointments are first come first served by the sign-in sheet at the front desk. The cost of the clinic is usually covered by Medicare and supplemental insurance. **If it is your first visit with the doctor, contact Dr. Emmert's office at (216) 529-1800 before your appointment to verify they have the necessary information.**

Meals-on-Wheels

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

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

A doctor's authorization is required before being added to the program. Our case manager will conduct a home visit prior to signing a client up to receive Meals-on-Wheels. This program is intended for individuals who are homebound, struggling with chronic illness, impairments or otherwise frail.

For more information, please call (440) 490-2057.

Fitness at the Center

For information or to register call
(440) 490-2056

Cardio Dance with Carrie Aquila Tuesdays, 9:00-10:00 a.m.

\$36 for 6 weeks

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

Fall Session I: August 20-October 1

Fall Session II: October 8-November 12

Chair Yoga with Kip Cronk Tuesdays 10:00-11:00 a.m.

\$24 for 4 weeks

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

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

Fall Session I: September 3-24

Fall Session II: October 8-29

Fall Session III: November 12-December 3

Tai Chi for Arthritis and Balance Thursdays 10:00 a.m.-11:30 a.m.

\$56 for 7 weeks

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

Fall Session 1: September 12-October 24

Fall Session II: October 31-December 19

Chair Volleyball

September 9 & 23, October 7 & 21

12:45 p.m.

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

Senior Fitness with Kathy Hungerman Thursdays, 9:00-9:50 a.m. **\$36 for 6 weeks**

Senior Fitness emphasizes 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) and exercise band to class.



Fall Session I: August 22-September 26

Fall Session II: October 3-November 7

Fall Session III: November 14-December 19 (five week session, no class November 28)

Drop in Fitness Classes

Cardio Drumming

Mondays, 11:00 a.m.

Participants are taken through routines using drumsticks in a variety of patterns to heart-pumping fun hits. You can do this activity standing or sitting in a chair. Second class at 2:00 p.m. on select Mondays, see calendar for details. \$2 class fee. **Safetyville Building.** Registration for October classes will begin September 17 at 9:00 a.m., registration for November classes will begin . **The September 9 class will be at 1:00 p.m. due to the health fair.**

Beginning Line Dancing Mary Harwood

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

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

News from NR Heart & Sole

Need some inspiration in the kitchen? Heart & Sole has you covered! Explore new recipes sponsored by Good Soul Nutrition. Head to nrheartandsole.com to download for free every month.



Activities

For information or to register
(440) 490-2056

Men's Breakfast & Speaker

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

We are working with the Cleveland Metroparks, Hopkins International Airport and the FBI to line up speakers. Due to the recent power outage affecting these organizations, we have not finalized our speaker schedule.

September 5, 9:00 a.m.

October 3, 9:00 a.m.

Ladies Brunch & Speaker

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

September 19, 10:30 a.m.

Mindfulness and Wellness with Kip Cronk of Sky Green Yoga

Kip will share tips about mindfulness and meditation and how these practices can improve your mental health and outlook.

October 17, 10:30 a.m. Mocktails

Emily Tanski, founder of Fleurish, will guide guests through a presentation of various alcohol alternatives and the benefits of incorporating these into your lifestyle during this educational event! During the presentation, Emily will guide guests through the different types of alternatives -- from traditional mocktails to functional spirits -- and provide the opportunity to sample them. Guests will learn about the new and exciting realm of zero-proof spirits and leave with recipes to try at home.

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

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

Monday Soup Lunch

12:00 p.m., \$2

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

Make It Mondays

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

Join us for a different project each week. No experience is needed - open to all skill levels. Come try something new or revisit an old skill. Some will be crafts, some will be treats, all will be fun!

Everyone is welcome. Please register the previous week, so we have enough supplies for everyone.

