

Senior Center

NORTH RIDGEVILLE OFFICE FOR OLDER ADULTS

7327 Avon Belden Road

North Ridgeville, Ohio 44039

Phone: (440) 353-0828



NOVEMBER—DECEMBER 2021

OFFICE HOURS:

Monday–Friday: 8 a.m. - 4:30 p.m.

City Offices Closed:

November 11th—Veterans Day

November 25 & 26—Thanksgiving

December 23 & 24—Christmas

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TRANSPORTATION HAS RESUMED!



Transportation services will resume as of November 3rd, 2021. Masks will be required on the bus. Individuals wishing to utilize this service must undergo an assessment prior to being transported.

When scheduling the service, advance notification is required. Suggested donation for this service remains at \$1 for transport within the city of North Ridgeville and \$2 for transport outside of the city. To schedule an assessment, please call 440-353-0857.



Our new drivers are Stephen and Roderick. Please be sure to say hello to them if you see them and be patient as they learn your names and routes. We are so glad to have them!

A MESSAGE FROM DIRECTOR, EMILY LOCKSHINE

Growing pains. When we were young, growing pains were something we experienced as our bones grew. Growing pains are there to remind us we are growing. As adults, we can still experience these pains - growing pains in relationships, learning something new, a new job or career, settling into a new city or home. While these pains are sometimes a nuisance, they are only temporary. Thank you for your patience while I work through my growing pains.

I have thoroughly enjoyed getting to know participants through talking with our front desk volunteers, our walking group, trivia and other events, as well as hearing great stories about your children, grandchildren and great-grandchildren. We had several fun programs, two in particular stand out, the September ladies brunch featuring entertainment by Ruth Etting (as channeled through local actress Julie Warren) and Dr. Joel Keller's History of the Music of the 1960's. In an effort to adjust back to the pre-pandemic schedule **all lunch events will begin at noon starting November 1st. On December 8th, our entertainment will be performing before lunch, at 11:30, so please arrive by then so you don't miss out.**

We will be honoring our veterans with a card project in partnership with the North Ridgeville branch of the LPLS. Stop in by November 9th to write a special message to a veteran. Cards will be distributed to veterans through the North Ridgeville VFW. The center is a polling location and will be closed for regular activities on Election Day, November 2nd.

A few news highlights I am excited to share:

Transportation is back! The center has received many phone calls about our transportation service and I am happy to share that transportation will resume on November 3rd. All participants must be assessed prior to being transported. If you have an interest in this service and would like to schedule an assessment, please call 440-353-0857. Welcome to our drivers, Stephen and Roderick. With transportation resuming, my plan is to offer some field trips starting in 2022.

Wreaths & Holiday Craft Show. Our craft ladies are back and have been going gangbusters on creating the beautiful wreaths you see on display in our lobby. Wreaths are for sale for \$15 each and cemetery stands are available for an additional \$3 fee. Do you already have a wreath, you love, but has lost its original luster? The craft ladies will lovingly "spruce up" your wreath and make it look like new for only \$7. The Holiday Craft Show in conjunction with Holiday on the Ridge is back this year and will take place on December 4th from 9:00 a.m.-3:00 p.m.

Fitness classes. Adaptive movement/yoga is on Mondays and offers gentle stretching and movement to promote relaxation and focus. CardioDance is a new class on Tuesdays beginning 11/9/21. In January, both fitness classes will be on the same session schedule.

Looking forward to our Thanksgiving and Christmas celebrations— we have lots of great musical entertainment to get you in the holiday spirit. Wishing you and your family peace, joy, health and blessings for the holiday season and for 2022.

Emily

A MESSAGE FROM MAYOR CORCORAN



City Hall Hours:

Mon. - Fri.

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

City offices will
be closed on:
November 11th
Veterans Day

November
25th & 26th
Thanksgiving

December
23rd & 24th
Christmas

It is hard to believe we are moving into the holiday season, my favorite time of the year! Senior Center Director Emily Lockshine and her staff are doing an outstanding job with planning fun and exciting activities and events. I am happy to see the Senior Center open and serving our older adults. It's amazing the difference a year makes. If you have ideas of any programs or activities that you would like to see, please let Emily know.

