

PRIME TIMES

NEWS FOR ADULTS AGE 55 AND OVER

GREAT NEWS!!

SILVER SNEAKERS® IS COMING TO THE DWYER CENTER!!

Details to come...



THE CLEVELAND
MUSEUM OF ART

TRIP: CLEVELAND MUSEUM OF ART and COQUETTE PATISSERIE Thursday, March 26th Spend a few hours browsing through the museum, enjoy lunch on your own in the contemporary Provenance Café or eat in the airy light of the atrium. After the museum we will stop at fabulous French pastry shop Coquette Patisserie for their decadent desserts. Depart Dwyer at 10:30a.m.. Return around 2:30p.m.. Cost of van transportation is \$15. **Limit is 14.**

NEW!! ANTIQUES CLUB

Do you enjoy sharing information and learning about antiques? Why not join Ann on the **second Friday at 10:00a.m.** for an informal antiques group. We'll invite 'collectors' to share their knowledge, discuss the history of interesting items from the past and perhaps take an occasional field trip. For the first meeting **10:00 on March 13th**, bring an antique for 'show and tell'. Also, bring along any ideas you have for the group. If you or someone you know has an interesting collection let Ann know. **RSVP 835-6565.**



MUSIC BINGO Ohio™

BINGO + MUSIC + FUN =
A MUSIC BINGO PARTY

MUSICAL BINGO AND BRUNCH Wednesday, March 4 at 10:00a.m. Enjoy a fun combination of the iconic game of Bingo with a Name That Tune kinda' vibe...Add in a fun MC/Host, some off-the-wall trivia here and there and prizes. Now that's a party worth checking out!! That's a MUSIC BINGO OHIO Party! Oh yes, and throw in a light brunch.

Sponsored by Huntington Woods. RSVP 835-6565

SEARCHING FOR BAY RESIDENTS AGE 90 AND OVER

90TH BIRTHDAY

Later this spring, we'll be honoring our over 90 residents. Please call us with names, addresses and phone numbers of friends or neighbors in that category so that we may extend a luncheon invitation. 835-6565 or 899-3442

FREE TAX ASSISTANCE THROUGH APRIL 10TH



The **AARP Tax Assistance Program** continues through March for people who have less than \$75,000/yr income. An 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**.

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

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

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

Transportation
Mary Beth Rowland
440-899-3410

Monthly Lunch Bunch - Thursday, March 12
Depart Dwyer Center at 11:30a.m.
Wild Mango, North Olmsted

We will take up to 14 to a restaurant for lunch . Why not join us?

RSVP 835-6565 Transportation cost \$5. Lunch on your own.

BREAKFAST BITES



Wednesday, March 11 9:30a.m.

REVERSE MORTGAGE SEMINAR

Learn all about Home Equity Conversion. Sponsored by American Capital Advisory Group.

RSVP 835-6565

Wednesday, March 25 9:30a.m.

21st CENTURY CARE ,HOW TO AGE IN PLACE

when family lives out of town – discussion of long distance Care, Coordination, Communication, Home and body sensors. Sponsored by Home Instead.

RSVP 835-6565

LUNCH, CARDS AND GAMES

Tuesday, March 17: 10 am - 3 pm.

Lunch is compliments of Westlake Village.



Seating limited. R.S.V.P. 835-6565 by noon Friday, 3/13
PLEASE CALL IF YOU ARE UNABLE TO ATTEND

LADIES: Pinochle and Euchre players are wanted for Tuesday mornings. Call Ann at 835-6565 if you are interested.



NEEDLEWORK Wednesdays at 9:30 am. Did you make a New Year's Resolution to finish that needlework project? Maybe you need a little help with it? Stop by Dwyer on Wednesday mornings and join the ladies as they knit, crochet, rug hook, etc and visit with other needle crafters.

WHAT'S HAPPENING AT BAY LIBRARY

PROGRAMS HELD AT THE BAY BRANCH, CUYA-HOGA LIBRARY IN COLLABORATION WITH DWYER:
March 10, 2015 at 10 AM: Frank Sinatra's Music: The Prime Years Sinatra's professional singing began in 1953 with Capitol Records. He achieved artistic heights with arrangers Nelson Riddle and Billy May and big band leaders like Basie and Ellington. Come enjoy an informational program celebrating Sinatra's music from 1953-1993.

EVENING BALLROOM DANCE LESSONS



Want to 'waltz' at a wedding? 'Swing' on a star? Frolic with the foxes (as in Foxtrot?) Here is an opportunity to learn some basic ballroom dance during 6 weeks of lessons on **Thursday evenings at Dwyer , 7:00 beginning April 23.**

Open to singles and couples. The first 45 minutes will be dedicated to instruction and the second 45 minutes will be practice. **Cost is \$24 per person (\$26) non resident, \$40. per couple \$(44. Non residents).** Please call **835-6565** to register.