September 2 Closed

September 9 No Activity

**September 16 Shopping Tote
with Michelle Kelly**

**September 23 Paper Pumpkins with Life Care
Center of Elyria**

September 30 Fall Leaves Diamond Art

**October 7 Crafting with O'Neill Healthcare &
Pierogies with Stacey \$3**

October 14 Cork Pumpkins

**October 21 Loom Knitted Pumpkin
with Laura Petek**

**October 28 Halloween Wreaths with Life Care
Center of Elyria**

Details will be shared after you register.

Medical Mondays with Dr. Alexander Zolli

September 30 and October 28, 2:00 p.m.

Dr. Alexander Zolli is the Surgeon in Residence at LCCC. He will be presenting health topics monthly through November. September you will learn about Nutrition and in October, Exercise.

Walking Warriors Tuesdays at 9:00 a.m.

This is an informal walking group that meets weekly. This year we are mixing up the locations, schedule appears below. All paces are welcome-- no one gets left behind. If the weather is looking questionable, please call to find out if we are still meeting.

September 3 South Central Park, meet at NRSC

September 10 Miller Nature Preserve, Avon, meet in the parking lot

September 17 South Central Park, meet at NRSC

September 24 Bradley Woods, Westlake, meet in the parking lot

October 1 South Central Park, meet at NRSC

October 8 North Olmsted Community Park, meet in the parking lot in the center of the park nearest to the Senior Center

October 15 South Central Park, meet at NRSC

October 22 Bradley Woods, Westlake

October 29 South Central Park, meet at NRSC

Taco & Trivia Tuesday!

First & Third Tuesdays, 12:00-2:00 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 form a team. **Registration is required for lunch at a cost of \$4.**

Try It Tuesdays

September 24 at 1:30 p.m.

October 22, 12:00 p.m.

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

September - Hispanic Heritage Month

October - German Heritage month

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.

Watercolor Wednesdays, 9:30 a.m.

Community Cabin at South Central Park

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

Senior Strong

Fridays, 11:00 a.m.

Senior Strong is a program that focuses on mental health wellness and building resilience in older adults. Bob Piovarchy of The Far West Center will facilitate a different topic each week. One week a month will be dedicated to current events. This is not a session, please register for the days you wish to attend.

Hobby Hour

Friday, September 6, 2:00-4:00 p.m.

Tuesday, October 22, 2:00-4:00 p.m.

Bring a project and meet others from the center.

Disc Golf

September 12 and October 8, 10:30 a.m.

Disc Golf is a fun, inexpensive self-paced healthy outdoor activity. Meet at the center and we will walk over to South Central Park as a group. Please note that disc golf requires a moderate amount of walking, some of which will be on uneven or possibly muddy terrain. Participants should wear athletic shoes. **RSVP by September 11 and October 7, respectively.**

2025 Medicare Updates

September 18, 2:30 p.m.

There will be significant changes to Medicare in 2025. Debbie Hamilton from the Lorain County Office on Aging will present an informative update you will not want to miss. **Register by September 16.**

Restorative Sound Bath

October 1, 10:00-11:30 a.m. \$20

Join Kip, our yoga instructor and fellow yogi Becky Hopp from With a Grateful Heart Wellness, as she takes you on a relaxing journey using the highest-grade Crystal Alchemy Singing Bowls. This full body relaxation experience will help with stress, tension, sleeplessness, anxiety, depression, grief, physical pain, addiction and more.

Register by September 26.

Intergenerational Pumpkin Decorating

Friday, October 11, 10:30 a.m.-12:00 p.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 9.

Therapy Dog Time, Sept 25 and October 23

11:10 a.m.-11:40 a.m.

Gemma, our four-legged friend, will be here with their owners to provide some companionship and of course, get some pets from their human friends.

Learn to Paint with Watercolors

Mondays 2:00-3:30 p.m.

\$45 for a six-week session

If you would like to learn to paint with watercolors, this beginner class is for you. Karen Staszko, a professional artist with 30 years of experience will provide all the instruction you need — no experience necessary. Students must provide their own supplies; a list is available at the Senior Center, or we can email the list to you.