As a reminder, special leaf collection is October 26 thru November 23. Leaves can be placed at the curb in plastic bags during this time on regular trash collection day. After November 23 and through March, leaves and any other yard waste must be placed in the blue trash cart each week as space allows. The Ohio Environmental Protection Agency (OEPA) rules states that no "source separated" yard waste can be disposed of in any solid waste landfill in the state from December through March. When placing yard waste in the blue cart, it simply becomes trash and no longer considered "source separated" allowing Republic Services to pick up yard waste while abiding by the OEPA rules.

Let's not forget the less fortunate during the holiday season. Our Parks & Recreation Department will be collecting non-perishable food items and new toys to benefit North Ridgeville Community Care. Drop off boxes are located at City Hall, Parks & Recreation and Senior Center starting November 1 through December 3. Please consider making a donation if you are able. Community Care also accepts monetary donations at their Center located at 34015 Center Ridge Road (behind Arby's).

While we are on the subject of holidays, North Ridgeville Visitors Bureau will be sponsoring the annual Holiday on the Ridge on Saturday, December 4. The self-guided tour takes you to craft shows, business open houses and more. The annual tree lighting ceremony will take place at 5 PM at South Central Park Gazebo – join the High School Choir in festive songs while the scouts decorate the tree. I'll be on hand to flip the light switch. When more details become available, you'll find the latest news posted on the North Ridgeville Chamber of Commerce website at nrchamber.com and the city's website at nridgeville.org.

I would like to invite you to my monthly Coffee & Conversation – November 16 and December 8 from 8:30-9:30 AM in Council Chambers at City Hall. This is an opportunity to hear all about current and upcoming projects and to ask any questions that you may have in a less formal setting.

If you have any questions, please feel free to call my office at (440) 353-0811. Enjoy the upcoming holiday season!

Sincerely, *Mayor Kevin Corcoran*





WELCOME TO NORTH RIDGEVILLE SENIOR CENTER

If you haven't already, it's time to renew your newsletter subscription for 2022. The \$8.00 fee per household helps defray our costs to mail this newsletter every other month so we can keep you updated on activities here at the Senior Center.



We will be going through our list regularly and removing anyone who does not keep their subscription current so we can keep our costs down. If you move, please update us on your new address.

As subscriptions are renewed, we are adding the month to your subscription expiration date on your mailing label to help you keep track. You will see the month and year your subscription expires. If your mailing label reads "2022" or "0" for Lifetime Subscription, you are current on your subscription for the year.

SUBSCRIPTION FORM - OFFICE FOR OLDER ADULTS

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

YEAR _____ LIFETIME* _____ RENEWAL: YES / NO

DATE _____

**Please make checks payable to
The N. R. Office for Older Adults**

NAME _____

ADDRESS _____

CITY/STATE/ZIP CODE _____

PHONE _____

EMAIL _____

Please list below any areas of interest regarding classes, speakers, trips, activities at the Center, or any other interests you may have.

***Lifetime Subscription eliminates having to pay your annual subscription fees each year.
Annual Cost (per household): \$8.00 Lifetime Subscription: \$ 75.00
Your subscription expires 1 year from the date of your payment.**

Mayor: Kevin Corcoran

Parks & Rec Director: Kevin Fougousse



'TIS THE SEASON

HOLIDAY FOOD AND TOY DRIVE

Non-perishable food items and new toys in original packaging are needed to help benefit Community Care for the holidays. Drop off boxes will be located at City Hall, Parks & Recreation Department, and Senior Center.

**ITEMS CAN BE DROPPED OFF
NOVEMBER 1 - DECEMBER 3
MONDAY THROUGH FRIDAY
8:00AM-4:30PM**





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

Please call us at (440) 353-0828 with any questions you might have regarding the services we provide.

NEED A BIRTHDAY GIFT IDEA!

Gift certificates for our Meals-on-Wheels Program are always available by calling (440) 353-0857. These are always wonderful Birthday or anytime gifts!

Help your older family member by purchasing something they need.

