

Soprema Senior Center



April May June 2022

617 School Drive Dr.
Wadsworth, OH 44281



(330) 335-1513



ssc@wadsworthcity.org



www.wadsworthcity.com/
SopremaSeniorCenter

SOPREMA SENIOR CENTER HOURS

MONDAY - FRIDAY
9:00 a.m. - 4:00 p.m.

SOPREMA CAFE HOURS

MONDAY - FRIDAY
7:30 a.m. - 2:00 p.m.



SPRING IS IN THE AIR!

Excitement is in the air, too! This spring, the Soprema Senior Center offers more opportunities to connect with others than any spring in our history. We enter Springtime 2022 with a new appreciation for the importance of gathering in person to socialize with our peers and we offer many ways for you to do just that. Inside you will discover great programs, engaging activities, and plenty of ways to reconnect. Come. Engage. *And leave happy!*

WELCOME NEW MEMBERS AND STAFF!

"Welcome" is a common word around here! We have had a record number of new members join our Center so far this year and would like to extend a warm *"welcome"* to each of you! We also will have two new staff members joining Director Lori Wilkinson later this spring. Just another reason to stop by the Soprema Senior Center...*we can't wait to introduce them!*

GOALS FOR 2022

Many thanks to all of you who submitted your personal goals for 2022! Here are the top three: **1). Lose Weight** **2). Exercise** **3). Be Happy & Kinder** You have inspired us! Read through this edition and future newsletter editions this year for ways we can help you meet those wonderful goals. *Happy Spring!*

SOPREMA CAFÉ HIGHLIGHTS

The Soprema Café now offers daily homemade lunch specials along with delicious breakfast choices all day long. They invite you to stop in, grab a freshly roasted cup of coffee (*prices start at only one dollar*), and check out all that they have to offer.

Warmer weather is here, along with the option of outdoor dining! Feel free to enjoy your café fare under the beautiful new pavilion, generously donated by the **Wadsworth Older Adults Foundation** and just built this past fall.

Beginning on June 3, the Soprema Café will start offering *"hot off the grill"* lunch specials out on the patio on select Fridays throughout the summer. (Schedule available in June.)

Check out the Café's specialty coffee display and grab a bag (locally roasted and packaged at their Grande Café & Roastery in Medina) to enjoy at home or as a perfect gift. Seasonal gift baskets are available for purchase as well.

Operated by Medina Creative Housing, your food and coffee purchases at the Soprema Café make a difference in the lives of kids and adults with disabilities who work and live right here in Medina County. *Thank you for your support!*



Dr. Dan educates attendees in our Activity Room and on Zoom and answers questions.

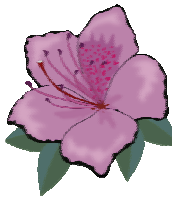
A positive outcome from the pandemic is that we continue to be a **Senior Center Without Walls**. Technology allows us to turn an *in person* program into a *hybrid* program, where seniors have the option to participate from home (or *even on vacation!*).

Visit www.wadsworthcity.com/SopremaSeniorCenter for SSC news, announcements and senior resources!