Fall Session 1: September 23-October 28

Fall Session II: November 4-December 9 (no class November 11)

SUPER THURSDAY

Halloween Party

Thursday, October 31, 10:30 a.m. \$5

Join us for a wicked good time. Halloween themed lunch, games, prizes and of course, a costume contest! **RSVP by October 29.**

Outings

For information or to register

(440) 490-2056

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

Towpath Trail Cart Tour

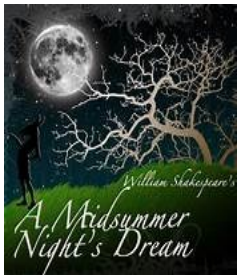
Monday, September 16, 12:30-3:45 p.m. \$10

We will tour along the Cuyahoga River and Ohio & Erie Canal with a local historian on a cart. Half of the group will go on the tour while half explore the nature center and surrounding area, then the groups will switch. **Reservations will be taken Wednesday, September 4 at 1:00 p.m. 13 spots available on the bus.**

Great Lakes Theater: A Midsummer Night's Dream

Thursday, October 24, 9:00 a.m.-3:30 p.m. \$25

The woods are the stage for a hilarious whirlwind of mismatched love, mischievous fairies and theatrical



blundering. Shakespeare weaves a comedic tapestry where love's arrows fly wild, mistaken identities create chaos and laughter reigns supreme. Transformed hearts and second chances dance under the moonlight, casting a spell that resonates with audiences across generations. Please bring money

for lunch following the performance. **Reservations will be taken Friday, September 6 at 1:00 p.m. 13 spots available on the bus. Tickets need to be paid for by September 20.**

Great Lakes Theater: Into The Woods

Tuesday, November 5, 9:00 a.m.-3:30 p.m. \$25

Venture deep into the woods, where "happily ever after" takes a detour. Familiar fairytales are flipped on their heads as wishes take wicked turns in Sondheim's Tony Award-winning musical. This beloved masterpiece takes you on a humorous, poignant journey that is as enchanting as it is thought-provoking, with a touching and sophisticated score that features favorites like "Into the Woods," "Giants in the Sky" and "No One is Alone."

Reservations will be taken Wednesday, September 18 at 1:00 p.m. 13 spots available on the bus. Tickets need to be paid for by October 1.

Fall Dance with John Kowalski Monday, October 14, 1:30-3:30 p.m.

These popular dances are held at various venues in Northeast Ohio. We are excited to bring back this dance so you can cha-cha, line dance or foxtrot all afternoon long. Cost is \$5, payable at the door. Light refreshments, coffee & tea provided.

September is Healthy Aging month

How will you celebrate Healthy Aging Month?

Here are a few ideas to get started:

Try Something New—you can try out any of our fitness classes one time free of charge or check out the United We Sweat website for FREE fitness classes in the community.

Seek Out Adventure—visit a new restaurant or park

Prioritize Prevention—check with your doctor to make sure you are up to date on your preventative care, if not, schedule those screening appointments!

Social Connectivity—check out a new event here at the center, at the library, or in the community.

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) 490-2056.

Meet Ups

For information or to register

(440) 490-2056

Nature Walk

Friday, September 13, 1:00 p.m.

Sandy Ridge Reservation

Join Stacey for a very SLOW paced, nature walk. We will be looking for clues about what is happening in the woods and wetlands around us. We usually walk about 1.25 miles.

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.

North Ridgeville Parks & Recreation

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

American Heart Association CPR / Basic Life Support Certification Saturdays, September 7 or October 5 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

Zumba Fitness (evenings) Tuesday, September 3-24 & October 1-29 Thursdays, September 5-26 & October 3-31 , 6:30 p.m.-7:30 p.m.

Are you ready to party yourself into shape? That's exactly what the Zumba® program is all about. It's an exhilarating, effective, easy-to-follow, Latin-inspired, calorie-burning dance fitness-party that's moving millions of people toward joy and health. Class is one hour and offered year-round.