CLEAR OUR YOUR CLUTTER
GIANT GARAGE SALE



Thursday, June 4 9:00am- 3:00pm

Save the date and start putting items aside you'd like to sell or items you would like to donate as you begin your spring cleaning. We are now taking registrations for table space (\$15). Volunteers will be needed to help price and sell for the Dwyer table, bake for the bake sale, and work in the kitchen. Come, shop and bring your friends! Everyone can do their part to help. Call **835-6565** if you want to rent a table or if you are able to help. **Donations for the Dwyer Table will be accepted the week prior to the sale.**



u12005415 fotosearch.com

EXTENDED TOURS FOR 2015 - Wendt Touring
TRIP PREVIEW PRESENTATION APRIL 8TH AT 1P.M. AT THE DWYER CENTER TO LEARN ABOUT BOTH TRIPS. RSVP 835-6565.

AMERICA'S NATIONAL PARKS BY RAIL June 21-30

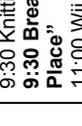
Experience a classic train journey out West! Highlights of this 10 day trip : Yellowstone, Old faithful, Mammoth Hot Springs, Glacier National Park, Going To the Sun Road, Continental Divide, Grand Canyon of Yellowstone, Yellowstone Falls, Grand Teton National Park, Snake River Float Trip, Jackson Lake, Logan Pass, Lake McDonald, Montana's Big Sky Country, Wyoming, Salt Lake City, Great salt lake, Temple Square, Mormon Tabernacle.

TREASURES OF MIONTREAL & QUEBEC CITY BY RAIL

September 14-19 Experience unforgettable, fist class sightseeing on this summertime tour to French Canada! Highlights include: Montreal, Basilica of Notre Dame, Mont Royal, St Lawrence Seaway, Old Port, Quebec City, French Quarter, National Battlefields Park, Citadel, Montmorency Falls, Parliament Buildings, Basilica of Saint Anne-de-Beaupre, The Thousand Islands Boat cruise, VIA Rail Canada, watertown, N.Y., Cassino de Montreal, Montreal's Underground, Expo '67 Biosphere



