

PRIME TIMES

NEWS FOR ADULTS AGE 55 AND OVER



SILVER SNEAKERS® IS HERE!!

- 2 Yoga Classes
- Zumba Gold

See exercise schedule for details. Silver Sneakers classes are FREE for Silver Sneakers members. If not a member, regular fees apply.



GRIEF RECOVERY PROGRAM Moving beyond loss to a richer quality of life. This 10 week course will begin **Friday, March 27 at 1:00 p.m.** and will be led by John Monnin, Bereavement Coordinator from Crossroads Hospice. Please RSVP at 440-835-6565



TAKE ME OUT TO THE BALL GAME...Indians vs White Sox Wednesday, April 15 11:45 a.m. Join us at Dwyer as we cheer on our Indian's in the first midday game of the season against the White Sox on our big screen TV, complete with hot dogs and pop corn. \$2. Please register in advance.



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. Motor coach transportation will drop us at the front door. Depart Dwyer at **12:15pm..Cost is \$53.00. RESERVATION DEADLINE APRIL 17TH.**



Lunch Bunch
Le Petit Triangle Café in Ohio City. Thursday, April 9 11:30 a.m. Cost \$10. Limited to 14.

EXTENDED TRIP PREVIEW FOR 2015 Wednesday, April 8, 1:00 p.m.
Stop by to hear a detailed preview of the trips being offered by Wendt Tours.. In June we are offering **America's National Parks** and in September **Treasures of Montreal and Quebec**. Please RSVP 835-6565 if you plan to attend.

BOOK REVIEW Thursday, April 23 10:00a.m.

Local author George McNulty will review his historical novel **The Trieste Intrigue**, a captivating story concerning a Russian plot to assassinate the Pope. Please RSVP at 835-6565.



SEARCHING FOR BAY RESIDENTS AGE 90 AND OVER.
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

Dwyer will be closed Friday, April 3 for Good Friday. HAPPY EASTER

APRIL LUNCH & LEARNS

PLEASE RSVP AT 835-6565 FOR EACH OF THESE DATES

“Thinking of Selling or Buying a Home”

Wednesday April 22 12:30p.m. Local realtor Susan Haley will discuss the ‘ins and outs’ of selling or buying a home in today’s market...the value of your home, details of the process and paperwork involved. Susan’s associate Ann Shenk is a professional organizer who will discuss tips in preparing a home to sale and what to do with the ‘stuff’ you’ve accumulated.

“Now What Was I Saying” Friday, April 17

12:30p.m. Stephanie Baker from the Alzheimer Association along with O’Neil Health Center will present and interactive workshop explaining the basics of how the brain works, the primary principles of memory, some techniques to improve memory and things you can do for improving overall brain health.

“Knee Pain” Friday, April 24 12:30p.m.

Thomas Steigerwalt, D.C. from Staggs Family Wellness will lecture about natural ways to help lessen knee pain. He’ll talk about causes of knee pain, how to prevent it and also tips to avoid surgery and having better quality of life.

“Welcome to Medicare” Wednesday, April 29

12:30p.m. Many people who join Medicare have questions and concerns about their new, different type of health insurance. In addition, important deadlines exist for certain new benefits. If you are a new or soon-to-be beneficiary, come to the Ohio Senior Health Insurance Information Program and learn about Medicare benefits, supplemental insurance policies, Medicare Advantage plans and prescription drug coverage. **OSHIIP** is a free service through the Ohio Department of Insurance and provides unbiased answers and insurance counseling on issues important to people of *any* age on Medicare.

LUNCH, CARDS AND GAMES

Tuesday, April 21: 10 am - 3 pm.

Lunch is compliments of Independence Village.

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



COFFEE AND CONVERSATION with Krystyna Friday, April

24 10:00a.m. Join the group and enjoy a cup of coffee and light snack while you share a lively discussion of world events, concerns, complaints and topics of interest. Always meets the fourth Friday.

EVENING BALLROOM DANCE LESSONS BEGIN!



Basics of Waltz, Foxtrot and Swing will be taught 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 in advance.

CLEAR OUR YOUR CLUTTER GIANT GARAGE SALE



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

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. Table space is limited. **Donations for the Dwyer Table will be accepted the week prior to the sale**

TRIP II TO “IN GRAND STYLE” Tuesday, April 28 Depart at 9:45a.m. By popular demand, we will return to the Western Reserve Historical Society for a ride on the reconstructed *Euclid Beach Carousel*, view the “*In Grand Style*” exhibit – fashions Cleveland’s wealthy wore on their Grand Tours in the late 1800s, and have time to browse other sections of the museum on your own including the Crawford Auto area and “When Brown’s Town Was Title Town” exhibit. A boxed lunch will be included. *Please ask about your menu choices when you register.*

ART APPRECIATION Monday, April 20 1:00p.m.