Instructor: Isa Serra

Ages: 15 and Up Location: Shady Drive Batting Cage

Class Size: 04 minimum / 20 maximum

Pre-registration Fee: \$5 Resident / \$6 Non-Resident

Drop-in Fee: \$6 Resident / \$7 Non-Resident

Total Body Tone Wednesdays, September 9-October 30 9:00 a.m.-10:00 a.m.

The class will focus on improving muscular strength and toning utilizing various resistance equipment, such as weights, bands, and stability balls. Class will target increasing energy, toning muscles, and stretching.

Instructor: Kathy Hungerman

Ages: 15 and up

Pre-Registration Fee: \$50 Resident / \$60 Non-Resident

Location: Safetyville Building

North Ridgeville Library Programs

For information or to register
call (440) 327-8326

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

Estate Planning Basics

Tuesday, September 10; 10:00 to 11:00 a.m.

Join Craig Couch from Couch Investment Management to learn about the differences between wills and trusts, avoiding probate, protecting your family even after your death and preserving the tax deferral benefits of retirement plans for your heirs.

Latino Lorain History Exhibit

September 17-30

Drop in during regular business hours to view an exhibit celebrating 100 years of Latino history in Lorain. This exhibit was co-created by El Centro, the Lorain Historical Society and Oberlin College.

Celebrating the History and Influence of Latinos in Lorain

Sunday, Sept. 22; 3:00 to 4:00 p.m.

Join the Lorain Historical Society for an engaging presentation celebrating 100 years of Latino history in Lorain and will explore the process of creating the Latino Lorain History Exhibit.

Rock 'n' Roll History: A Journey in Sounds

Monday, Sept. 23; 6:00 to 7:00 p.m.

Explore the development of rock 'n' roll from 1949 to 1964 while listening to some of the earliest Top 10 hits and one-hit wonders that ruled the airwaves.

Guided Painting Party for Adults

Friday, Sept. 20; 2:00 to 3:30 p.m.

Experience the joy of painting in this guided program.

Carlo Wolff: Invisible Soul

Sunday, Oct. 6; 3:00 to 4:00 p.m.

Join local music critic and journalist Carlo Wolff as he tells stories of the boisterous Cleveland music scene.

Tangled Web Wreath for Adults

Wednesday, Oct. 9; 1:00 to 2:30 p.m.

Learn how to weave this spider's wreath into your Halloween decor.

September

Monday	Tuesday	Wednesday
2 CLOSED– Labor Day	3 Cardio Dance 9:00 a.m. Walking Warriors 9:00 a.m. Chair Yoga 10:00 a.m. Taco Lunch Trivia 12:30 p.m.	4 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.
9 Health Fair and Flu Shot Clinic 9:00 - 11:00 a.m. Soup Lunch 12:00 p.m. Chair Volleyball 12:45 p.m. Cardio Drumming 1:00 p.m. Beginning Watercolors 2:00 p.m. Genesis and the Big Bang 2:00 p.m.	10 Walking Warriors 9:00 a.m. Cardio Dance 9:00 a.m. Chair Yoga 10:00 a.m. Skein Gang 10:00 a.m. -1:00 p.m. NR Hatters 2:00 p.m.	11 Watercolors 9:30 a.m. Line Dancing 10:00 a.m. Lunch 12:00 p.m. Bingo, Euchre & Canasta 12:30 p.m.
16 Make It Monday 10:00 a.m. Cardio Drumming 11:00 a.m. Soup Lunch 12:00 p.m. Beginning Watercolors 2:00 p.m. Genesis and the Big Bang 2:00 p.m. TowPath Cart Tour 12:30 \$10	17 Walking Warriors 9:00 a.m. Cardio Dance 9:00 a.m. Chair Yoga 10:00 a.m. Taco Lunch 12:00 p.m. Trivia 12:30 p.m.	18 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. 2025 Changes to Medicare Information Session 2:30 p.m.
23 Make It Monday 10:00 a.m. Cardio Drumming 11:00 a.m. Soup Lunch 12:00 p.m. Chair Volleyball 12:45 p.m. Beginning Watercolors 2:00 p.m. Genesis and the Big Bang 2:00 p.m.	24 Cardio Dance 9:00 a.m. Walking Warriors 9:00 a.m. Chair Yoga 10:00 a.m. Puzzle Exchange 11:00 a.m. –1:00 p.m. Lunch & Learn: Beyond the Hospital 11:30 a.m. Sponsored by Emerald Village Try It Tuesdays - Hispanic Dishes 1:30 p.m.	25 Watercolors 9:30 a.m. Line Dancing 10:00 a.m. Therapy Dog Time 11:10-11:40 a.m. Lunch 12:00 p.m. Bingo, Euchre & Canasta 12:30 p.m. Music Bingo 1970s 2:30-3:30 p.m.
30 Make It Monday 10:00 a.m. Cardio Drumming 11:00 a.m. Soup Lunch 12:00 p.m. Beginning Watercolors 2:00 p.m. Medical Monday 2:00 p.m.		