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



SENIOR SERVICES

LOCK BOXES

The Lock Box prevents damage to your property and saves time for our paramedics when trying to gain access into your home. North Ridgeville Seniors, Inc., and the North Ridgeville Fire Department are proud to provide Lock Boxes to our North Ridgeville seniors. **A donation of \$30 is required for a Lock Box for seniors 60+. Lock Boxes are available to anyone else for \$40.** Applications can be found at the Senior Center or at www.nridgeville.org. *The cost of the Lock Boxes are supplemented by North Ridgeville Seniors, Inc. Thank You!*

SENIOR SUPPER CLUB

Seniors can eat at St. John Medical Center's Terrace View Café (cafeteria) for a discount. Anyone over the age of 60 can simply pick up a card from our receptionist for a 40% discount on all food (except bottled beverages and "Simply to Go" items). There is a \$10 limit per customer for discount, after that the items are full price.

MEALS-ON-WHEELS

CAN WE HELP?

The North Ridgeville Office for Older Adults (Senior Center) offers a Meals-on-Wheels program to seniors 60 years and older. A nutritious meal is delivered right to their door on Mondays and Wednesdays for a total of up to 5 meals per week. Each meal is delivered before noon and contains an entrée and fruit or 100% juice. Meals are delivered in microwaveable containers and will need to be heated before consumption.

It is our goal to provide a nutritious noon meal to all of our clients; however, we cannot do special diets (e.g. diabetic, low sodium). The price for a meal is \$3.75. Our friendly, courteous volunteer drivers pick up the meals from the Senior Center and deliver them to our clients. For additional information, please give us a call at (440) 353-0857.

WHO IS ELIGIBLE FOR MEALS-ON-WHEELS?

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

SENIOR SERVICES CONTINUED



OUTREACH PROGRAM

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

SUPPORTIVE SERVICES

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

FOOT CARE

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

BLOOD PRESSURE CHECKS

Blood pressure checks are available on the first Wednesday of every month from 10:00 AM to 11AM. Please stop in and see our lovely volunteer nurses. If you have your blood pressure logs or cards please bring them with you.

NORTH RIDGEVILLE COMMUNITY CARE

COVID-19 Food Distribution Hours of Operation:

Monday and Tuesday 9:30 am -1:30 pm

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

GOLDEN BUCKEYE CARD INFORMATION:

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

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

If you are just turning 60 and have an Ohio driver's license, you will automatically be mailed your card just before your birthday. If you have not received the card four weeks after your birthday, or if your card was lost or stolen, call 1-866-301-6446 to get a new card.

To fill out an application or for more information visit their website at www.goldenbuckeye.com.

HEALTH INSURANCE COUNSELING

Health insurance counseling is available by appointment only.

To arrange for a counseling appointment, call (440) 353-0856 or (440) 353-0857 for information.

HEALTH, FUN & FITNESS!

Join our Walking Warriors Tuesday mornings at 10:00 AM

Meet at the center to sign in, then we will cross the street as a group and take a lap or two around South Central Park. Feel free to bring a friend or come alone and make some new ones! All levels of fitness are welcome. You can go at your own pace. Call the front desk at 440-353-0828 to let us know you are coming so we don't leave anyone behind. November 9th, 16th, 23th, and 30th, weather permitting. Bundle up if it's brisk!

Indoor Walking Coming Soon!

North Ridgeville Heart & Sole is partnering with LCCC to offer indoor walking at the University Partnership Ridgeville Campus Thursday evenings from 6:00-7:30 p.m. starting October 28th. Meet on the 2nd floor, masks required.



CardioDance is a hit!!

We are happy to announce that instructor, Carrie will be back on Tuesdays beginning November 9th for a new CardioDance session. The 6 week sessions will be \$30 per person, Payments can be made in cash or check made payable to NR Office for Older Adults. Registration can be done in person up until November 2nd. Please call 440-353-0828 for more information.



Adaptive Movement/Yoga Class session runs 11/29 -12/27.

Join instructor, Laura Bender as you explore various yoga type movements using props such as mats, chairs, blocks, and straps for support while cultivating mindful awareness of the breath and promoting relaxation of the body, mind and spirit. Join us each Monday from 9:00 a.m. until 10:00 a.m. for a five-week session beginning 11/29. Held at the Center. Bring a yoga mat to class.