APRIL

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>See our newsletter for a full list of programs and descriptions, available on our website: www.wadsworthcity.com/SopremaSeniorCenter</p>		<p>*ALL PROGRAMS ARE IN PERSON UNLESS MARKED</p>		<p>1 Bingo 10:00 Make Me H.H. (Zoom) 12:00 Claire's Crafty Friends 12:00 Walking Track 12:00-2:00 Genealogy 2:00</p>
<p>4 Pinochle 10:00 Blood Press, Checks 11:00 Walking Track 12:00-2:00 Movie at Wads. Library 1:00 Sign Language Club 1:30</p>	<p>5 Walking Track 10:00-12:00 Watercolor 10:00 Coupon Clippers 12:00</p>	<p>6 Gentle Exercise 10:00 Chess 11:00 Walking Track 12:00-2:00</p>	<p>7 Mah Jong 9:30 Sewing Seniors 9:30-11:00 Walking Track 10:00-12:00 Bridge 11:00 Alzheimer's Caregivers Hybrid (in person & Zoom) 1:00</p>	<p>8 Bingo 10:00 Make Me Happy Hour 12:00 (Zoom) Claire's Crafty Friends 12:00 Walking Track 12:00-2:00 Genealogy 2:00</p>
<p>11 Pinochle 10:00 Walking Track 12:00-2:00 Medicare 101 Hybrid (in person & Zoom) 3:00</p>	<p>12 Walking Track 10:00-12:00 Crafts/Puzzles w/Windfall 10:00 Coupon Clippers 12:00 Table Talk with Dr. Patel 12:00 "Fibromyalgia" (In Person & Zoom)</p>	<p>13 Gentle Exercise 10:00 Chess 11:00 Walking Track 12:00-2:00 Laugh & Learn with Brookdale 2:00</p>	<p>14 Mah Jong 9:30 Walking Track 10:00-12:00 Bridge 11:00 Wadsworth Library Fun 1:00</p>	<p>15 Bingo 10:00 Make Me H.H. (Zoom) 12:00 Claire's Crafty Friends 12:00 Walking Track 12:00-2:00 Genealogy 2:00</p>
<p>18 Pinochle 10:00 Blood Press, Checks 11:00 Walking Track 12:00-2:00 Sign Language Club 1:30</p>	<p>19 Walking Track 10:00-12:00 Watercolor 10:00 Coupon Clippers 12:00 Parkinson's & General Caregivers Combined (In person & Zoom) 1:00</p>	<p>20 Gentle Exercise 10:00 Chess 11:00 Sign Language II 11:30 Walking Track 12:00-2:00</p>	<p>21 Mah Jong 9:30 Sewing Seniors 9:30-11:00 Walking Track 10:00-12:00 Bridge 11:00 Virtual Bingo (Zoom) 1:00 County Assistance (in person by appt.) 2:00</p>	<p>22 Bingo 10:00 Make Me H.H. (Zoom) 12:00 Claire's Crafty Friends 12:00 Walking Track 12:00-2:00 Genealogy 2:00</p>
<p>25 Pinochle 10:00 Walking Track 12:00-2:00 Cooking w/Liberty 2:00</p>	<p>26 Walking Track 10:00-12:00 Coupon Clippers 12:00 Garden Chat 11:00 "Starting, Saving & Storing Seeds" (In Person & Zoom)</p>	<p>27 Gentle Exercise 10:00 Chess 11:00 Sign Language II 11:30 Walking Track 12:00-2:00 Spring Decorating Demo 2:00</p>	<p>28 Mah Jong 9:30 Walking Track 10:00-12:00 Bridge 11:00 Senior Book Club 1:00 (in person & Zoom) Grief Support 2:00</p>	<p>29 Bingo 10:00 Make Me H.H. (Zoom) 12:00 Claire's Crafty Friends 12:00 Walking Track 12:00-2:00 Genealogy 2:00</p>



MAY

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>2 Pinochle 10:00 Blood Press, Checks 11:00 Walking Track 12:00-2:00 Sign Language Club 1:30</p>	<p>3 Walking Track 10:00-12:00 Watercolor 10:00 Coupon Clippers 12:00 General Caregivers Support (in person & Zoom) 1:00</p>	<p>4 Gentle Exercise 10:00 Chess 11:00 Sign Language II 11:30 Walking Track 12:00-2:00 Baseball Watch Party 1:00</p>	<p>5 Mah Jong 9:30 Sewing Seniors 9:30-11:00 Walking Track 10:00-12:00 Grief Recovery 10:00 Bridge 11:00 Alzheimer's Caregiver Support (in person & Zoom) 1:00</p>	<p>6 Bingo 10:00 Make Me H.H. (Zoom) 12:00 Claire's Crafty Friends 12:00 Walking Track 12:00-2:00 Genealogy 2:00</p>
<p>9 Pinochle 10:00 Walking Track 12:00-2:00 Medicare 101 Hybrid (in person & Zoom) 3:00 Movie at Wads. Library 1:00</p>	<p>10 Walking Track 10:00-12:00 Crafts/Puzzles w/Windfall 10:00 Coupon Clippers 12:00 Table Talk with Dr. Patel 12:00 "Weight Loss" (In Person & Zoom)</p>	<p>11 Chess 11:00 Sign Language II 11:30 Summa Wellness Chat 10:00 "Sleep Issues" (In person & Zoom) Walking Track 12:00-2:00 Laugh & Learn with Brookdale 2:00</p>	<p>12 Mah Jong 9:30 Walking Track 10:00-12:00 Grief Recovery 10:00 Bridge 11:00 Wadsworth Library Fun 1:00</p>	<p>13 Bingo 10:00 Make Me H.H. (Zoom) 12:00 Claire's Crafty Friends 12:00 Walking Track 12:00-2:00 Genealogy 2:00</p>
<p>16 Pinochle 10:00 Blood Press, Checks 11:00 Walking Track 12:00-2:00 Video Party with SHE Did It Videography 12:30 Sign Language Club 1:30</p>	<p>17 Senior Day AT Medina County Fairgrounds 9:00-12:00 Watercolor 10:00 Walking Track 10:00-12:00 Coupon Clippers 12:00 Parkinson's Caregiver Support (in person & Zoom) 1:00</p>	<p>18 Hearing Screenings 10:00-3:00 (in person, by appt.) Gentle Exercise 10:00 Chess 11:00 Sign Language II 11:30 Walking Track 12:00-2:00</p>	<p>19 Mah Jong 9:30 Sewing Seniors 9:30-11:00 Walking Track 10:00-12:00 Grief Recovery 10:00 Bridge 11:00 Virtual Bingo (Zoom) 1:00 County Assistance (in person by appt.) 2:00</p>	<p>20 Bingo 10:00 Make Me H.H. (Zoom) 12:00 Claire's Crafty Friends 12:00 Walking Track 12:00-2:00 Genealogy 2:00</p>
<p>23 Pinochle 10:00 Walking Track 12:00-2:00 Cooking with Liberty 2:00</p>	<p>24 Walking Track 10:00-12:00 Watercolor 10:00 Coupon Clippers 12:00 Garden Chat 11:00 "All About Lichens" (In Person & Zoom)</p>	<p>25 Gentle Exercise 10:00 Chess 11:00 Sign Language II 11:30 Walking Track 12:00-2:00</p>	<p>26 Mah Jong 9:30 Walking Track 10:00-12:00 Grief Recovery 10:00 Bridge 11:00 Senior Book Club 1:00 (in person & Zoom) Grief Support 2:00</p>	<p>27 Bingo Auction 10:00 Make Me H.H. (Zoom) 12:00 Claire's Crafty Friends 12:00 Walking Track 12:00-2:00 Genealogy 2:00</p>
<p>30  Memorial Day City Holiday/ Center Closed</p>	<p>31 Walking Track 10:00-12:00 Coupon Clippers 12:00 Doctor Dan 2:00 (In Person & Zoom)</p>	<p>*ALL PROGRAMS ARE IN PERSON UNLESS MARKED*</p>	<p>See our newsletter for a full list of programs and descriptions, available on our website: www.wadsworthcity.com/SopremaSeniorCenter</p>	



