

PRIME TIMES

NEWS FOR ADULTS AGE 55 AND OVER



“ITS ALL GOOD” BAY MIDDLE SCHOOL SPRING CHOIR PROGRAM AND LUNCH

Wednesday, May 20 12:00 p.m.

Enjoy lunch provided by The Normandy and then be entertained by the engaging and talented **Bay Middle School Choir**. Please RSVP 835-6565

THE BENEFIT BANK®

CONNECTING COMMUNITIES TO RESOURCES

Are you struggling to meet your monthly expenses? Are you unsure of what benefit programs might be available to help you? With The Ohio Benefit Bank, you can apply for support from several programs through one simple process. On **May 15th from 9 a.m. to 2 p.m.**, representatives from MetroHealth Benefits Enrollment Center will complete applications for Medicare savings programs, HEAP, Food Stamps, to name just a few.....The benefit of the Benefit Bank is that *not only will they determine what benefits your qualify for, but they will also submit the applications for you online.*

GARDENERS NEEDED



Volunteers are needed to maintain the raised flower beds on the Dwyer patio, as well as helping to care for our new venture...a vegetable garden. A plot in the Community Garden (at the site of the former Forestview School) will be designated for Dwyer where we plan to plant seedling started under lights at Dwyer Center in April.



CLEAR OUT YOUR CLUTTER GIANT GARAGE SALE

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

DWYER FUND RAISER

Tables are still available (\$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.**

DO YOU KNOW ANY BAY RESIDENTS 90 OR OLDER?

In June 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.



BOCCE BALL RETURNS Thursday mornings, 9:30 a.m. beginning May 7.

Finally it is warm enough to begin outdoor activities!!! Please call 835-6565 if you are interested!

TUESDAY PARTY NIGHT BRIDGE...will return in May at 7:00.

Drop-ins are welcome!

SPLASH PARTY AND FIRST PICNIC OF THE SEASON!

Tuesday, June 2 12:30 p.m. Drop by the Bay Pool for a picnic sponsored by Independence Village. You are welcome to swim (from 1-3), lounge around the pool and/or socialize with friends! We'll be grilling our lunch sponsored by Independence Village. Please RSVP 835-6565 by May 27. No Charge.

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

MAY LUNCH & LEARNS

PLEASE RSVP AT 835-6565 FOR EACH OF THESE DATES

"Myths About Hospice" Friday, May 15 12:30p.m.

Hospice is a set of services that we all may need someday, if not for ourselves, for a loved one. While death is not an option for any of us, we do have choices about the services we use at the end of life. Despite its many advantages, hospice is still a mystery to most Americans, 25 years after its introduction to this country. Grace Hospice will help us learn more about hospice, and dispel some of the myths, such as: Hospice means you are going to die; hospice is only for cancer patients; you only need hospice in the last days of life, etc.

"Seniors Living Well With Vision Loss" Friday, May 22

12:30 p.m. Cleveland Sight Center Can Help Vision loss is a common challenge for older people, but it need not limit your life. With the right tools, skills and support you can live independently and continue to do most things you want to do, just differently. Come and learn about: The most common causes of vision loss in older people, Simple things you can do in your home to improve safety, Low vision aids that can make life easier, Resources available through Cleveland Sight Center, Ways you can protect and preserve your vision as you age.

"I Tinkle When I Sneeze" Wednesday, May 27 12:30 p.m.

Please plan to attend a urodynamic informational program on this common and often not talked about problem. You will learn why incontinence occurs as well as the different treatments available. There are things you can do to make this situation easier to live with. Also includes protective product information. Sponsored by St. John Medical Center.

"Aging in Place" Friday, May 29 12:30 p.m.

Attorney Corryn Ferris will discuss how to age-in-place when family lives out of town – discussing long distance Care Coordination, Communication, Home and body sensors. Sponsored by Home Instead Senior Care.

LUNCH, CARDS AND GAMES

Tuesday, May 19: 10 am - 3 pm.

Lunch is compliments of The Northridge.

**Seating limited. R.S.V.P. 835-6565 by noon Friday, 5/15
PLEASE CALL IF YOU ARE UNABLE TO ATTEND**



COFFEE AND CONVERSATION with Krystyna

Friday, May 22 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.

MAY TRIPS!!

LET'S VISIT HEINEN'S DOWNTOWN! - Tuesday May 12



Depart Dwyer 9:30. We'll have a tour of the new Heinen's in the beautiful former Ameritrust Building which will include the history of the building and good nutritional information (including samples). There will be time to

browse around on your own or maybe grab a quick lunch. You are welcome to do some shopping but please keep the bags of groceries to a minimum. (We have limited time to stop in front of the store). Next we'll take a short driving tour of the new buildings downtown! Cost is \$10.

NATURE TRIP TO SANDY RIDGE RESERVATION Thursday, May 21 9:30 a.m.



There is still room! 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.



