

# PRIME TIMES

NEWS FOR ADULTS AGE 55 AND OVER



**BUTTERFLIES AND ICE CREAM**

**Tuesday, August 25  
Depart Dwyer at 1:00 p.m.**

Take a nice leisurely stroll through the gardens and Butterfly House at Miller Preserve in Avon. You might also want to walk through the indoor Conservatory (\$2. charge) to see the orchid collection, ferns, bromeliads, dessert plants, bonsai and tropical plants. A stop at Mitchell's for Ice Cream afterwards..  
**Van cost \$5. Limit 14.**



**SPLASH PARTY !**

**Friday, August 21 12:30 p.m. (swimming from 1:00-3:00)** End the summer season with a **SPLASH!** Independence Village will treat Bay seniors to another splash party/cook out at the Bay Aquatic Center. The water is guaranteed to be warmer than it was for our party in June. No charge. Please sign up at **835-6565**

**NEW DATE! FIRE UP YOU FEET WALKING CHALLENGE STARTS AUGUST 14TH!! BRING IT ON!**



*Bay Village Seniors will be challenging the Avon and North Ridgeville Senior Centers!!*

**Kick-off: Friday August 14th at High Noon at St. John Medical Center 29000 Center Ridge Rd. Westlake, Conference Rooms A & B**

Begin and end this 6 week walking challenge with a health and wellness screening from SJMC RNs.

Each participating senior center will be screened before the kick-off: BP, cholesterol, glucose, BMI and waist circumference. Then socialize with and walk around the beautiful SJMC campus track. The following 4 Fridays we will walk on our own designated path in Bay Village. You will receive a pedometer to count your steps! The challenge ends on the 6th Friday ((August 28th) with another evaluation at SJMC and a social with all three senior centers. Prizes will be awarded. The Bay Village walking club will continue every Friday, for as long as the weather cooperates. Get up, get moving, get healthy and let's bring home the prize! **Register at 835-6565.**



**PREVENTING DIABETES**

**Tuesday, August 4, 10:30 a.m.**

Learn about your risk for Type 2 Diabetes and what you can do to prevent it. There are often no obvious symptoms other than one's blood sugars are higher than normal. Blood glucose screening will be offered following the talk. Presented by Saint Johns and West Shore Medical Center. **RSVP 835-6565.**

**AMY MIHALJEVIC Thursday, August 6,**

**10:00 a.m. Bay Village Police Chief, Mark Spaetzel** will discuss the ongoing search for Amy's killer and bring us up to date on developments. Questions will be welcome at the end of his presentation. **RSVP 835-6565.**



**KNIFE AND TOOL SHARPENING BY KEVIN  
NOON Monday, August 17 12:30-3:30 pm .**

He can sharpen shovels, lawn mower blades, hoes, axes, pruning shears, loppers, non-electric hedge clippers, serrated knives, straight knives, scissors, pinking shears, Cuisinart blades, vegetable peelers, blender blades, and a bunch of other things. He does not sharpen, electric hedge clippers, ceramic knives, chain saws, circular saw blades, or electric hair clippers. See pricing schedule on line at [noonsharpening.com](http://noonsharpening.com) or at the Dwyer Center.

**NEW READING MACHINE DEMO**



A representative from the Cleveland Sight Center will be on hand **Monday, August 3 from 9:00-11:00 a.m.** to demonstrate the amazing new Topaz Portable Reading Machine for low vision individuals. Stop by to see a demonstration and have your blood pressure checked by the Lakewood Hospital Nurse.

## AUGUST LUNCH & LEARNS

**PLEASE RSVP AT 835-6565 FOR EACH OF THESE DATES**

**Italian Cooking with Fresh Veggies: Wednesday, August 12 at 12:30 p.m.** This cooking demonstration is sponsored by Devon Oaks, and presented by Marisa Conway, who teaches Italian Cooking at Tri C (and also speaks fluent Italian!) She will be teaching us healthy eating ideas using many vegetables and herbs we grew in our vegetable garden.

**DRIVING EVALUATION Wednesday, August 19 at 12:30 p.m.** Do you ever think you or someone you love should give up driving? The loss of the ability to drive can become a major obstacle to independent living and limit the ability to return to employment following an illness or disability. The Driving Evaluation and Rehabilitation Program at the Cleveland Clinic is available to evaluate a person's current driving ability, assess driving potential and enable the person to return to safe, independent driving whenever possible. Driver rehabilitation may be beneficial whenever a medical condition causes limited function. These medical conditions may be neurological, orthopedic or developmental, or they may be the result of age-related changes in function. Our primary goal is to enable clients to attain low-risk, independent mobility in the community.