Must register in person. Cash or check made payable to NR Office for Older Adults. Cost is \$25 per person and

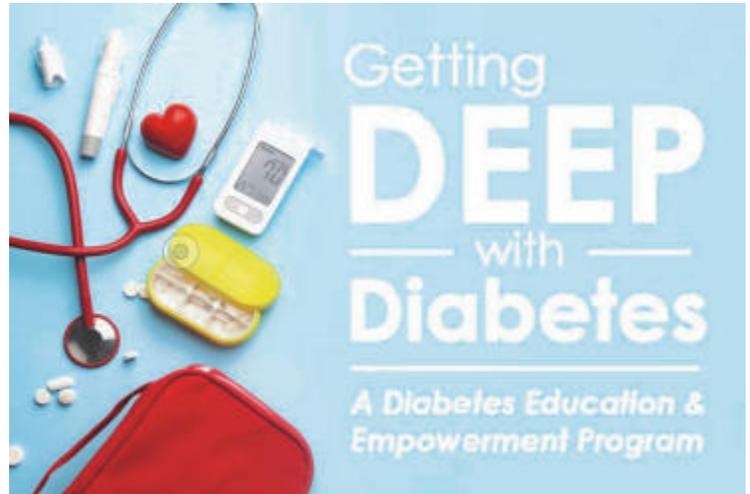
registra-

tion closes 11/22/21.

HEALTH EDUCATION

Diabetes Empowerment Education Program (DEEP)

Workshop will run Mondays and Wednesdays 11/8/21-11/24/21 9:30 am. – 11:30 a.m. This workshop helps pre-diabetic and diabetic participants take control of their disease and reduce the risk of complications. DEEP is fun and interactive, with hands on learning. **Registration closes October 25, 2021**, but please call the front desk to see if we still have room. We need a minimum of 3 participants to hold this class. 440-353-0828.



CELEBRATING OUR VETERANS



The Nov 4th Men's breakfast will feature Gene Kleinholz from the North Ridgeville Historical Society who will present on their Those Who Have Served project, a living history honoring veterans or currently active service members who have ever lived in North Ridgeville.

To commemorate Veterans Day, the North Ridgeville Branch Library is encouraging customers to write thank cards for our local veterans. The Senior Center is partnering with the library on this worthwhile project. Cards will be available at the front desk of the Senior Center for volunteers to write a special message to a veteran. All cards will need to be completed by November 9th. The cards will be delivered to the North Ridgeville VFW for distribution. Thank you in advance for your participation in this project to honor those who have served.

FUN AT THE CENTER!



Spaghetti Dinners are Back for 2022!

*Mark your calendars for the
2022 dates:*

*January 28, April 29, September 30,
October 28*

It's a wonderful morning of friendship at our Men's Breakfast. If you are 55 or older, join us at 9:00 a.m. for a hot entrée, coffee, fruit cup, and juice are all included for the \$3.00 price. It's a fun filled morning of good food, fellowship and a wonderful speaker or entertainment. **Reservations please by calling 440-353-0828, by 10:00 a.m. Wednesday morning.**



November 4— Veterans Day Program
December 9—Entertainment TBD

Ladies meet at 10:30 a.m. for friendly conversation and a program on Thursdays once a month. The Brunch is a hot entrée, fruit, juice and coffee for only \$3.00. **Reservations please by 10:00 a.m. Wednesday morning by calling (440) 353-0828.**



November 18th - Entertainment TBD
December 16th - Entertainment TBD



The Red Hat Society meets once a month at the Senior Center for fun and fellowship. If you are interested in becoming a Red Hatter, please call the front desk at 440-353-0828 or contact Johanna at 440-748-9777. Meetings start at 2:00 p.m.

Upcoming meetings: November 8th and December 14th.