WADSWORTH

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>See our newsletter for a full list of programs and descriptions, available on our website: www.wadsworthcity.com/SopremaSeniorCenter</p>	<p>*ALL PROGRAMS ARE IN PERSON UNLESS MARKED*</p>	<p>Gentle Exercise 10:00 Chess 11:00 Sign Language II 11:30 Walking Track 12:00-2:00</p>	<p>Mah Jong 9:30 Sewing Seniors 9:30-11:00 Walking Track 10:00-12:00 Grief Recovery 10:00 Bridge 11:00 Alzheimer's Caregivers Hybrid (in person & Zoom) 1:00</p>	<p>Ribbon Cutting & Pavilion Dedication 11:30 Make Me H.H. (Zoom) 12:00 Claire's Crafty Friends 12:00 Walking Track 12:00-2:00 Genealogy 2:00</p>
<p>6 Pinochle 10:00 Blood Press, Checks 11:00 Walking Track 12:00-2:00 Movie at Wads. Library 1:00 Sign Language Club 1:30</p>	<p>7 Walking Track 10:00-12:00 Watercolor 10:00 Coupon Clippers 12:00 General Caregivers Hybrid (in person & Zoom) 1:00</p>	<p>8 Gentle Exercise 10:00 Chess 11:00 Sign Language II 11:30 Walking Track 12:00-2:00 Laugh & Learn with Brookdale 2:00 pm</p>	<p>9 Mah Jong 9:30 Walking Track 10:00-12:00 Grief Recovery 10:00 Bridge 11:00 Wadsworth Library Fun 1:00</p>	<p>10 Make Me H.H. (Zoom) 12:00 Claire's Crafty Friends 12:00 Walking Track 12:00-2:00 Genealogy 2:00</p>
<p>13 Pinochle 10:00 Walking Track 12:00-2:00 Medicare 101 Hybrid (in person & Zoom) 3:00</p>	<p>14 Crafts/Puzzles w/Windfall 10:00 Walking Track 10:00-12:00 Coupon Clippers 12:00 Table Talk with Dr. Patel 12:00 "Preventative Care" (In Person & Zoom)</p>	<p>15 Gentle Exercise 10:00 Chess 11:00 Walking Track 12:00-2:00</p>	<p>16 Mah Jong 9:30 Sewing Seniors 9:30-11:00 Walking Track 10:00-12:00 Grief Recovery 10:00 Bridge 11:00 County Assistance (in person by appt.) 2:00 Virtual Bingo (Zoom) 1:00</p>	<p>17 Make Me H.H. (Zoom) 12:00 Claire's Crafty Friends 12:00 Walking Track 12:00-2:00 Genealogy 2:00</p>
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<p>27 Pinochle 10:00 Walking Track 12:00-2:00 Cooking with Liberty 2:00</p>	<p>28 Walking Track 10:00-12:00 Garden Chat 11:00 "Composting" (in person & Zoom) Coupon Clippers 12:00</p>	<p>29 Gentle Exercise 10:00 Chess 11:00 Walking Track 12:00-2:00</p>	<p>30 Mah Jong 9:30 Walking Track 10:00-12:00 Bridge 11:00</p>	