MARCH

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>2 Heinen's Promenade 9:00-Noon Woodshop 9-11:00 Health Screening (C) 10:00-11:30 Wu Style Tai Chi (CR) 10:30 Yoga 1:00 Sight Center Meeting (D) 5:30 Zumba (D)</p>	<p>3 8:45 Sr. High Fit. (D) 9:00-Noon Woodshop 9:00 Men's Pinochle (L) 9:00 Ladies Pinochle (L) 1:00 Movie "The Judge" (D)</p>	<p>4 Drug Mart/Giant Eagle 9:00-Noon Woodshop 9:00 No Computer Lessons (L) 9:00 Attorney 9:30 Knitting/Needlecrafts (L) 10:00 Musical Bingo 11:00 Wii Games 5:30 Zumba (D) 7:00 PM Duplicate Bridge</p>	<p>5 8:45 Senior High Fit. (D) 9:00-Noon Woodshop Line Dance (D) 10:00 Easy Does It 11:00 Challenging 12:30 Duplicate Bridge (L) 1:00-4 Watercolor Society(D)</p>	<p>6 Heinen's 9:00-Noon Taxes 9:00 Noon Woodshop 10:00 Tablets '101 10:30- Noon Form Tai Chi (CR) 7 SATURDAY 7:00 Ballroom Dance Practice</p>
<p>9 Heinen's Promenade 9:00-Noon Woodshop 9-11:00 Health Screening (C) 10:00-11:30 Wu Style Tai Chi (CR) 9:15 Floor Yoga (D)/new session 10:30 Chair Yoga (D)/new session 1:00 Sight Center Meeting (D) 5:30 Zumba (D)</p>	<p>10 8:45 Sr. High Fit. (D) 9:00-Noon Woodshop 9:00 Men's Pinochle (L) 9:00 Ladies Pinochle (L) 1:00 Movie "Rear Window" (D)</p>	<p>11 Drug Mart/Giant Eagle 9:00-Noon Woodshop 9:00 No Computer Lessons (L) 9:30 Knitting/Needlecrafts (L) 9:30 Breakfast Bites Reverse Mortgages 11:00 Wii Games 5:30 Zumba (D) 7:00 PM Duplicate Bridge</p>	<p>12 8:45 Senior High Fit. (D) 9:00-Noon Woodshop Line Dance (D) 10:00 Easy Does It 11:00 Challenging 11:30 LUNCH BUNCH Wild Mango 12:30 Duplicate Bridge (L) 1:00-4 Watercolor Society(D)</p>	<p>13 Heinen's 9:00-Noon Taxes 9:00 Noon Woodshop 10:00 Antiques Club (L) 10:30- Noon Form Tai Chi (CR) Noon Deadline RSVP Cards, Games and Lunch 14 SATURDAY 7:00 Ballroom Dance Practice</p>
<p>16 Heinen's Promenade 9:00-Noon Woodshop 9-11:00 Health Screening (C) 9:15 Floor Yoga (D) 10:00-11:30 Wu Style Tai Chi (CR) 10:30 Chair Yoga (D) 1:00 Sight Center Meeting (D) 5:30 Zumba (D)</p>	<p>17 8:45 Sr. High Fit. (D) 9:00-Noon Woodshop 9:00 Men's Pinochle (L) 9:00 Ladies Pinochle (L) 10:00-4 Cards, Games & Lunch(L)</p> 	<p>18 Drug Mart/Giant Eagle 9:00-Noon Woodshop 9:00 Computer Lessons (L) 9:00 Attorney 9:30 Knitting/Needlecrafts (L) 10:00 Book Discussion(CH) 11:00 Wii Games 1:00 Canasta (L) 5:30 Zumba (D) 7:00 PM Duplicate Bridge</p>	<p>19 8:45 Senior High Fit. (D) 9:00-Noon Woodshop Line Dance (D) 10:00 Easy Does It 11:00 Challenging 12:30 Duplicate Bridge (L) 1:00 Watercolor-society (D)</p>	<p>20 Heinen's 9:00-Noon- Taxes 9:00 Noon Woodshop 10:30- Noon Form Tai Chi (CR) 11:00 Book Club 21 SATURDAY 7:00 Ballroom Dance Practice</p>
<p>23 Heinen's Promenade 9:00-Noon Woodshop 9-11:00 Health Screening (C) 9:15 Floor Yoga 10:00-11:30 Wu Style Tai Chi <i>new session</i> (CR) 10:30 Chair Yoga (D) 1:00 Sight Center Meeting (D) 5:30 Zumba (D)</p>	<p>24 8:45 Sr. High Fit. (D) 9:00-Noon Woodshop 9:00 Men's Pinochle (L) 9:00 Ladies Pinochle (L) 1:00 Movie "Dolphin Tale" (D)</p>	<p>25 Drug Mart/Giant Eagle 9:00-Noon Woodshop 9:00 Computer Lessons (L) 9:30 Knitting/Needlecrafts (L) 9:30 Breakfast Bites "Age in Place" 11:00 Wii Games 1:00 Canasta 5:30 Zumba (D) 7:00 PM Duplicate Bridge</p>	<p>26 8:45 Senior High Fit. (D) 9:00-Noon Woodshop Line Dance (D) 10:00 Easy Does It 11:00 Challenging 10:30 ART MUSEUM 12:30 Duplicate Bridge (L) 1:00-4 Watercolor Society(D)</p>	<p>27 Heinen's 9:00-Noon Woodshop 10:00 Current Topics, Concern & Conversation (L) 10:30- Noon Form Tai Chi (CR) 22 SATURDAY 7:00 Ballroom Dance Practice</p>
<p>30 Heinen's Promenade 9:00-Noon Woodshop 9-11:00 Health Screening (C) 9:15 Floor Yoga 10:00-11:30 Wu Style Tai Chi (CR) 10:30 Chair Yoga (D) 1:00 Sight Center Meeting (D) 5:30 Zumba (D)</p>	<p>31 8:45 Sr. High Fit. (D) 9:00-Noon Woodshop 9:00 Men's Pinochle (L) 9:00 Ladies Pinochle (L) 1:00 Movie "The Secret Life of Walter Mitty" (D)</p>	<p>L= Laverty Room, carpet area C = Clinic D = Drake Room, wood floor</p>	<p>BL=Bay Lodge CH= Community House CR= Police Dept. Community Room LIB= Bay Village Library</p>	

Your advertisement here: Business card size ad \$150/year
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FITNESS: "SENIOR HIGH" EXERCISE CLASS
 Instructor, Linda Herbkersman
Tuesdays and Thursday, 8:45-9:30 a.m.
8 classes - resident \$20, non resident \$22.
4 classes - resident \$10, non resident \$11.

TAI CHI ~ Instructor, C. Michael Rhoades
Wu Style (Long form-experienced)
MONDAYS: 10:00-11:30am ~ Eight week session begins 3/23. Wu Style at the Police Community Room. Residents \$42, non residents \$44.
QiGong-Simplified 24 form (beginners)
FRIDAYS: 10:30 - Noon ~ Eight week session begins 3/20 at the **Police Community Room**. Residents \$42, non-residents \$44.

LINE DANCE LESSONS with Ronna
 Six week session begins **Thursday March 5th**
 10-11 a.m. for basic steps/easy does it classes
 11-noon experienced dancers that want a challenge. *Instructor permission required.*
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.
Cost: \$6/class, 5 Class Punch Card-\$25.