Bill Mannion will discuss artists reflections on War and Death. Many paintings mark periods of transition in the artists work. Many have responded to historical events that encompass human misfortune as well as heroism often making anonymous folks hero’s in the painting. Sponsored by Brighton Gardens. Please RSVP 835-6565.

ANTIQUES GROUP: Second Friday

April 10 at 10:00a.m.

We love old things!! This new group learned a lot and shared interesting items at our first meeting, and decided to do another “show and tell” for this gathering.



NEEDLEWORK Wednesdays at 9:30 am. Looking to start or complete a needlework project? Stop by Dwyer on Wednesday mornings and join the ladies as they knit, crochet, rug hook, etc and visit with other needle crafters.

VEGETABLE GARDEN KICK-OFF WITH WESTSHORE YOUNG LEADERS!!



We have big plans for a vegetable garden (more details next month), but now is the time to get started!

With help from middle and high school students from the **Westshore Young Leaders Network**, we will be planting flats of seeds that we will then plant outside in the coming weeks.

The primary goal of the **Westshore Young Leaders Network** is prevention of alcohol and other drug use among teens through the enrichment of skills in effective leadership, team building, decision making and individual talent development. The Dwyer Center is happy to support their efforts.

Please Join Us for an Enjoyable Evening:

- 6:00p.m.** Pizza, Salad, Drinks and Dessert
- 6:15p.m.** Presentation by SAIC Jeff Capretto of the Westshore Enforcement Bureau On Prescription Drug Safety and Disposal
- 6:45p.m.** Seed planting



Don't like gardening? No problem! We'll also have board games to play, or just take the opportunity to get to know a Bay student.

RSVP: 899-3442 HOPE TO SEE YOU ON APRIL 16TH!!

UPCOMING FUN EVENTS FOR YOUR CALENDAR...STAY TUNED FOR DETAILS:

Wednesday, May 20: Bay Middle School Choir returns to entertain

Tuesday June 2: Splash Party and Picnic at Bay Pool.

Wednesday, June 17: MUSICAL BINGO returns!!

SAVE THESE DATES ON YOUR CALENDAR: (call to be on interest list - details to follow)

BLOSSOM Sunday, August 2

SEVERANCE CHRISTMAS CONCERT Sunday matinee, December 13



COMING IN MAY: NATURE TRIP TO SANDY RIDGE RESERVATION Tuesday, May 19 9:30.m.

Join director and naturalist Tim Fairweather for a nature walk/ride through this 310 acre wetland and wildlife preserve in North Ridgeville. Sandy Ridge is also one of the most popular parks for bird watching in this area including an active eagle's nest. The park tram can accommodate 7 people and those of us who wish, can walk. Bring your binoculars and/or camera for viewing

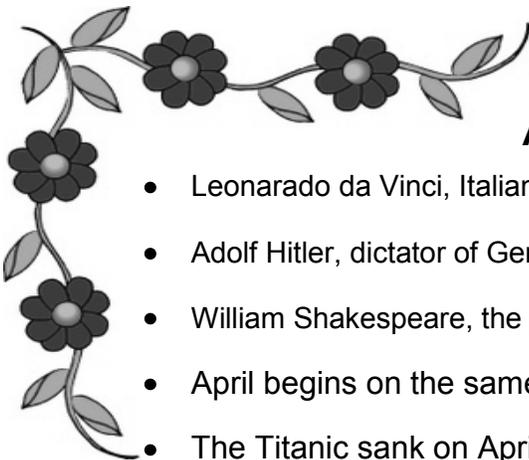
wildlife. Meet at Dwyer for van transportation. Limit of 14. Cost \$10.



With so many exciting programs and activities coming up, we are in need of volunteers. If you are able and willing to help, please call Connie at 899-3442. Thank you!!

SIGN UP FOR EMERGENCY ALERTS!

Bay Village discontinued the NIXLE emergency alert system recently and we are strongly encouraging all residents to sign up for the County's Ready Notify emergency alert system. Alerts can be delivered by cell phone, home phone, work phone, text, or email. However, you must sign up on-line for this system. For those with a computer, you can find the link on the City's web site. Those that do not have access to a computer, you may fill out a form at the Dwyer Center, and we will take care of it for you. Registration forms are at the front desk.