**THE BASICS: MEMORY LOSS, DEMENTIA, AND ALZHEIMER'S DISEASE Friday, August 28 at 12:30 p.m.** Steffani Baker from the Alzheimer's Association will provide you with the basic information that everyone needs to know about memory loss, issues and what they mean for all of us. It incorporates video interviews with professionals, patients with dementia, and caregivers discussing real-life issues. Sponsored by O'Neil Healthcare Bay Village



### **LUNCH BUNCH Thursday, August 13 at 11:30 a.m. to MERWINS WHARF**

Located on the Cuyahoga River on Irishtown Bend in the Flats and owned and run by the Cleveland Metro Parks. The site is named for Noble Merwin, a New Englander who was one of the first merchants and wholesale dealers in Cleveland in the early 1800s. Limit of 14 **Cost \$8.** Weather permitting we may eat outdoors. **RSVP at 835-6565.**

### **LUNCH, CARDS AND GAMES Tuesday, August 18: 10 am - 3 pm.**

Lunch is compliments of Independence Village. **Seating limited. R.S.V.P. 835-6565 by noon Friday, 8/14**



### **ANTIQUES GROUP: Second Friday August 14 10:00 am**

"Let's Talk Quilts, Coverlets and Samplers" Bring examples you may have to share! *If you or someone you know has knowledge or an interesting collection of "older things" they might want to share, please call Ann at 835-6565*

## **ART APPRECIATION WITH BILL MANNION** **Monday, August 31 1:00 p.m.**

*Placing Women in Art* - Artists are always looking for inspiration and many have chosen idealized but honest and powerful depictions of women. Artists present perspectives celebrating the human form often engaged in everyday activities with differing interpretations and emphasis. We will view the innocent, the elegant, the motherly, the femme fatale, the young and the old in portrayals of women from the 17th Century, Vermeer to the 21st Century, Andrew Wyeth. As always anecdotal tid-bits about the artists will lighten up the discussion *Sponsored by Brighton Gardens. Register 835-6565*

## TRIPS



Enjoy a **FREE Screening of the 1968 Classic "The Odd Couple"** at the **Palace Theatre in Playhouse Square!**

**Friday, August 7th.**  
**Meet at Dwyer at 12:15 p.m.**

**Transportation cost: \$8.00**

Sponsored by the Cuyahoga County Division of Senior and Adult Services. **Call 835-6565 to register. Limit 14.**

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**HEINEN'S DOWNTOWN:** A few seats are left for both the August 11th and 27th trips. **Call 835-6565 to register.**

## COMING SOON...



### **DRAMA CLASS**

**Thursday evenings beginning Sept. 3 6:00-7:00 p.m.** Explore your dramatic potential in this friendly class led by Ellen Huber. Participants will engage in theatre

exercises, form a Reader's Theater group and cultivate their creativity. Class culminates with the opportunity to share a performance with family and friends! 8 week session Bay Residents \$36./Non Residents \$38. **835-6565 to register.**

**TREASURES OF MONTREAL & QUEBEC CITY BY RAIL 6 days, September 14-19** A few spaces may remain for this first class tour through Canada on VIA Rail's ultra modern LRC train. Call 835-6565. For those who have signed up, your final payment is due July 31. Mark your calendar for the pre-departure meeting, where you will receive all final information, to be held at Dwyer on **Tuesday, September 8 at 11:00.**