Thursday	Friday
5 Men's Breakfast 9:00 a.m. Senior Fitness 9:00 a.m. Euchre, Pinochle, Dominos & Mahjongg 12:00 p.m.	6 Senior Strong 11:00 a.m. Rotary Club meeting 12:00 p.m. Hobby Hour 2:00-4:00 p.m.
12 Senior Fitness 9:00 a.m. Tai Chi 10:00 a.m. Disc Golf 10:30 a.m. Euchre, Pinochle, Dominos & Mahjongg 12:00 p.m.	13 The Breakfast Club 9:30 a.m.  Senior Strong 11:00 a.m. Nature Walk 1:00-2:00 p.m. Sandy Ridge Reservation
19 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.	20 Senior Strong 11:00 a.m. Rotary Club meeting 12:00 p.m. Sept 21 World Alzheimer's Day Sept 22 Centarian's Day & Falls Prevention Day 
26 Senior Fitness 9:00 a.m. Tai Chi 10:00 a.m. Brain Games with Bob 10:00 a.m. Euchre, Pinochle, Dominos & Mahjongg 12:00 p.m.	27 Senior Strong 11:00 a.m. Spaghetti Dinner Sponsored by The Lions Club of North Ridgeville 5-7 p.m. 

Menu

- 3rd Taco Plate
- 4th Beef Stew with Biscuit & Jello
- 5th Scrambled Eggs, Ham, Potatoes & Fruit
- 9th Bratwurst & Cabbage Soup
- 11th Chicken Cacciatore over Pasta & Vegetables
- 13th French Toast, Sausage, Scrambled Eggs & Fruit
- 16th Chicken, Ham & Swiss Cheese Soup
- 17th Chicken Taco Salad
- 18th Cheeseburger & JoJos
- 19th Scrambled Eggs, Ham, Potatoes & Fruit
- 23rd Beef & Bean Soup
- 25th Pork Chop, Mashed Potatoes & Vegetables
- 30th Chili