WREATHS FOR SALE!!! Our Craft Ladies are back and have been working hard. They have completed many holiday wreaths for our annual Wreath Sale. Please stop in to the Senior Center during business hours to take a look at their creations. Also, if you have a wreath that is tired and needs to be spruced up, they can do that too! New wreaths are \$15 each and a spruce up is \$7. We also have wreath stands available for \$7 each if you are in need of one for a cemetery decoration. Payment can be made by cash or check, Checks can be made payable to the NR Senior Center. We thank you for your support and hope to see you soon!



BACK TO FUN AT THE CENTER!



Freestyle (Watercolors) Art Group

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

EUCHRE & CANASTA

Group meets on **Wednesdays** from 1:00 p.m. until 4:00 p.m.

EUCHRE, PINOCHLE, DOMINOS

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



Monday Crafts 10:00 a.m. –2:00 p.m.

Our craft group continues to welcome new people and keeps busy making new, different and exciting craft projects. They welcome ideas, but will share ours to make for the Craft Store here at the Senior Center. Bring your own Bag lunch and share fellowship and other seasonal activities after lunch.



Our

Midweek Social is a lot of fun with lunch, cards and/or bingo!

On **Wednesdays** come at noon for a delicious hot lunch served from 12:00 –12:15 pm.

The Wednesday lunch menu for November & December will be announced the week prior. Please ask at the front desk when you make your reservation for the next week

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

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

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



PUZZLE EXCHANGE

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

Last Tuesday of the month from 11:00 a.m. -12:00 p.m.

MAHJONGG

“Mahjongg” is an Ancient Chinese Tile Game. This group meets every **Thursday** at 12:00 p.m. noon and always welcomes new members. If you can play, come by **Thursday** at noon. If you have never played, we offer instruction as to how to play the game. A player's card is required for a small fee.



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

FUN AT THE CENTER!



BINGO Reminder - Please check the monthly calendars in the back of the newsletter to be sure there is a lunch or bingo scheduled on Wednesday. We have planned other events after lunch that we think you will enjoy and we hope you will participate.

December 29th —Music Bingo



Field Trip December 10th at 11 am. We will be traveling to the Rocky River Senior Center to see their Senior Players in a heartfelt and delightful production.

Lunch will be available at your own cost at the center's café. Details to be provided closer to the event.

A limited number (12) of spaces are available on our van and you must call or sign up in person to reserve a space. Masks will be required on the bus. If you wish to drive on your own, plan to meet the group at 11:30 am.

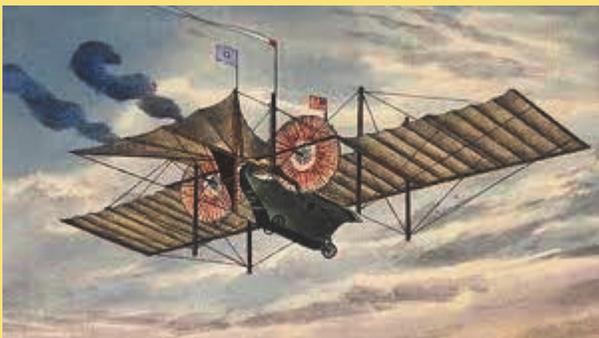
The Rocky River Senior Center is located at 21014 Hilliard Boulevard. The program is free.

Ideas That Changed the World The Airplane

A filmic look at inventions that gave humans the ability to fly, from Leonardo da Vinci's flying machines to modern commercial planes.

Running time 54 minutes.

Program takes place on Monday November 15th at 12:30 p.m. at the Senior Center. Reservations recommended. Call 440-353-0828.



Music Bingo returns with fun and prizes for our December 29th after lunch entertainment! There will be holiday and regular hits for you to reminisce about and sing along! Reservations are a must. Please call the front desk 440-353-0028 and bring a friend. If you are unable to join us for lunch please feel free to come for Music Bingo starting at 12:30pm.

Cards will commence as usual after lunch.