MONDAY MORNING YOGA
 Our gentle **Chair Yoga on Mondays at 10:30** will continue to meet. And for those who would like a bit more 'regular' Yoga, you might want to try our new **FLOOR YOGA on Mondays at 9:15**. Both classes will be instructed by Toliza Mize and each will begin a new session on **March 9th**. Please dress comfortably and bring a yoga mat. Price is the same for both classes. **\$48 for residents, \$50. For non residents or \$10. to 'drop in'.**

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

<u>Date</u>	<u>Title/Author</u>
March 20	"In the Garden of Beasts: Love, Terror and an American Family in Hitler's Berlin" by Erik Larson

 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

<u>Date</u>	<u>Title/Author</u>
March 18	"A Good American" by A.George

 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 the book back to the Bay Village Library.**

NOOKS AND KINDLES: How to download library books on your device: Monday, March 2 Private lesson with Barb Isaacs from the Bay library. Call 835-6565 for a 20 minute time slot.

TABLETS 101: HOW TO USE YOUR KINDLES, NOOKS, IPADS, GOOGLE NEXXUS, ETC
Friday, March 6 10:00a.m. Learn the basics of operating a tablet during this hour class. Play memory boosting and learning games, search the internet, download apps, try Skyping. Tablets provide 100's of fun activities. Eight Kindles will be provided or bring your own tablet. **\$7** Per person, minimum of 5 participants needed. **RSVP 835-6565** Please pay in advance. **Bring your and password and email address.**



DID YOU KNOW???
 The Dwyer Center has a **recumbent bike** in our clinic, if you'd like to stop by, go for a ride' and get a little exercise!!

MARCH MOVIES: TUESDAYS, 1 p.m. Dwyer Center - Register by calling 835-6565

THE JUDGE - Drama (2014)- Rated R - March 3
 Big city lawyer Hank Palmer returns to his childhood home where his father, the town's judge, is suspected of murder. Hank sets out to discover the truth and, along the way, reconnects with his estranged family.

REAR WINDOW - Classic Thriller (1954) - March 10
 As his broken leg heals, wheelchair-bound L.B. Jefferies (James Stewart) becomes absorbed with the parade of life outside his window and soon fixates on a mysterious man whose behavior has Jefferies convinced a murder has taken place. Meanwhile, other windows reveal the daily lives of a dancer, a lonely woman, a composer, a dog and more. Grace Kelly, Thelma Ritter and Wendell Corey co-star in this Alfred Hitchcock-helmed classic.

DOLPHIN TALE: Family Drama (2011) - Rated PG- March 24
 A badly maimed juvenile dolphin is given a new tail, and a new life, through the efforts of the humans who save it in this true-life adventure saga. After losing its tail to a crab trap, the dolphin is doomed until a young boy spots its plight.

THE SECRET LIFE OF WALTER MITTY: Comedy (2013) - Rated PG - March 31
 In this remake of the 1947 classic comedy, shy photo manager Walter Mitty is constantly daydreaming to escape his humdrum life and domineering mother, but when he gets embroiled in a real-life adventure, he discovers that being a hero is tough work.

I LOVE LUCY LIVE ON STAGE at the Palace Theater Sunday, May 17 This brand new hit stage show is from the most



beloved program in television history! It's 1952 and you are a member of the Desilu Playhouse studio audience awaiting the filming of two hilarious and oh-so familiar I LOVE LUCY episodes. A charming host entertains and enlightens you to the behind-the-scenes filming process of this brand new thing called "television", and you'll be entertained by the advertising jingles in perfect 50's style harmony and the sidesplitting antics of America's favorite foursome – Lucy, Ricky, Ethel and Fred. Motorcoach transportation will drop us at the front door. Depart Dwyer at **12:15p.m.** **Cost is \$53.00. RESERVATION DEADLINE APRIL 17TH.**

Legal Advice for Seniors

Attorney, Robert Frye will help you with living wills, power of attorney for health care and can advise you on other legal matters at no charge. This newsletter, Mr. Frye will only be available on Wednesdays, **March 4 and March 18.** Appointments are available 9:00, 9:30, and 10:00 a.m. Call 835-6565 to schedule an appointment: Mr. Frye may be available for home visits if you are unable to come to the Center.

BLOOD PRESSURE MONDAYS

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

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

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

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

Every **FIFTH** Monday - 9:00-11:00am 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:

Valentine's Day Lunch: Towne Center Community for lunch, The Normandy for entertainment

Movie Snacks: O'Neill Healthcare Bay Village, Northridge, Independence Village, Our House

Art Appreciation: Brighton Gardens/Sunrise

Cards, Games & Lunches: Normandy Senior Living Community

Breakfast Bites: Kemper House, Crossroads Hospice

Tax Tips: Lou Popp

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