

# PRIME TIMES

NEWS FOR ADULTS AGE 55 AND OVER

NEW YEAR, NEW NEWSLETTER!

With the hope of providing our seniors with more programs and up-to-date information, we are testing the idea of a monthly, shorter newsletter. Most of the news and events in this issue relate to January, 2015 only, as does the calendar. Please let us know how you like our new look. This newsletter is for you, and your opinion matters!

## WELCOME, CONNIE LUPICA!!

If you have not yet met our new Assistant Director, Connie Lupica, please stop in and introduce yourself. Connie is a licensed social worker, and has more than 25 years of experience working at the Cuyahoga County Division of Children and Family Services. In addition, she has volunteered at Wellington Place Assisted Living for the past year, in the activities department. Connie says "I've worked with children and I've worked with families, and I have wanted to work more with seniors, so this is a wonderful opportunity!" Connie also manages our Meals on Wheels program.

## HOME ENERGY ASSISTANCE PROGRAMS



**Attention Seniors and Adults With Disabilities:** You may qualify for assistance with paying your gas and electric bills. Make an appointment to meet with a member of the County Division of

Senior & Adult Services on **January 26 between 9:00-3:00 at the Dwyer Center**. You will be directed as to which documents to bring. If you are eligible, they will help you file your forms. Call **216 529-5005** to make an appointment.



## FREE TAX ASSISTANCE BEGINS FRIDAY, FEBRUARY 6

The **AARP Tax Assistance Program** begins the first Friday in February for people who have less than \$75,000/yr income. The IRS trained & certified volunteer tax counselor will do your returns. The program will continue every Friday until mid-April. The returns are filed electronically and there is no charge!! For an appointment, call Community Services at **899-3409** or **899-3442 after** the first of the year.

**2014 TAX LAWS with Lou Popp.** Mon. Feb. 2 at 10:00. Come learn about the new laws and income tax changes for 2014. **RSVP 835-6565.**

**Please Note: The Dwyer Center will be CLOSED on NEW YEARS DAY and MARTIN LUTHER KING DAY, January 19th.**

And...

**DON'T FORGET: WHEN THE BAY SCHOOLS ARE CLOSED FOR SNOW DAYS THE DWYER CENTER IS ALSO CLOSED**



Cleveland Sight Center

**CLEVELAND SIGHT CENTER** is holding an Informational Meeting on **January 12, at 1:00 p.m.** The meeting will be held at the Dwyer Center. **PLEASE attend** if you are visually impaired or blind and are interested in a five week training course. The training covers all aspects of Activities of Daily Living; with an emphasis on remaining independent in your home, group counseling to help in the adjustment of vision loss and feeling safe in your environment. The program has no cost to the participant and provides free equipment valued at \$150.00. Contributions are accepted. To be eligible you must be **55 or over and have a documented eye impairment.** Please register by **January 8, 2015 at 440-835-6565** if you are interested in attending.

## 7th ANNUAL SOUP COOK-OFF Friday, January 30, 11:30-1:30

Ten local chefs will be competing for your vote at our 7th Annual Soup Cook-off. A **\$5 donation** includes soup, rolls and beverages and a chance at a drawing for door prizes.

This popular event is always a sell-out and **seating is limited, therefore, ALL TICKETS MUST BE PURCHASED IN ADVANCE.** A \$5 check made payable to **The City of Bay Village will hold your reservation.** **RSVP to 440-835-6565.** All proceeds from this fundraiser benefit the Dwyer Center.

Event sponsored by:



**VOLUNTEERS  
NEEDED!**



DWYER MEMORIAL SENIOR CENTER  
Leslie Selig, Director  
300 Bryson Lane  
440-899-3409

Assistant Director,  
Meals on Wheels Coordinator  
Connie Lupica, LSW  
440-899-3442

Senior Center Programs and  
Activities Line - Ann Orin  
440-835-6565

Transportation  
Mary Beth Rowland  
440-899-3410

**DWYER'S FRIDAY BOOK CLUB with Librarian Barbara Isaacs: 11:00 a.m. - Dwyer Center**

**Date**                      **Title/Author**  
**January 16**                *Orphan Train* by Christina Baker Kline

Books are available at the Check Out Desk at the Bay Village Branch Library a month in advance .