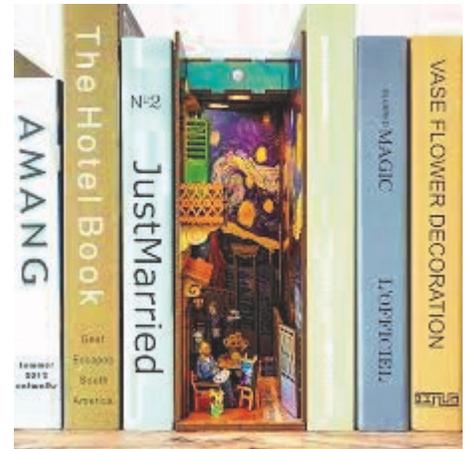
FUN AT THE CENTER!

From all of us at the N. Ridgeville Senior Center, have a great holiday season and we look forward to seeing you in the new year.



Book Nook

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



Vision Board Workshop—December 14th at 10:00 am What is on your 2022 bucket list?

Maybe it's reading a certain book, or series of books, spending more time outside, eating healthier, cleaning out a closet or room, or traveling to see family, a dear friend or a special place. Whatever it is, using magazines and inspirational quotes, you can create a visual representation of what you want your year to be like. All supplies will be provided, but feel free to bring any magazines, photos or inspirational quotes that appeal to you. Call 440-353-0828 to register.



COMING SOON!!!

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



Our fabulous volunteer nurses are taking blood pressures again on the first Wednesday of every month from 10am—12 pm.
Stop in and see them!
November 3, 2021
December 1, 2021

FILMS & FUN AT THE CENTER!



Taco and Trivia Tuesday!

Join us at 12 p.m. for a Mexican inspired lunch. Trivia will start at 12:30 p.m. and the cost per person is \$4.00 We will make it mild so if you want it spicy, bring your own hot sauce!



November 16th & 30th
December 7th & 21st



RESERVATIONS REQUESTED!!!!!!

We want to hear from you if you plan on attending these fun events so we can prepare! Call 440-353-0828 and let us know. You can leave a message or talk to the friendly front desk volunteers.



MOVIES, MOVIES, MOVIES

Join us for a movie at **noon!**

Popcorn, candy and soda will be provided, or you can bring your own lunch or snack.

Friday Matinee, November 12th - *Home for the Holidays (1995)*) After losing her job and finding out that her daughter plans to spend Thanksgiving with her boyfriend, Claudia Larson faces spending the holidays with her family. Directed by Jodie Foster and starring Holly Hunter, Anne Bancroft and Robert Downey Jr. Running time 1 hr 44 minutes.

Tuesday Matinee, November 23rd - *Hannah and Her Sisters (1986)* Between two Thanksgivings two years apart, Hannah's husband falls in love with her sister Lee, while her hypochondriac ex-husband rekindles his relationship with her sister Holly. Directed by Woody Allen and starring Mia Farrow, Dianne Wiest and Michael Caine. Running time 1 hr 47 minutes.

Monday Movie Matinee, December 13th - *Little Women (2019)* Jo March reflects back and forth on her life, telling the beloved story of the March sisters - four young **women**, each determined to live life on her own terms. This enduring classic was updated in 2019 starring Saoirse Ronan, Timothee Chalamet, Emma Watson, Laura Dern and Meryl Street. Running time 2 hrs 15 minutes.

Monday Movie Matinee - *Meet Me in St. Louis (1944)* The Judy Garland classic about the well-off Smith family and their four beautiful daughters, including Esther and little Tootie. 17-year old Esther has fallen in love with the boy next door who has just moved in, John. He however barely notices her at first. The family is shocked when Mr. Smith reveals that he has been transferred to a nice position in New York, which means that the family has to leave St. Louis and the St. Louis Fair. Running time 1 hr 53 minutes.

HOLIDAY FUN AT THE CENTER!

HOLIDAY ON THE RIDGE
SATURDAY DECEMBER 4TH,
2021



**HOLIDAY
CRAFT SHOW
9AM - 3PM
ADMISSION \$1**

NORTH RIDGEVILLE SENIOR CENTER
7327 AVON BELDEN ROAD
NORTH RIDGEVILLE, OH 44039

CHRISTMAS PARTY!

Wednesday, December 22
11:30 a.m.