LUNCH BUNCH Thursday, May 14 11:30 a.m. Nelly Belly Restaurant

Join in on the fun at the Nelly Belly Restaurant at the Emerald Necklace Marina! Located in the Cleveland Metroparks' Rocky River Reservation, this incredible valley location sits at the start of the hike -n-bike trails, directly on the river below the Detroit Avenue bridge that spans the cities of Rocky River and Lakewood, Ohio.

ANTIQUES GROUP: Second Friday May 8 at 10:00 a.m.



This month we will meet at Rose Hill Museum on Cahoon Road where Janet Zavara will share the exhibit "Downton Abbey Part 1: Accessories" Please **RSVP 835-6565**

KNITTING AND CROCHETING 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.



MAY

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<p>L= Livery 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</p>			
<p>4 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)</p>	<p>5 8:45 Sr. High Fit. (D) 9:00-Noon Woodshop 9:00 Men's Pinochle (L) 9:00 Ladies Pinochle (L) 1:00 Movie "Gone Girl" 7:00 Evening Party Bridge</p>	<p>6 Great Northern/Walmart 9:00-Noon Woodshop 9:00 Computer Lessons (L) 9:00 No Attorney 9:30 Knitting/Needlecrafts (L) 11:00 Wii Games 5:30 Zumba (D) 7:00 PM Duplicate Bridge</p>	<p>7 8:45 Senior High Fit. (D) 9:00-Noon Woodshop 9:30 Bocce Line Dance (D) 10:00 Easy Does It 11:00 Challenging 12:30 Duplicate Bridge (L) 1:00-4 Watercolor Society(D) 7:00 Ballroom Dance Lessons</p>	<p>1 Heinen's 9:00 Noon Woodshop 9:00 Zumba Gold(D) 10:30- Noon Form Tai Chi (Dwyer) Noon Deadline RSVP Cards, Games and Lunch 1:00 Grief Support 2 SATURDAY 7:00 Ballroom Dance Practice</p>
<p>11 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)</p>	<p>12 8:45 Sr. High Fit. (D) 9:00-Noon Woodshop 9:00 Men's Pinochle (L) 9:00 Ladies Pinochle (L) 9:30 Heinen's DOWNTOWN 1:00 Movie "The Good Lie" 7:00 Evening Party Bridge</p>	<p>13 Drug Mart/Giant Eagle 9:00-Noon Woodshop 9:00 Computer Lessons (L) 9:30 Knitting/Needlecrafts (L) 10:00 Book Discussion(D) 11:00 Wii Games 5:30 Zumba (D) 7:00 PM Duplicate Bridge</p>	<p>14 8:45 Senior High Fit. (D) 9:00-Noon Woodshop 9:30 Bocce Line Dance (D) 10:00 Easy Does It 11:00 Challenging 11:30 LUNCH BUNCH Nelly Belly 12:30 Duplicate Bridge (L) 1:00 Watercolor-society (D) 7:00 Ballroom Dance Lessons</p>	<p>15 Heinen's 9:00 ZUMBA GOLD 9:00 Noon Woodshop 9-3:00 Benefits Bank 10:30- Noon Form Tai Chi (CR) 11:00 Book Club 12:30 L&L "Myths About Hospice" 1:00 Grief Support 16 SATURDAY 7:00 Ballroom Dance Practice</p>
<p>18 Heinen's Promenade 9:00-Noon Woodshop 9-11:00 Health Screening (C) 9:15 Floor Yoga new session 10:00-11:30 Wu Style Tai Chi (CR) 10:30 Chair Yoga (D)/new session 1:00 Art Appreciation (D) 5:30 Zumba (D)</p>	<p>19 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) 7:00 Evening Party Bridge</p>	<p>20 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 12:30 "it's All Good" BMS Choir and Lunch 5:30 Zumba (D) 7:00 PM Duplicate Bridge</p>	<p>21 8:45 Senior High Fit. (D) 9:00-Noon Woodshop 9:30 Bocce 9:30 Sandy Ridge Trip Line Dance (D) 10:00 Easy Does It 11:00 Challenging 12:30 Duplicate Bridge (L) 1:00-4 Watercolor Society(D) 7:00 Ballroom Dance Lessons</p>	<p>22 Heinen's 9:00-Noon Woodshop 9:00 Zumba Gold (D) 10:00 Coffee & Conversation (L) 10:30- Noon Form Tai Chi (CR) 12:30 L&L "Living With Vision Loss" 1:00 Grief Support 23 SATURDAY 7:00 Ballroom Dance Practice</p>
<p>25 MEMORIAL DAY REMEMBER THOSE WHO SERVED  ALL GAVE SOME. SOME GAVE ALL</p>	<p>26 8:45 Sr. High Fit. (D) 9:00-Noon Woodshop 9:00 Men's Pinochle (L) 9:00 Ladies Pinochle (L) 1:00 Movie "Unbroken" 7:00 Evening Party Bridge</p>	<p>27 Drug Mart/Giant Eagle 9:00-Noon Woodshop 9:00 Computer Lessons (L) 9:30 Knitting/Needlecrafts (L) 11:00 Wii Games 12:30 L&L Tinkle When I Sneeze 5:30 Zumba (CH) 7:00 PM Duplicate Bridge</p>	<p>28 8:45 Senior High Fit. (D) 9:00-Noon Woodshop Line Dance (D) <i>Make up if needed</i> 12:30 Duplicate Bridge (L) 1:00-4 Watercolor Society(D) 7:00 Ballroom Dance Lessons</p>	<p>29 Heinen's 9:00-Noon Woodshop 9:00 Zumba Gold 10:30- Noon Form Tai Chi (CR) 12:30 L&L "Age In Place" 1:00 Grief Support 30 SATURDAY 7:00 Ballroom Dance Practice</p>