**BOOK DISCUSSION**  
**3rd Wednesday of each month**  
**10:00AM - Community House**  
**NEWCOMERS WELCOME**

**Date**                      **Title/Author**  
 January 21                Bring your favorite book about Christmas to share

ALL BOOKS MUST BE RETURNED BY DAY OF MEETING. If you cannot attend meeting, you may bring the book back to the Dwyer Center before the meeting. **After the meeting, YOU are responsible to return**

**LUNCH, CARDS AND GAMES**  
**Dwyer Center - 10 am - 4 pm.**



**Tuesday, January 20, 10am—4pm**

Lunch is compliments of Gardens of Westlake.  
**Seating limited. R.S.V.P. 835-6565 by noon Friday, 1/16**

**LUNCH AND LEARN:**

**Friday, January 16 at 12:30 : PLANNING** There will be 125 questions asked when you pass on. Will your survivors/loved ones have the answers? Jennifer Miller will discuss the documents and decisions you should have in place to make it easier. Receive a booklet when you attend in which to keep all the important information. Sponsored by Sunset Memorial Park . **RSVP 835-6565**

**BREAKFAST BITES - NEW!!**

**Wednesday, January 28th at 9:30: RESPIRATORY CARE - Staying Healthy in the New Year: a discussion of respiratory illness and treatments. Light breakfast sponsored by Integrity Home Care. RSVP 835-6565.**

**CARDS CORNER**

**BRIDGE LESSONS** Wednesdays from 1:00-3:00 beginning January 7th. Fran Mulkin will return for 6 weeks of Beginning and Intermediate classes. Classes are for both beginners and those familiar with the game. There will be one hour of lesson and one hour of playing. Bay residents \$32; non-residents \$34. Please register in advance at 835-6565. A minimum of 7 people are required to hold the class. No class 2/11.

**TUESDAY EVENING PARTY BRIDGE** is taking the winter off and will resume on April 7th.

**MONDAY AFTERNOON CARDS:** Bring your friends and play bridge, or the game of your choice, beginning at 1:00

**THE ART OF PALM READING**  
**Monday, January 26 at 1:00**

Have you ever wondered what all of those nooks and crannies in your hand mean? Palm reading is a process that compares the lines, patterns and formations across the hands to make judgments about the person's future or general nature. The theory is that the left hand shows potential, while the right hand shows what you've done with that potential.



Palm reader Judy Foley uses willing audience members to interact while explaining technique. All is light hearted and lots of fun! Plus, we'll be having brownies and ice cream! Come join us for what promises To be an entertaining afternoon!

**Monthly Lunch Bunch - Jan. 8 at 11:30 a.m.**

We will take up to 14 to a restaurant for lunch and maybe shopping or touring afterwards. Why not join us?

**Thursday, January 8 Brios at Crocker Park Depart Dwyer at 11:30**  
**RSVP 835-6565** Transportation cost \$4. Lunch on your own.

**NEW: The transportation cost for our lunch bunch trips will now mirror our everyday senior transportation costs, in order to cover the cost of gas for the van.**



**NEW!! MEN'S BREAKFAST**

**Thursday, January 22 First Watch, Rocky River Depart Dwyer at 9:00.** Sign up for our van transportation or meet us at the restaurant. **RSVP 835-6565** Transportation cost \$4. Breakfast on your own.

**COFFEE, CONVERSATION AND CURRENT TOPICS :**

**Meets on the Fourth Friday (Jan. 23) at 10:00.**



This is a very informative group where seniors share information with other seniors about many issues. It is amazing what you can learn from others during this discussion.