VIDEO FUN WITH SHE DID IT VIDEOGRAPHY

Monday, May 16 at 12:30pm



It's time to *party!* Enjoy a free bag of popcorn courtesy of the **Soprema Café** and listen (or dance!) to some fun themed music courtesy of Tom Stugmyer with **Wadsworth Community Radio**. Watch award-winning videographer Jenny Young with **SHE Did It Videography** in action doing what she does best: *provide a fun and interactive video experience!*

Would you like to be a "star"? You will have the exciting and unique opportunity to be featured in Jenny's short video. Or simply sit back, relax and watch the fun in action!



This video will be used to promote the **Soprema Senior Center & Café** as well as the upcoming ribbon cutting and dedication of the pavilion that was generously donated by the **Wadsworth Older Adults Foundation**.

Don't miss this fun afternoon! Please RSVP so that the Café will know how much popcorn to get ready.

CHECK IN & WIN! NEW MONTHLY CONTEST BEGINS APRIL 1

Each day that you use your member keytag to check in at our lobby's MySeniorCenter kiosk, you will receive an entry into a monthly drawing for a \$25 gift card to the Soprema Café, courtesy of the WOAF! One lucky winner will be drawn at the end of each month. **Will YOU be one of the winners this spring?** Come "check in" soon!



MySeniorCenter Kiosk
Simply scan your keytag & enter to win!

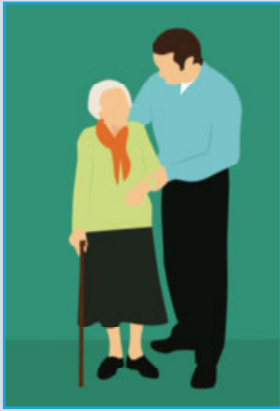
REGISTERING FOR PROGRAMS

Did you know you can register for programs online from the comfort of home? If you have an email address, you can use your member keytag to register for programming at myactivecenter.com which is linked to the MySeniorCenter system. It will even create a personal activity calendar for you. Give it a try and let us know what you think!

Other ways to RSVP:

- By email: ssc@wadsworthcity.org
- By phone: 330-335-1513
- In person: *Just stop by the front lobby desk!*

SUPPORT AND INFORMATION...



CAREGIVER SUPPORT GROUPS IN-PERSON AND ZOOM HYBRIDS

ALZHEIMER'S CAREGIVER SUPPORT 1st Thursdays at 1 pm: Apr. 7, May 5, Jun. 2

Connie Busemeyer, support group leader from the Greater East Ohio Chapter of the Alzheimer's Association, leads this monthly caregiver meeting every first Thursday at 1pm. Caregivers are welcome to attend in person or virtually via Zoom.

RSVP's are recommended but drop ins are welcome. If attending by Zoom, please let us know so that we can email the Zoom link out to you.

GENERAL CAREGIVER SUPPORT*

Select Tuesdays at 1 pm
April 19, May 3, June 7

PARKINSON'S CAREGIVER SUPPORT*

3rd Tuesdays at 1 pm
April 19, May 17, June 21

Our General Caregiver Support* & Parkinson's Disease Caregiver Support* groups offer opportunities to meet other caregivers and to hear practical tips and advice from featured speakers. These groups will meet in-person at the SSC with an option to join remotely via Zoom. Each month, registered attendees will be invited to a lunch giveaway (details provided at each meeting and RSVPs requested). For more details or to register as a caregiver, please contact us at ssc@wadsworthcity.org.

Spring Caregiver Program Lineup:

- **April 19:** *"CPR Basics for Caregivers"* (Both Groups COMBINED in April)
Presented by Rachel Rexroad with Learn CPR
- **May 3 & 17:** *"Scam Prevention for Caregivers"*
Presented by Kelly Tremaine with Akron BBB
- **June 7:** *"Compassion in Action"*
Presented by Sean Parker with Medina County Office for Older Adults
- **June 21:** *"Insights on Living Well with Parkinsons"*
Presented by Dr. Maria Ospina with University of Arizona

*These programs are funded by a Family Caregiver grant from the Western Reserve Area Agency on Aging.

FEEDING MEDINA COUNTY

Feeding Medina County has expanded its monthly food distributions to include a site in the City of Wadsworth!