KEY

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

October



Monday	Tuesday	Wednesday
Vegetarian Month Socktober Grandparents Day, 10/27 Depression Awareness Month Diabetes Awareness Month	1 Walking Warriors 9:00 a.m. Cardio Dance 9:00 a.m. Restorative Sound Bath 10:00-11:30 a.m. Taco Lunch 12:00 p.m. Trivia 12:30 p.m.	2 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.
7 Make It Monday 10:00 a.m. Cardio Drumming 11:00 a.m. Soup Lunch 12:00 p.m. Chair Volleyball 12:45 p.m. Beginning Watercolors 2:00 p.m.	8 Walking Warriors 9:00 a.m. Cardio Dance 9:00 a.m. Chair Yoga 10:00 a.m. Disc Golf 10:30 a.m. Skein Gang 10:00 - 1:00 p.m. NR Hatters 2:00 p.m.	9 Watercolors 9:30 a.m. Line Dancing 10:00 a.m. Crazy Sock Lunch 12:00 p.m. Bingo, Euchre & Canasta 12:30 p.m.
14 Make It Monday 10:00 a.m. Cardio Drumming 11:00 a.m. Soup Lunch 12:00 p.m. Senior Dance 1:30 -3:30 p.m. Beginning Watercolors 2:00 p.m.	15 Walking Warriors 9:00 a.m. Cardio Dance 9:00 a.m. Chair Yoga 10:00 a.m. Taco Lunch 12:00 p.m. Trivia 12:30 p.m.	16 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.
21 Make It Monday 10:00 a.m. Cardio Drumming 11:00 a.m. Soup Lunch 12:00 p.m. Chair Volleyball 12:45 p.m. Beginning Watercolors 2:00 p.m.	22 Walking Warriors 9:00 a.m. Cardio Dance 9:00 a.m. Chair Yoga 10:00 a.m. Try It Tuesday 12:00 p.m. German Heritage Hobby Hour 2:00-3:00 p.m.	23 Watercolors 9:30 a.m. Line Dancing 10:00 a.m. Therapy Dog Time 11:10-11:40 a.m. Lunch 12:00 p.m. Bingo, Euchre & Canasta 12:30 p.m.
28 Make It Monday 10:00 a.m. Cardio Drumming 11:00 a.m. Soup Lunch 12:00 p.m. Medical Monday 2:00 p.m.	29 Walking Warriors 9:00 a.m. Cardio Dance 9:00 a.m. Chair Yoga 10:00 a.m. Puzzle Exchange 11:00 -1:00 .	30 Dr. Emmert 8:00 a.m. Watercolors 9:30 a.m. Line Dancing 10:00 a.m. Lunch 12:00 p.m. Bingo, Euchre & Canasta, 12:30 p.m.

Menu

- 1st Taco Plate
- 2nd Oven Fried Chicken, Rice & Vegetables
- 3rd Farmers Scramble & Fruit
- 7th Chicken Noodle Soup
- 9th Bratwurst with Onions & Peppers, Pasta Salad
- 11th Scrambled Eggs, Bacon, Potatoes & Fruit
- 14th Cream of BLT Soup
- 15th Beef Fajitas
- 16th Beef Tips, Mashed Potatoes & Vegetables
- 17th Farmers Scramble & Fruit
- 21st Broccoli & Apple Soup
- 23rd Chicken Chow Mein
- 28th Beef Vegetable Soup
- 30th Pork Medallions, Pasta with Marinara Sauce & Vegetables
- 31st Cheeseball Appetizer, Mac 'n Cheese, Peas, Deviled Eggs and Pumpkin Pie Dip w/ Cookies

KEY

Bold = Requires Registration
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 Maroon = Fitness
 Green = Food

Thursday	Friday
3 Men's Breakfast 9:00 a.m. Senior Fitness 9:00 a.m. Tai Chi 10:00 a.m. Euchre, Pinochle, Dominos & Mahjongg 12:30 p.m.	4 Senior Strong 11:00 a.m. Rotary Club meeting 12:00 p.m. Music Bingo 1950s 2:00-3:00 p.m.
10 Senior Fitness 9:00 a.m. Tai Chi 10:00 a.m. Euchre, Pinochle, Dominos & Mahjongg 12:30 p.m.	11 The Breakfast Club 9:30 a.m. Intergenerational Pumpkin Decorating 10:30 a.m.-12:00 p.m. Senior Strong 11:00 a.m.
17 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.	18 Senior Strong 11:00 a.m. Rotary Club meeting 12:00 p.m.
24 Senior Fitness 9:00 a.m. Tai Chi 10:00 a.m. Euchre, Pinochle, Dominos & Mahjongg 12:30 p.m. GL Theater Field Trip 9:00 a.m.-3:30 p.m.	25 Senior Strong 11:00 a.m. Spaghetti Dinner 5-7 p.m. Sponsored by WFW Post 9871 
31 Senior Fitness 9:00 a.m. Tai Chi 10:00 a.m. Super Thursday Halloween Party 10:30 a.m. Euchre, Pinochle, Dominos & Mahjongg 12:30 p.m.	

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