**SENIOR CENTER WOODSHOP**

Did you know....Bay Senior Center has a fully equipped Woodshop with a huge selection of woodworking equipment. There is also a group of experienced and knowledgeable woodworkers to help and guide you with projects and or repairs. It is open five mornings a week from 9:00-Noon and is located in the former police garage at the west end of City Hall. **Call 440-835-6565.**

## KEEP YOUR NEW YEAR RESOLUTIONS WITH AN EXERCISE CLASS!

### FITNESS: "SENIOR HIGH" EXERCISE CLASS BETTER THAN EVER!! *And you can be too!!*

Instructor, Linda Herbkersman

Tuesdays and Thursday, 8:45-9:30 a.m.

Session begins and ends on the first Tuesday or Thursday of the month and ends on the last Tuesday or Thursday of that month

8 classes - resident \$20, non resident \$22.

4 classes - resident \$10, non resident \$11.

BRING A BOTTLE OF WATER, AND IF YOU ARE PLANNING TO DO FLOOR WORK, A MAT OR TOWEL.

### TAI CHI ~ Instructor, C. Michael Rhoades

#### Wu Style (Long form-experienced)

MONDAYS: 10:00-11:30 ~ Eight week session is: 1/5 - 2/23. Wu Style at the **Police Community Room**.

Residents \$42, non residents \$44.

#### QiGong-Simplified 24 form (beginners)

FRIDAYS: 10:30 - Noon ~ 1/30 - 3/20 at the **Police Community Room**.

Residents \$42, non-residents \$44.



### LINE DANCE LESSONS with Ronna

Six week session begins 1/15 - 2/19 (2/26 make-up date)

10-11 a.m. for basic steps/easy does it classes

11-noon experienced dancers that want a challenge.

Residents—\$22. Non-residents—\$24



### ZUMBA® (Not your daughter's) (Geared for the active working adult)

Instructor, Sheri Lugo

**Mondays and/or Wednesdays** at 5:30-6:15 p.m.

West Door - Dwyer Center.



### MONDAY MORNING CHAIR YOGA

Instructor, Tolisa Mize Horning - 10:30 a.m.

Six weeks begins Jan. 5 - Feb. 9. Yoga can be practiced in a chair, as well as, on the floor. Bring a blanket/large towel, yoga or exercise mat. Wear comfortable clothes and socks.

Cost: Resident \$48, Non-resident \$50. Or \$10 drop in rate per class.

COMING IN MARCH: For those who want more of a challenge, Tolisa will be adding a floor yoga class at 9:15 a.m. Further details to come!

### SENIOR BOWLING BAY LANES: Wednesdays at 11:00.

\$4 per game plus \$2 to rent shoes. Call 835-6565 if you plan to join.

**NEW!! DRAWING CLASS - 6 weeks beginning Tuesday, January 20 - 10AM - Noon** Christopher Greco will instruct Drawing from Observation - Beginner/Intermediate/advanced. The class will explore the basic skills of observation and measurement as they relate to drawing from a still life setup. Bay residents \$32. Non Bay \$34. Please ask for supply list when you register. Eight people are required to have the class. Register at 835-6565.

### DID YOU GET A KINDLE OR NOOK FOR CHRISTMAS?

Need a little assistance downloading books from the library onto your device? Stop in at Dwyer on **Monday, January 12 between 10:00 and 11:30**. Barb Isaacson and Jessica Breslin from the Bay branch of the Cuyahoga County Library will be here to assist you.

### VOLUNTEER COMPUTER TUTOR, KAETHE

Every **Wednesdays** at 9:00 & 10:00, enjoy a one-on-one computer lesson with our tutor. Learn the basics, set up an e-mail account, search the web or just learn how to use a computer.

Call **835-6565** for an appointment.. Cost: \$2.00/hour.