FOOD DISTRIBUTION		DATES
10:30 am — 12:00 pm		THURS. APR. 28
Art Wright Stadium		THURS. MAY 26
280 Grandview Ave. Wadsworth, OH 44281		THURS. JUNE 30
Bring a picture ID		
Empty trunk		
Stay in your car	330-421-4816	
<small>In Partnership with Akron-Canton Regional Foodbank, Wadsworth City Schools and the City of Wadsworth</small>		

MEDINA COUNTY OFFICE FOR OLDER ADULTS

The Medina County Office for Older Adults (MCOOA) is a vital resource for Wadsworth older adults. **Compassion in Action**, MCOOA's volunteer arm, provides assistance with shopping, doctor visits, and more, for seniors in their own homes. If you are in need or want to volunteer your time, give them a call.

The MCOOA is also a full Aging and Disability Resource Center providing Meals on Wheels and a meal voucher program, referrals, benefits, and transportation assistance. Visit their website at www.mcooa.org.

330-723-9514

MORE SUPPORT & INFO...

MAKE ME HAPPY HOUR VIRTUAL (ZOOM), Fridays at noon* April 1 – June 24



Have you heard the “buzz” about this fun weekly program on Zoom? Join engaging program host Cindy McQuown as she leads each week with a different interactive theme designed to bring JOY into your life! Meet new friends and maybe even learn something new.

Come once in a while or every week – it’s up to you! Be sure to RSVP to receive your Zoom invite. You’re welcome to come to the Center and use one of our devices — just let us know & we’ll set you up!

COUPON CLIPPERS

IN PERSON, every Tuesday, 12 - 1 pm

Sort and clip coupons to keep, share and benefit food pantries. Coupon donations are welcome and can be dropped off at the Center weekdays between 9 am & 4 pm. Stop by to take any coupons you may need. Restaurant coupons are also available.

GRIEF SUPPORT



There is no time limit on grief and there are no rules about how you should feel after losing a loved one. This spring, Laura from Crossroads Hospice is leading two grief support programs. Sign up for one or both options:

NEW! GRIEF RECOVERY METHOD SUPPORT CLASS

IN PERSON, WEEKLY FOR 8 WEEKS ON
THURSDAYS AT 10 AM, BEGINNING MAY 5

GRM is an action program for moving beyond death, divorce and other losses. Books and materials will be provided. Please RSVP to reserve your spot.

GRIEF SUPPORT GROUP

IN PERSON, 4TH THURSDAYS AT 2 PM
APRIL 28, MAY 26 & JUNE 23

Laura leads this group every month. Feel free to RSVP but walk-ins are always welcome, too.

WINDFALL PUZZLE DELIVERY

Do you need a new puzzle to work on? Windfall has an extensive library of puzzles available for loan with delivery within the Wadsworth City School District. Please contact Melissa from Windfall at 330-334-4491 or mherdman@windfallindustries.org.

FRIENDLY VISITOR CALLS

SSC volunteers are providing “friendly visitor” calls to lonely/isolated seniors. Let us know if you’d like to receive regular calls to chat and connect!

WPL DELIVERY SERVICE

Wadsworth Public Library is offering home-delivery services to patrons residing within the Wadsworth City School District. Visit www.wadsworthlibrary.com or contact the Library at reference@wadsworthlibrary.com or 330-334-5761 for more details.

MEDINA COUNTY ASSISTANCE

IN PERSON BY APPOINTMENT
3rd Thursdays starting at 2 pm
April 21, May 19 & June 16

Sean from the Medina County Office for Older Adults will offer in-person assistance with services and benefits for senior citizens and persons with disabilities. He can assist with questions regarding food assistance needs and also offers Medicare Counseling. Please contact the Soprema Senior Center by phone or email to reserve your time slot.

COMMUNITY LEGAL AID

AS NEEDED BY PHONE

Community Legal Aid provides free assistance to qualifying seniors in Medina County. They may be able to help with civil legal matters. Call the Helpline at 800-998-9454 M/F (9:00-12:00) and T/Th (1:00-4:00) or apply online at www.communitylegalaid.org/apply.

MEDICARE ASSISTANCE

IN PERSON BY APPOINTMENT

Our OSHIIP volunteers are ready to offer you Medicare assistance by appointment. Simply call or email the Center and we will have a trained volunteer call you and set up an in person appointment.

MEDICARE 101

IN PERSON AND ZOOM HYBRID
2nd Mondays at 3 pm
April 11, May 9 & June 13



Turning 65 soon? Concerned or confused about Medicare? Stacey Ries, of Ries and Co., specializes in Medicare and the plans that go with it. This is an educational seminar; no products or sales offered.

Please RSVP for your spot and specify if you will be joining in person or via Zoom.

HEALTH & WELLNESS...

YMCA WALKING TRACK

IN PERSON DAILY

Monday/Wednesday/Friday: 12-2 pm

Tuesday/Thursday: 10 am-12 pm



Senior Center members without a YMCA membership can enjoy the Wadsworth Y's indoor walking track every weekday during select daily times by checking in and out at the Center.