APRIL FUN FACTS! DID YOU KNOW...

- Leonarado da Vinci, Italian painter, sculptor and scientist was born April 15, 1452
- Adolf Hitler, dictator of Germany was born April 20, 1889
- William Shakespeare, the playwright, was born on April 23, 1564.
- April begins on the same day of the week as July every single year.
- The Titanic sank on April 15, 1912



APRIL



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	L = Laverly Room, carpet area C = Clinic D = Drake Room, wood floor BL=Bay Lodge CH= Community House CR= Police Dept. Community Room LIB= Bay Village Library	1 Drug Mart/Giant Eagle 9:00-Noon Woodshop 9:00 Computer Lessons (L) 9:00 Attorney 9:30 Knitting/Needlecrafts (L) 11:00 Wii Games 5:30 Zumba (D) 7:00 PM Duplicate Bridge	2 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)	3 GOOD FRIDAY Center and Offices Closed
6 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) 5:30 Zumba (D)	7 8:45 Sr. High Fit. (D) 9:00-Noon Woodshop 9:00 Men's Pinochle (L) 9:00 Ladies Pinochle (L) 1:00 Movie "St Vincent" (D)	8 Drug Mart/Giant Eagle 9:00-Noon Woodshop 9:00 No Computer Lessons (L) 9:30 Knitting/Needlecrafts (L) 11:00 Wii Games 1:00 Wendt Tours Trips Preview 5:30 Zumba (D) 7:00 PM Duplicate Bridge	9 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 le petite Triangle 12:30 Duplicate Bridge (L) 1:00-4 Watercolor Society(D)	10 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
13 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) 15:30 Zumba (D)	14 8:45 Sr. High Fit. (D) 9:00-Noon Woodshop 9:00 Men's Pinochle (L) 9:00 Ladies Pinochle (L) 1:00 Movie "Waking of Ned Devine" (D)	15 Drug Mart/Giant Eagle 9:00-Noon Woodshop 9:00 Computer Lessons (L) 9:00 No Attorney 9:30 Knitting/Needlecrafts (L) 10:00 Book Discussion(D) 11:00 Wii Games 11:45 Indians vs White Sox Game 5:30 Zumba (D) 7:00 PM Duplicate Bridge	16 8:45 Senior High Fit. (D) 9:00-Noon Woodshop Line Dance (D) <i>new session</i> 10:00 Easy Does It 11:00 Challenging 12:30 Duplicate Bridge (L) 1:00 Watercolor-society (D) 6:00PM GARDEN PROJECT KICK OFF	17 Heinen's 9:00 ZUMBA GOLD new 9:00 Noon Woodshop 10:30- Noon Form Tai Chi (CR) 11:00 Book Club 12:30 L&L "What Was I Saying"" Deadline / Love Lucy Show 21 SATURDAY 7:00 Ballroom Dance Practice
20 Heinen's Promenade 9:00-Noon Woodshop 9-11:00 Health Screening (C) 9:15 Floor Yoga <i>new session</i> 10:00-11:30 Wu Style Tai Chi (CR) 10:30 Chair Yoga (D)/ <i>new session</i> 1:00 Art Appreciation (D) 5:30 Zumba (D)	21 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)	22 Drug Mart/Giant Eagle 9:00-Noon Woodshop 9:00 Computer Lessons (L) 9:30 Knitting/Needlecrafts (L) 12:30 L&L "Thinking of Selling?" 11:00 Wii Games 5:30 Zumba (D) 7:00 PM Duplicate Bridge	23 8:45 Senior High Fit. (D) 9:00-Noon Woodshop Line Dance (D) 10:00 Easy Does It 11:00 Challenging 10:00 BOOK REVIEW (L) 12:30 Duplicate Bridge (L) 1:00-4 Watercolor Society(D) 7:00 BALLROOM DANCE CLASS new	24 Heinen's 9:00-Noon Woodshop 9:00 ZUMBA GOLD new 10:00 Coffee & Conversation (L) 10:30- Noon Form Tai Chi (CR) 12:30 L&L "Knee Pain" 22 SATURDAY 7:00 Ballroom Dance Practice
27 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) 5:30 Zumba (D)	28 8:45 Sr. High Fit. (D) 9:00-Noon Woodshop 9:00 PODIATRIST 9:00 Men's Pinochle (L) 9:00 Ladies Pinochle (L) 9:45" In Grand Style" II 1:00 Movie "The Theory of Everything" (D)	29 Drug Mart/Giant Eagle 9:00-Noon Woodshop 9:00 Computer Lessons (L) 9:30 Knitting/Needlecrafts (L) 12:30 L&L "Medicare-OSHIP" 11:00 Wii Games 5:30 Zumba (CH) 7:00 PM Duplicate Bridge	30 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) 7:00 BALL ROOM DANCE CLASS	

Your advertisement here: Business card size ad \$150/year
 Quarter page for \$300/year - Special one-issue rate. Call 899-3442

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SILVER SNEAKERS YOGA AND (NEW!!) ZUMBA GOLD CLASSES START IN APRIL!!