Holiday luncheon, gifts, games and a
visit by the man in red himself

ENTERTAINMENT PROVIDED BY THE FIVE PENNY QUINTET,
SINGING A MIX OF BROADWAY AND CHRISTMAS SONGS



YOU ARE
CORDIALLY
INVITED TO USHER
IN THE YEAR 2022

NOON YEAR'S EVE

FRIDAY, DECEMBER 31, 2021 12:00 PM.

SPECIAL LUNCHEON AND
ENTERTAINMENT PROVIDED
cost \$5

RSVP by December 30th



NOVEMBER 2021

Monday	Tuesday	Wednesday	Thursday	Friday
<p>1 Crafts 10:00 a.m.</p> <p>Adaptive Movement/ Yoga 10:00 a.m.</p>	<p>2</p> <p>ELECTION DAY!</p> <p>CENTER CLOSED</p>	<p>3 Watercolors 9:30 a.m. Blood Pressure 10:00 a.m. Lunch 12:-12:15 p.m. Bingo 12:30 p.m.</p> <p>Cards– Euchre, Canasta 1:00 p.m.</p>	<p>4 Men’s Breakfast 9a.m.– Veterans Day program</p> <p>Cards– Pinochle, Euchre, Dominos 12 pm</p> <p>Mahjongg 12 pm</p>	<p>5 Rotary Luncheon 12 p.m.</p>
<p>8 DEEP diabetes management workshop 9:30-11:30 a.m.</p> <p>Crafts 10:00 a.m.</p>	<p>9 CardioDance 9:00 a.m.</p> <p>Walking Warriors 10:00 a.m. weather permitting</p> <p>Red Hats 2:00 pm</p> <p>Veterans Day Cards due to Senior Center by 4:30 p.m.</p>	<p>10 Watercolor 9:30 a.m.</p> <p>DEEP diabetes management workshop 9:30-11:30 a.m. Lunch 12-12:15 p.m. Bingo 12:30- 2 p.m.</p> <p>Cards– Euchre, Canasta 1:00 pm</p>	<p>11 VETERANS DAY OBSERVED</p> <p>CENTER CLOSED</p>	<p>12 Friday Movie: Home for the Holidays 12:00 p.m.</p>
<p>15 DEEP diabetes management workshop 9:30-11:30 a.m.</p> <p>Crafts 10:00 a.m.</p> <p>Ideas that changed the World: The Airplane 12:30 p.m.</p>	<p>16 CardioDance 9:00 a.m.</p> <p>Walking Warriors 10:00 a.m. weather permitting</p> <p>Taco & Trivia Tuesday- Thanksgiving Edition! Taco-themed lunch at 12 p.m. with Trivia starting at 12:30 p.m.</p>	<p>17 Watercolors 9:30 a.m. DEEP diabetes management workshop 9:30-11:30 a.m. Lunch 12-12:15 p.m. Bingo 12:30- 2 p.m.</p> <p>Cards– Euchre, Canasta 1:00 p.m.</p>	<p>18 Ladies Brunch 10:30 a.m.</p> <p>Mahjongg 12 p.m.</p> <p>Cards– Pinochle, Euchre, Dominos 12:30 p.m.</p>	<p>19 Rotary Luncheon 12 p.m.</p>
<p>22 DEEP diabetes management workshop 9:30-11:30 a.m.</p> <p>Crafts 10:00 a.m.</p>	<p>23 CardioDance 9:00 a.m.</p> <p>Walking Warriors 10:00 a.m. weather permitting</p> <p>Tuesday matinee: Hannah and Her Sisters 12:00 p.m.</p>	<p>24 Watercolors 9:30 am DEEP diabetes management workshop 9:30-11:30 a.m. Lunch 12-12:15pm Thanksgiving Meal Bingo 12:30 - 2 pm</p> <p>Cards– Euchre, Canasta 1:00 p.m.</p>	<p>25 Center Closed Thanksgiving</p>	<p>26 Center Closed Thanksgiving</p>
<p>29 Adaptive Movement/ Yoga 9 a.m.</p> <p>Crafts 10:00 a.m.</p>	<p>30 Cardio Dance 9:00 a.m. Walking Warriors 10:00 a.m. weather permitting Puzzle Exchange 11:00 a.m. - 12:00 p.m.</p> <p>Taco & Trivia Tuesday- 12:00 p.m.</p>			