First-time walkers must fill out a new waiver form and get a special sticker for their member keytag prior to being permitted to use the YMCA's Walking Track.

Each time you walk, simply click in at the MySeniorCenter kiosk (located in the Soprema Senior Center lobby) and select "YMCA Walking Track" during the designated times and click out when you are done!

FALL WALKING CHALLENGE

SAVE THE DATE: SEPTEMBER 1 — OCTOBER 31

It's coming...mark your calendars now!

All of the fun details and how to sign up for our **Fall Walking Challenge** will be in the next newsletter edition. *Stay tuned!*



BLOOD PRESSURE CHECKS

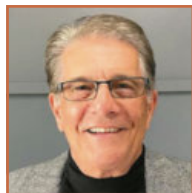
WITH COPLEY HEALTH CENTER
1ST & 3RD MONDAYS AT 11 AM

Check in at the lobby kiosk and then head into the Soprema Café to get your blood pressure taken by Dawn with Copley Health Center. While you are there, plan to stay for lunch or grab a healthy meal or snack to go!

DR. DAN

"BRAIN CHANGES IN
PARKINSON'S DISEASE"

TUES., MAY 31 AT 2 PM
IN PERSON & ZOOM HYBRID



Dr. Dan Cannone, Chief Clinical Consultant with United Church Homes and Clinical Professor of Geriatric Medicine for Ohio University, will be back once again with his knowledge and insight. Be sure to bring your questions!

Please RSVP and let us know if you will be attending in person or via Zoom.



GENTLE EXERCISE CLASS

IN PERSON, Wednesdays at 10 am
(No Class on May 11)

Cindy Holland, retired Arthritis Association Instructor, leads this popular exercise class on Wednesdays at 10:00. This engaging workout has a mixture of sitting and standing exercises, along with a touch of humor! Everyone is encouraged to do whatever feels best. Space is limited — be sure to RSVP to save your spot!

HEARING SCREENINGS

IN PERSON, WEDNESDAY, MAY 18
10 AM - 3 PM BY APPOINTMENT

Dr. Bonnie Cork, Audiologist at HearingLife, will be offering free hearing screenings on Wednesday, May 18, by appointment. **Please call the Center to reserve your one-on-one time with Dr. Cork.** She also welcomes you to stop by and ask any questions you may have about your hearing and hearing aids.



TABLE TALK
WITH DR. PATEL
IN PERSON AND ZOOM HYBRID
2nd Tuesdays at Noon

Ready to learn something new? Join Dr. Rachel Patel from Wadsworth's Community Health Care to learn and discuss the latest on these important health topics:

- ◆ April 12: Fibromyalgia
- ◆ May 10: Weight Loss
- ◆ June 14: Preventative Care

Feel free to bring questions! *When you RSVP, please specify if you prefer to attend in person or by Zoom.*

SUMMA HEALTH WELLNESS CHAT

"COMMON SLEEP ISSUES"
IN PERSON AND ZOOM HYBRID
Wednesday, May 11 at 10 AM

Time to *Spring Clean* your health. Having proper sleep each night is a good place to start! Learn something new from Dr. Ketan Deoras as she gives tips on how to sleep better. Be sure to bring your questions.

RSVP to save your spot! *Please let us know if you plan to attend via Zoom or in person.*

FUN & GAMES...

BINGO AT THE SENIOR CENTER



IN PERSON, Fridays at 10 am in April & May

Join the Bingo fun on Fridays at 10 am! Our amazing volunteers lead this beloved game and Professional Friends are lined up to sponsor fun prizes. You can even win BINGO BUCKS! **The last Bingo Auction will be May 27 before summer break.** Please RSVP.

MOVIE MATINEE

IN PERSON AT WADSWORTH PUBLIC LIBRARY
Select Mondays at 1 pm by RSVP

April 4 - Snacks to go by *Timberland Ridge*

Follow the life of Aretha Franklin and her journey from childhood in her father's church choir to international superstardom.

May 9 - Snacks to go by *Stacey Ries, Ries & Co.*

Based on Disneyland's theme park ride, a riverboat takes a group of travelers through a jungle filled with dangerous animals and reptiles but with a supernatural element.

June 6 - Snacks to go by *VANTAGE Aging*

After graduating from Harvard, Bryan Stevenson heads to Alabama to defend those wrongly condemned or those not afforded proper representation.