# AUGUST 2015



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>3 Heinen's Promenade</b> 9:00-Noon Woodshop 9-11:00 Health Screening (C) <b>9-11:00 Sight Center Demo – Topaz Machine</b> 10:00-11:30 Wu Style Tai Chi (CR) 10:30 Chair Yoga (D) <i>new session</i> 5:30 Zumba (D)	<b>4 9:00 Strength &amp; Balance.</b> 9:00 Men's Pinochle (L) 9:00 Ladies Pinochle (L) <b>10:30 PREVENTING DIABETES &amp; BLOOD GLUCOSE SCREENING</b> <b>1:00 Movie "American Sniper"</b>	<b>5 Great Northern/Walmart</b> 9:00-Noon Woodshop 9:00 Computer Lessons (L) 9:00 Attorney 9:30 Knitting/Needlecrafts (L) 10:00 Golf Lessons	<b>6 9:00-Noon Woodshop</b> 9:30 Bocce <b>10:00 Amy Mihaljevic Talk</b> 12:30 Duplicate Bridge (L) 1:00 Strength & Balance	<b>7 Heinen's</b> 9:00 Noon Woodshop 9:00 Zumba Gold 10:30- Noon Form Tai Chi (CR) <b>12:15 Depart Downtown Movie</b> 1:00 Grief Recovery
<b>10 Heinen's Promenade</b> 9:00-Noon Woodshop 9-11:00 Health Screening (C) 10:00-11:30 Wu Style Tai Chi (CR) 10:30 Chair Yoga (D) 5:30 Zumba (D)	<b>11 9:00 Strength &amp; Balance. (D) new session</b> 9:00-Noon Woodshop 9:00 Men's Pinochle (L) 9:00 Ladies Pinochle (L) <b>9:30 HEINENS TRIP (6)</b> <b>1:00 Movie "If I Were You"</b>	<b>12 Drug Mart/Giant Eagle</b> 9:00-Noon Woodshop 9:00 Computer Lessons (L) 9:30 Knitting/Needlecrafts (L) <b>12:30 L&amp;L Italian Cooking</b> 5:30 Zumba (D) 7:00 PM Duplicate Bridge	<b>13 9:00-Noon Woodshop</b> 9:30 Bocce <b>11:30 LUNCH BUNCH Menwin's Wharf</b> 12:30 Duplicate Bridge (L) 1:00 Strength & Balance (D)	<b>14 Heinen's</b> 9:00 Noon Woodshop 9:00 Zumba Gold <b>10:00 Antiques Club –</b> 10:30- Noon Form Tai Chi (CR) 1:00 Grief Recovery  <b>15 SATURDAY</b> 7:00 Ballroom Dance Practice
<b>17 Heinen's Promenade</b> 9:00-Noon Woodshop 9-11:00 Health Screening (C) 10:00-11:30 Wu Style Tai Chi (CR) 10:30 Chair Yoga (D) <b>12:30-3:30 Knife Sharpener</b> 5:30 Zumba (D)	<b>18 9:00. Strength &amp; Balance (D)</b> 9:00-Noon Woodshop 9:00 Men's Pinochle (L) 9:00 Ladies Pinochle (L) <b>10:00-4 Cards, Games &amp; Lunch(L)</b>	<b>19 Drug Mart/Giant Eagle</b> 9:00-Noon Woodshop 9:00 Computer Lessons (L) 9:00 Attorney 9:30 Knitting/Needlecrafts (L) 10:00 Book Discussion(I) <b>12:30 L&amp;L Driving Evaluation Talk</b> 5:30 Zumba (D) 7:00 PM Duplicate Bridge	<b>20</b> 9:00-Noon Woodshop 9:30 Bocce 12:30 Duplicate Bridge (L) 1:00 Strength & Balance (D)	<b>21 Heinen's</b> 9:00 Zumba Gold 9:00 Noon Woodshop 10:30- Noon Form Tai Chi (CR) <b>NO BOOK GROUP</b> <b>12:30 SPLASH PARTY/COOK</b> <b>OUT Bay Pool</b> 1:00 Grief Recovery <b>22 SATURDAY</b> 7:00 Ballroom Dance Practice
<b>24 Heinen's Promenade</b> 9:00-Noon Woodshop 9-11:00 Health Screening (C) 10:00-11:30 Wu Style Tai Chi (CR) 10:30 Chair Yoga (D) 5:30 Zumba (D)	<b>25 9:00 Strength &amp; Balance. (D)</b> 9:00-Noon Woodshop 9:00 Men's Pinochle (L) 9:00 Ladies Pinochle (L) <b>1:00 Movie "Wild"</b> <b>1:00 Butterflies &amp; Ice Cream trip</b>	<b>26 Drug Mart/Giant Eagle</b> 9:00-Noon Woodshop 9:00 Computer Lessons (L) 9:30 Knitting/Needlecrafts (L) 10:00-11:30 Golf 5:30 Zumba (D) 7:00 PM Duplicate Bridge	<b>27</b> 9:00-Noon Woodshop 9:30 Bocce 12:30 Duplicate Bridge (L) 1:00 Strength & Balance (D) <b>1:30 Heinens (7)</b>	<b>28 Heinen's</b> 9:00-Noon Woodshop 9:00 Zumba Gold 10:00 Coffee & Conversation (L) 10:30- Noon Form Tai Chi (CR) <b>12:30 L&amp;L The Basics:Memory Loss</b> 1:00 Grief Recovery <b>29 SATURDAY</b> 7:00 Ballroom Dance Practice
<b>31 Heinen's Promenade</b> 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 Art Appreciation 5:30 Zumba (D)			<b>L= Lavery Room, carpet area</b> <b>C = Clinic</b> <b>D = Drake Room, wood floor</b> <b>BL=Bay Lodge</b> <b>CH= Community House</b> <b>CR= Police Dept. Community Room</b> <b>LIB= Bay Village Library</b>	

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## Meals on Wheels Volunteers Needed!