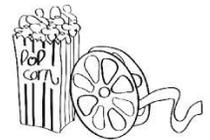
**CLEAR OUT YOUR CLUTTER GARAGE SALE** Start putting items aside you'd like to dispose of as you spring clean and watch for details of our giant garage sale scheduled for early June!

### JANUARY MOVIES: TUESDAYS, 1 pm

Dwyer Center - *Limited to 25*

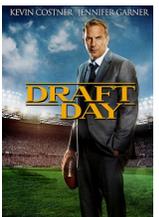
Register by calling **835-6565**

*Movie requests are considered!*  
**Movies are FREE, but food donations**



### DRAFT DAY - Sports Drama - Rated PG-13 - Jan. 6

On the day of the NFL player draft, Cleveland general manager Sonny Weaver trades up to get the first pick in this breezy sports drama. And while his decision may save football in his city, it just might cost him his girlfriend ... and his team. Starring Kevin Costner, Jennifer Garner, Dennis Leary



### THE KING'S SPEECH - Biography - Rated R - Jan. 13

In this biographical drama that garnered multiple Academy Awards, Britain's King George VI struggles with an embarrassing stutter until he seeks help from unorthodox Australian speech therapist Lionel Logue. Starring Colin Firth, Geoffrey Rush, Helena Bonham Carter



### THE HUNGER GAMES - Action/Sci-Fi - Rated PG-13 - Jan. 27

In a dystopian future ruled by a totalitarian regime, resourceful Katniss and her partner, Peeta, represent their district in the lethal Hunger Games, a televised survival competition in which teenage contestants fight each other to the death. Starring Jennifer Lawrence, Josh Hutcherson, Liam Hemsworth,



**COMING IN FEBRUARY (WATCH FOR DETAILS): Valentines Luncheon; trip to Western Reserve Historical Society - In Grand Style Exhibit and Euclid Beach Carousel; podiatrist, and Grief Support.**

**BALLROOM DANCE LESSONS: Coming in March!!**

Plans are in the works for offering 6 weeks of evening dance lessons at Dwyer beginning in March where we have a great wood floor perfect for dancing. There will be 45 minutes of instruction each week followed by 45 minutes of practicing to music. The instructors will spend two weeks each on Foxtrot, Waltz and Swing. **Please call 835-6565 with your name and phone number if you are interested.** Open to singles and couples. Watch the February newsletter for more information, dates and times.

**BLOOD PRESSURE MONDAYS**

Every FIRST Monday, 9:00-10:00 am, Clinic  
**2 HOUR FAST - BLOOD GLUCOSE** test by Sharon Halm, R.N,

Every FIRST Monday, 9:00-11:00 am, Clinic  
**FREE BLOOD PRESSURE**, Sharon Halm, R.N., **Lakewood Hosp.**

Every SECOND Monday, 9:00-11:00 am , Clinic  
**FREE BLOOD PRESSURE**, **Bradley Bay Healthcare**

Every THIRD Monday, 9:00-11:00,  
**FREE BLOOD PRESSURE**, **Towne Center Community Campus**

Every FOURTH Monday, 9:00-11:00, Clinic,  
**FREE BLOOD PRESSURE**, **St. John Medical Center**

Every FIFTH Monday - 9:00-11:00 Clinic,  
**FREE BLOOD PRESSURE**, **The Normandy**

**THANK YOU**

We are so grateful to our community partners who make it possible to provide so many of our activities and programs at little or no cost to you:

Movie Snacks: Bradley Bay, Northridge, Independence Village, Our House

Cards, Games & Lunches: Brighton Gardens, Safe Harbor Elder Care

Lunch and Learn Lunches: First Light, Emerald Village and Holy Family Hospice

Additional Thank Yous: Chris Schell, Betty Pfeifer, Barb Thomas, Jane Richards, John Lorz, Fred Illius,

**DEPT. OF COMMUNITY SERVICES**  
**300 Bryson Lane**  
**Bay Village, OH 44140**