CHESS **NEW PROGRAM!!!**

IN PERSON, every Wednesday at 11 am

Are you a seasoned chess player? Haven't played in many years but want a refresh? Whether you want to play, learn or just watch the fun, this new program is for YOU! Dust off that chess board and come play this beloved game with new friends, under the leadership of new volunteer Jim. Please RSVP. *(Drop-ins welcome too!)*



SENIOR BOOK CLUB

IN PERSON & ZOOM HYBRID
4th Thursdays at 1 pm
April 28, May 26 & June 23

Join the Wadsworth Public Library at the senior center for our monthly Senior Book Club! Be prepared to have riveting discussions about the monthly book choice:

Book for April 28: *The Four Winds* by Kristin Hannah
May & June Books will be announced soon!

If you need a copy of the book, please call WPL at 330-334-5761. Please RSVP to the senior center and let us know if you plan to attend in person or on Zoom!



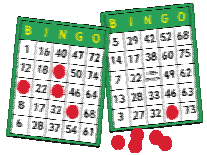
CLAIRE'S CRAFTY FRIENDS

IN PERSON, every Friday at noon

Bring your current stitch, knit, or crochet project (or other work-in-progress) and meet new friends. Beginners are welcome! This is the perfect group to join if you are interested in learning about making items for local charities. RSVPs requested.

VIRTUAL BINGO

ON ZOOM 3RD THURSDAYS AT 1:00
April 21, May 19, June 16



The Western Reserve Area Agency on Aging will be providing fun and prizes on Zoom while educating attendees about community programs and services. RSVP at the beginning of the month with your address—the WRAAA will mail your Bingo card.

WADSWORTH LIBRARY FUN

IN PERSON, 2nd Thursdays at 1 pm
April 14, May 12 & June 9

Are you interested in learning new things? Join Wadsworth Public Library staff at the Soprema Senior Center on second Thursdays at 1 pm for new surprise craft/activity each month. RSVP today—space is limited.

EUCHRE

VOLUNTEER LEADER(S) NEEDED!



Would you be willing to organize a weekly Euchre game? We need YOU! Stop in and talk to staff for more details! Euchre players, stop by the front desk and have your name put on an interest list and we will call you with details when its time to start playing!

MAH JONG

IN PERSON, every Thursday at 9:30 am

Whether you are an avid player or have always wanted to learn this fun tile game, sign up to join this welcoming group! Please RSVP.

PINOCHLE *(new start time!)*

IN PERSON, every Monday at 10 am

Welcome pinochle lovers! Join the fun playing this beloved game on Mondays. RSVP or drop in!

BRIDGE

IN PERSON, every Thursday at 11 am

Calling all Bridge players: Join this fun group on Thursdays at 11:00. New players always welcome. RSVP or drop by!

LEARN SOMETHING NEW...

LAUGH & LEARN WITH BROOKDALE

IN PERSON, 2nd Wednesdays at 2 pm
April 13, May 11, June 8

Join beloved hosts Mike and Suzanne for fun, education and trivia! Learn something new and with lots of laughs along the way! And of course, there will be prizes! Please RSVP to reserve your spot!

April 13: Heart Health: Minimizing Cardiovascular Risk

May 11: Save the Bees Initiative

June 8: Secrets of the Mediterranean Diet

COOKING WITH LIBERTY

4TH MONDAYS AT 2 PM
April 25, May 23 & June 27

Cooking with Liberty is back! Join Toni and Bev to sample a few new recipes and discuss what the group would like to see moving forward.

Bring your taste buds and, as always, your appetites!

Space is limited—please RSVP to reserve your spot.



GARDEN CHATS

WITH OSU MASTER GARDENERS
IN PERSON AND ZOOM HYBRID
4th Tuesdays at 11 am
APRIL 26, MAY 24, JUNE 28

Spring is here and Garden Chats are *back*! Master Gardeners from OSU Extension will bring a new topic each month. We promise you will learn something new!

April 26: *Starting, Saving & Storing Seeds*

May 24: *All About Lichens*

June 28: *Composting*

Be sure to bring your questions! *Please RSVP and let us know if you'd like to attend in person or by Zoom.*



GENEALOGY CLASS

IN PERSON, every Friday at 2 pm

Genealogy specialists will help you establish a family tree and connect with relatives. This program is sponsored by the Wadsworth Ward of the Church of Jesus Christ of Latter Day Saints. Come every week or for just a couple—our volunteers are excited to help you! *RSVPs are appreciated but not required!*

SEWING SENIORS

1st & 3rd Thursdays at 9:30 am
Next session begins April 7



There have been 171 sewing classes held (and at least that many projects!) since the first class started almost 10 years ago. Almost 100% of class supplies are supported by the Wadsworth Older Adults Foundation. This past session, the “*Summer Quilt*” was the favorite project of class participants. Would you like to join the fun? Call the Center or stop in to register—space is limited. Please plan to attend all classes beginning April 7.