- **Drivers are needed for Wednesdays and Fridays, from 11:30 a.m. to 1:00 p.m.**
- **A meal assembly volunteer is needed at O'Neill Healthcare Bradley Bay on Mondays, from 8:30 - 10:30 a.m.**

**If you are able to volunteer your time, please call Connie at 899-3442. Thank you!**



**FRIDAYS AT 9:00A.M.**  
**Silver Sneakers Members: Free**  
**Non-Members:**

Single class \$5, Five class pass \$20, Ten class pass \$37.50.



**NEW! SILVER SNEAKERS STRENGTH & BALANCE!**

**Tuesday mornings at 9:00 a.m.**  
**Thursdays at 1:00 p.m.**  
**Starting Tuesday, July 7th**



Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement and activities for daily living. Hand-held weights, elastic tubing with handles and a ball are offered for resistance. A chair is available if needed for seated or standing support. Instructor is Sheri Lugo, our excellent and long-time Zumba instructor. Cost:

**Silver Sneakers Members: FREE**

**Non-members:** Single class \$5, Five class pass \$20, Ten class pass \$37.50.

**MONDAY MORNING YOGA**

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



Classes will be instructed by Toliza Mize and each will begin a new session on July 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'.

**TAI CHI ~ Now Silver Sneakers!!**

**Instructor, C. Michael Rhoades**

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

**MONDAYS:** 10:00-11:30am ~ New session starts 7/20. Wu Style at the **Police Community Room.**

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

**FRIDAYS:** 10:30 - Noon ~ New session starts 7/24 at the **Police Community Room.**

Cost: Silver Sneakers Members: **Free**

If not Silver Sneakers, Residents \$42, non-residents \$44.

**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.

**DWYER'S FRIDAY BOOK CLUB with Librarian Barbara Isaacs:**

**11:00 a.m. - Dwyer Center**

**Date**

**Title/Author**

**Will not meet in August**

**BOOK DISCUSSION: 3rd Wednesday of each month**

**10:00AM - Dwyer Center (please note location change)**

**Date**

**Title/Author**

**August 19** *The Dovekeepers* by Alice Hoffman

You must get your own book from the library.

**WHAT'S HAPPENING AT BAY LIBRARY ?**

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

**Nothing scheduled in August. See you next month!**

**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.

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

**AMERICAN SNIPER (2014) Drama - Rated R - August 4** Based on his memoir of the same name, this military biopic centers on legendary sniper Chris Kyle, who amassed a record number of kills on the battlefield during his 10-year career as a Navy SEAL. Starring Bradley Cooper and Sienna Miller

**IF I WERE YOU (2012) - Romantic Comedy - August 11** In a bungled plot to pay back her husband's infidelity, a jilted wife finds herself forced to star as King Lear in a spectacularly terrible production, with her husband's younger lover playing the role of the king's fool. Starring Marcia Gay Harden and Aiden Quinn.

**WILD - Drama - (2014) - Rated R - August 25** Undone by a broken marriage and her mother's death, Cheryl Strayed has been on a years-long reckless tear, fueled by addiction and despair. In a bid to save her life, she decides to hike the entire Pacific Crest Trail -- alone and with no experience. Starring Reese Witherspoon and Laura Dern.

# THANK YOU

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

**Refreshments & Supplies:** John Petersen, Fred Illius, Chris Schell, Ed Barrett, Joyce Jodat

**Cards Games & Lunch:** Gardens of Westlake

**Lunch & Learns:** Crossroads Hospice, Genesis Health Care West Bay Center

**Ice Cream Social:** The Northridge

## 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

## MEDICARE HEALTH AND DRUG PLANS CHANGE EVERY YEAR!

Are you keeping up? Medicare Open Enrollment is Oct. 15 - Dec. 7, and it's your time to review your health coverage. Counselors from the Ohio Senior Health Insurance Information Program (OSHIIP) will be here on **Oct. 21** between 10:00 a.m. and 2:15 p.m. to help you review your insurance and answer any questions about your Medicare coverage. Schedule an appointment to learn the difference between a supplement policy and an Advantage plan and make sure your current plan is the most cost effective for you. OSHIIP is a free service through the Ohio Department of Insurance and provides unbiased information on Medicare. **Bring your current policy with you. Space is limited. 835-6565**

## IN PREPARATION FOR GRANDPARENTS' DAY IN SEPTEMBER

Are you Grandma? Grammy? Oma and Opa? Bubbie and MeeMaw? Whether it's a name from your culture or just something funny the kids dreamed up, we'd love to hear what your grandchildren call you. We'll post them here at the Dwyer Center in honor of Grandparents' Day on September 13th.

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