Your advertisement here: Business card size ad \$150/year
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SILVER SNEAKERS YOGA AND (NEW!!) ZUMBA GOLD CLASSES!

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 27. 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'.



FRIDAYS AT 9:00A.M.

Silver Sneakers Members: Free
Non-Members: Single class \$5, Five
class pass \$20, Ten class pass \$37.50.

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.

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

Line Dance is taking the summer off. The last class will be 5/21 with a make-up class on 5/28, if needed.

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.

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

Date

Title/Author

May 15 *The Other Wes Moore: One Name Two Fates* by Wes Moore

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

Title/Author

May 20

Freud's Mistress by Mach and Kaufman

WHAT'S HAPPENING AT BAY LIBRARY ?

Programs held at the Bay Branch, Cuyahoga Library in collaboration with Dwyer

BRAIN AND MEMORY GAMES May 12 10:00 a.m. Challenge your mind and memory by learning and playing new, brain-stimulating games. Board games, cards, reading, writing and music related games are great ways to keep your mind sharp.

"FUN WITH WATERCOLOR" Mondays, 1:00-

3:00 p.m. Six weeks beginning June 15 Watercolor from beginning to end. Stephen Sitar will lead you on a

magical, creative and colorful journey. You'll be amazed, happy and surprised at your results. Bay residents \$32. Non residents \$34.



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

GONE GIRL - Thriller (2014) - Rated R - May 5

Based on Gillian Flynn's novel of the same name, this unsettling thriller follows the mercurial Nick Dunne, who finds himself dogged by police and caught in a media maelstrom after he becomes the prime suspect in his wife's disappearance.

THE GOOD LIE - Drama (2014) - Rated PG-13 - May 12

In this fact-based drama, a young Sudanese War refugee wins a lottery that allows him to start life anew in the United States. But adapting to his new home presents challenges -- both for the "lost boy" and for the American woman who's helping him. .

UNBROKEN: Drama (2014) - Rated PG-13- May 26

This inspiring tale of survival is based on the real-life experiences of Louis Zamperini, an American pilot held by the Japanese during World War II. After his plane crashes into the Pacific Ocean, Zamperini spends 47 days adrift before his capture.

AARP Drivers Safety Class Mon, June 8 - 12-4 pm Cars have changed and so have traffic rules, driving conditions and the roads you travel every day. Refresh your driving skills, and save on premiums with some insurance companies (check yours). **Cost: \$15 for AARP members and \$20 for non-members.** Make checks payable to AARP or pay with cash. Please call to register **440-835-6565**.

WATCH FOR DETAILS IN JUNE FOR: Musical Bingo, Trip 2- Heinens Downtown, Classic Silver Sneakers Exercise Class, New Senior Walking Group. It's going to be a great summer!

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, **May 20**. Appointments are available 9:00, 9:30, and 10:00 a.m. Call 835-6565 to schedule an appointment:

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**

BLOSSOM "BROADWAY DIVAS" Sunday, August 2

Summer isn't complete without an evening at Blossom. The Cleveland Pops Orchestra will entertain us with the heroines we love and the villains we revile: the unforgettable **Divas of Broadway**. Showstoppers, featuring selections from *Wicked*, *Les Miz*, *Chicago*, *My Fair Lady*, *Cabaret* and more. Transportation by motor coach. You are welcome to bring a boxed meal to eat on the bus or at Blossom (no dairy products allowed on the bus). Or purchase a snack at the concession stand. Pavilion Seating. Cost is **\$40**. Depart Dwyer at **5:30**. Deadline to register 6/19.

THANK YOU

Movie snacks O'Neil Healthcare Bay Village, Northridge Senior Living, Independence Village, Our House

Doughnuts: Bob Goodwin, John Lorz, Howard Gilihan **Cards**

Games & Lunch: Independence Village

Lunch & Learns:

O'Neil Healthcare Bay Village & Stephanie Baker, Alzheimer's Association;

Realtor Sue Haley and Ann Shenk;

Thomas Steigerwalt-Staggs Family Wellness

Alicia Huddleston OSHIIP

Art Appreciation Sponsor: Brighton Gardens

DEPT. OF COMMUNITY SERVICES

300 Bryson Lane

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