MONDAY MORNING YOGA

FLOOR YOGA Mondays at 9:15 a.m.

Gentle CHAIR YOGA on Mondays at 10:30a.m.

classes will be instructed by Toliza Mize and each will begin a new session on April 20.. Please dress comfortably and bring a yoga mat. Price is the same for both classes: Silver Sneakers Members: FREE. Non-members: \$48 for residents, \$50. For non residents or \$10. to 'drop in'.

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 April 16**

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.

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.



FRIDAYS AT 9:00A.M. STARTS 4/17

Silver Sneakers Members: Free

Non-Members: Single class \$5, Five class pass \$20, Ten class pass \$37.50. Session starts April 17.

Perfect For

baby boomers, active older adults, and fitness beginners who are looking for a modified Zumba® class that recreates the original moves you love at a lower-intensity.

How it works

The design of the class introduces easy-to-follow Zumba® choreography that focuses on balance, range of motion and coordination. Come ready to sweat, and prepare to leave empowered and feeling strong.

Benefits

Class focuses on all elements of fitness: cardiovascular, muscular conditioning, flexibility and balance

DWYER'S FRIDAY BOOK CLUB with Librarian Barbara Isaacs:

11:00 a.m. - Dwyer Center

Date

April 17

Title/Author

Me Before You by JoJo Moyes

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 - Dwyer Center (please note location change)

Date

April 15

Title/Author

White Truffles by N.M. Kelley

WHAT'S HAPPENING AT BAY LIBRARY ?

Programs held at the Bay Branch, Cuyahoga Library in collaboration with Dwyer April 14, 10a.m.

Russian Folk Music: A fun filled and fascinating program of Russian music and anecdotes. Oleg Kruglyakov will play classical music as well as folk using a 3 stringed triangular instrument called a balalaika.

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

ST. VINCENT - Comedy (2014) - Rated PG-13 - April 7

With his parents preoccupied with their divorce, lonely 12-year-old Oliver strikes up a friendship with his war-veteran neighbor Vincent. A hard-drinking gambler with a fondness for hookers, Vincent finds his life changed by the boy's presence.

WAKING NED DEVINE - Comedy (1998) - Rated PG - April 14

After discovering that lucky local Ned Devine croaked from the shock of hitting the jackpot in the national lottery, two men mastermind a scheme to impersonate him and collect his prize money.

THE THEORY OF EVERYTHING: Drama (2014) - Rated PG-13- April 28

With his body progressively ravaged by ALS, world-famous physicist Stephen Hawking must rely on his wife, Jane, to continue his life's work as he faces various challenges. This affecting biographical drama centers on the couple's fertile partnership.

WANTED: GARDENERS - *SPRING IS COMING!!!* Now that the snow has melted and the new green tips of bulbs are peeking through, our beautiful raised beds on the patio will need some TLC, clean up and maintenance throughout the growing season. . We would welcome your help and friendship in the garden!! Call Ann if you're interested.



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!!

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 Wednesday, **April 1**. 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.

PODIATRIST Tuesday April 28 Dr. Coppers, DPM Podiatric Physician and Surgeon in the Dwyer Clinic Tuesday, April 28 ~ 9:00 am Call (216) 529-1800 for appt. Ask for Danielle

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, **O'Neil Healthcare Bay Village**

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

Movie snacks O'Neil Healthcare Bay Village, Northridge Senior Living, Independence Village, Our House
Music Bingo and Lunch : Huntington Woods
Breakfast Bites: American Capital Advisory Group,
Coffee :Ed Rollins, Dan Corcoran
Doughnuts: Fred Illius, Joan Brugh, John Lors, Chris Schell
Sweets: Barb Thomas
Barb Isaacs, Bay Library: Help with Kindles and Nooks and Book Club

DEPT. OF COMMUNITY SERVICES
300 Bryson Lane
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