DECEMBER 2021

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Holiday on the Ridge Craft Show Saturday, December 4th 9 a.m. -3 p.m.</p>		<p>1 Watercolors 9:30 am Blood Pressure 10:00 am Lunch 12-12:15pm Bingo 12:30 p.m. Cards- Euchre, Canasta 1:00 p.m.</p>	<p>2 Cards- Pinochle, Euchre, Dominos 12:00 p.m. Mahjongg 12:00 p.m</p>	<p>3 Rotary Luncheon 12:00 p.m.</p>
<p>6 Adaptive Movement/ Yoga 9:00 a.m. Crafts 10:00 a.m.</p>	<p>7 CardioDance 9:00 a.m. Taco & Trivia Tuesday 12:00 p.m.</p>	<p>8 Watercolors 9:30 a.m. Entertainment, Spectrum of Sound 11:30 a.m. Lunch 12-12:15 p.m. Bingo 12:30 p.m. Cards- Euchre, Canasta 1:00 p.m.</p>	<p>9 Men's Breakfast 9:00 a.m. Cards- Pinochle, Euchre, Dominos 12:00 p.m. Mahjongg 12:00 p.m.</p>	<p>10 Field Trip Rocky River Senior Center Theater 11:00 a.m.</p>
<p>13 Adaptive Movement/ Yoga 9:00 a.m. Crafts 10:00 a.m. Monday Matinee Little Women 12:00 p.m.</p>	<p>14 CardioDance 9:00 a.m. Vision Board workshop 10:00 a.m. Red Hats 2:00 p.m.</p>	<p>15 Watercolors 9:30 a.m. Lunch 12- 12:15 p.m. Bingo 12:30 p.m. Cards- Euchre, Canasta 1:00 p.m.</p>	<p>16 Ladies Brunch 10:30 a.m. Mahjongg 12:00 p.m Cards- Pinochle, Euchre, Dominos 12:30 p.m.</p>	<p>17 Rotary Luncheon 12:00 p.m.</p>
<p>20 Adaptive Movement/ Yoga 9: 00 a.m. Crafts 10: 00 a.m. Monday Matinee: Meet Me In St. Louis 12:00 p.m.</p>	<p>21 Taco & Trivia Tuesday 12:00 p.m.</p>	<p>22 Watercolors 9:30 a.m. Blood Pressure 10:00 a.m. Christmas Party Lunch 11:30 a.m. Entertainment by the Five Penny Quintet Bingo 1:00 p.m. Cards- Euchre, Canasta 1:00 p.m.</p>	<p>23 Center Closed</p>	<p>24 Center Closed</p>
<p>27 Adaptive Movement/ Yoga 9:00 a.m. Crafts 10:00 a.m.</p>	<p>28 Puzzle Exchange 11:00 a.m. - 12:00 p.m.</p>	<p>29 Watercolor 9:30 a.m. Lunch 12-12:15p.m. Music Bingo 12:30 p.m. Cards- Euchre, Canasta 1:00 p.m.</p>	<p>30 Mahjongg 12 p.m. Cards- Pinochle, Euchre, Dominos 12:00 p.m.</p>	<p>31 No Rotary Noon Years Eve Party 12-1:30pm</p>



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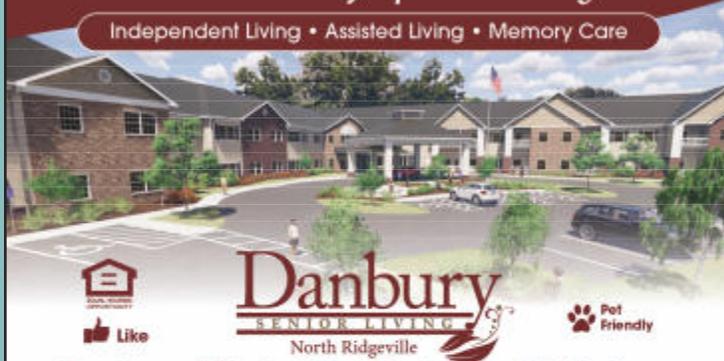
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