CRAFTING & PUZZLES

WITH WINDFALL

IN PERSON 2nd Tuesdays at 10 am
April 12, May 10, June 14



Join our friends from Windfall for some seasonal crafting! They will bring a fun craft project each month and lead in a fun social hour! Their fun puzzles will be available too! Please RSVP and let us know you are coming but-drop ins are welcome too.

DECORATING DEMO WITH TRANSITIONAL DESIGN

IN PERSON, Wednesday April 27 at 2 pm

Janet, designer at Transitional Design, will be back presenting a Spring/Summer wall décor demo as well as 2 tabletop floral arrangements that can be used on a mantle, foyer, tabletop, etc. . Learn how to use what you already have at home to decorate and refresh for the season. Be sure to RSVP to reserve your spot!

SIGN LANGUAGE CLUB

EVERY 1ST & 3RD MONDAY AT 1:30

NEW! beginning April 4



Have you taken one of our Beginner Sign Language or Sign Language II classes, courtesy of Windfall Industries? Have you learned sign language in the past and would like to refresh your skills? You are invited to meet in the Café on the 1st & 3rd Mondays at 1:30 for casual conversation with others and to practice what you have learned! RSVP...drop ins also welcome!

SIGN LANGUAGE II: NEW 8 WEEK SESSION
WEDNESDAYS AT 11:30 STARTING APRIL 20

Shellie will be teaching this class for all those that have taken the Beginner Class. Be sure to RSVP. Watch for a new Beginner Class coming in September!



THANK YOU WADSWORTH OLDER ADULTS FOUNDATION!

Website: www.wadswortholderadultsfoundation.org

Facebook: [Wadsworth Older Adults Foundation](https://www.facebook.com/WadsworthOlderAdultsFoundation)

Email: info@wadswortholderadultsfoundation.org

Mailing Address: PO Box 874, Wadsworth, OH 44282

The Wadsworth Older Adults Foundation (WOAF) continues to be the premier supporter of seniors in the greater Wadsworth community. Check out the new big screen TV in the Café they donated. It has scrolling Center updates and will feature the Guardians at their **Baseball Watch Party on May 4!** Mark your calendars for the **WOAF Ribbon Cutting & Pavilion Dedication on Fri., June 3.** See the back page for details on both events!

The Wadsworth Older Adults Foundation is a 501 (c) (3) tax-exempt organization that provides support to the programs and services offered by Soprema Senior Center. Donations are welcome by check or online via their website.



SENIOR ADVOCATE HALL OF FAME

Coming July 2022....Date TBD
WHERE: Wadsworth High School

The WOAF Senior Advocate Hall of Fame event recognizes those who have made a significant difference in the lives of older adults in our community.

Watch for more details and the list of inductees in the next newsletter and on Facebook!



Thank You!

In addition to the **WOAF**, a big thank you also goes out to **CityLink** for providing cable service for the new Café TV and also to the **City Electric & IT Departments** for their help setting it up!

Save the Date!

An evening of dinner, dancing and more awaits you at the

Royal Ball

at the Galaxy Restaurant

On Thursday evening
August 18, 2022
Tickets go on
sale July 1st



More details in the next newsletter

Sponsored by the Wadsworth Older Adults Foundation

The Medina County Office for Older Adults presents:

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TUESDAY MAY 17, 2022
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Deadline to sign up for transportation May 3

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Christine Thwing, SummaCare Medicare Advisor
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14-1504



Mike Kovack
Medina County Auditor

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Be sure to check out the WOA Foundation page in this newsletter!



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14-1504



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www.wadsworthcity.com/SopremaSeniorCenter

Senior Center Hours: M-F 9:00am - 4:00pm
 Café Hours: M-F 7:30am - 2:00pm

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BASEBALL WATCH PARTY

IN THE SOPREMA CAFÉ
 Wednesday, May 4
 at 1:00 pm

Take me out to the ball game...at the Soprema Senior Center!
 Enjoy free popcorn, \$1.00 hotdogs & more while watching the Guardians play the Padres on the new big screen TV!
 Don't forget to wear your favorite gear!
 Please RSVP.

Courtesy of WOAF & Creative Café!



Do you have your member keytag yet? Stop in and we will make you one! *Check out page 3 inside to find out how your keytag could help you win a \$25 gift card!*

You're Invited...



WOAF RIBBON CUTTING & PAVILION DEDICATION

When: Friday, June 3 at 11:30

Where: Soprema Senior Center & Café

Please plan to join the Wadsworth Chamber of Commerce, City officials and other special guests for this special dedication event.

Following the ceremony, enjoy music and an \$8.00 grilled lunch special from the Soprema Café out on the patio while enjoying the pavilion!

The first 50 senior center members to RSVP by May 25 will receive a \$2.00 lunch coupon at the event, courtesy of the WOAF.