

PRIME TIMES

NEWS FOR ADULTS AGE 55 AND OVER

A Message from the Director...

As we say goodbye to Ann, we will also welcome our new Activities Manager, Leslie Noss. Leslie will start her new job on November 16th, so she will have more than a week to work together with Ann. Leslie has worked with seniors for 15 years, at the Area Agency on Agency, and most recently at the Arthritis Foundation. She has experience in creating partnerships with community organizations and hospitals, planning and organizing large events, and managing volunteers. She also teaches a Tai Chi class at Avon Health Center. Please introduce yourselves to Leslie and you'll soon find out what a kind and caring person she is. We are thrilled to add her to our staff. ~ Leslie Selig



Come wish Ann Gilmore Orin a fond farewell on Tuesday, November 24th at 10:00 a.m.

We'll have cake and coffee and no doubt lots of stories in honor of Ann's many years of service to the Dwyer Center. She swears that this retirement is permanent. We hope you can join us.



GOING TO THE DOGS!
Friday, November 6th at 12:00 p.m.

Calling all dog lovers!! We'll begin the afternoon with a grilled "hot dog" lunch, then enjoy a program by "Kiss K-9s". Noreen, the dog trainer at PetSmart will bring several of her trained dogs to entertain us.

RSVP 835-6565. (P.S. Bring your dog photos in for our new pet Wall of Fame!



Wednesday, December 2 10:00-11:00 a.m. Good Music!
Good Laughs! We had a ball when Kenny Gilder was here in September so we've invited him back. Join in on the fun of the 'Name That Tune' Bingo! A light lunch afterwards will be sponsored by Huntington Woods. **RSVP 835-6565**



NEW! Mexican Train Domino Group on Tuesdays soon. Please call if you are interested! 835-6565.



FEDERAL RESERVE BANK TOUR
Thursday, November 5 9:30 a.m.

Take a guided walk through this national historic landmark, a monument to superb craftsmanship and prosperity of the post-World War I era and learn about the operations of the U.S. central bank. See the old vault..(its door alone weighs 100 tons!), a magnificent vaulted and domed ceiling trimmed in gold leaf in the main lobby and stately executive floor. Since we will be entering a Federal facility, you'll need to bring a photo I.D. Purses will be subject to x-ray and we will go through a metal detector. Tour will last about an hour. Note: There will be walking and standing. Elevators are available. Cost is \$10.



PAINTING THE MODERN GARDEN

Tuesday, Nov. 17, depart 12:45 p.m.

The Cleveland Museum of Art and the Royal Academy of Arts in London are presenting an innovative exhibition that examines the role of gardens in the paintings of Claude Monet and his contemporaries. While Monet remains the touchstone, the exhibit also looks at the garden theme in modern art through the paintings by other Impressionists, Postimpressionists and avant-garde artists of the early 20th century. Cost is \$25. Audio recording with ear phones are included in ticket price.

OCTOBER LUNCH/BRUNCH & LEARNS

PLEASE RSVP AT 835-6565 FOR EACH OF THESE DATES

FOODS FOR HEALTHY AGING, Friday, Nov. 13, 11:00 a.m.
Shannon Fraley, Heinen's Wellness Consultant, will be talking on the topic of Healthy Aging. As we age there are different lifestyle changes that may need to occur. At Heinen's we like to promote food as your medicine, along with supplementation to provide for a healthy aging process. Please come and listen as Shannon talks about foods and supplements that should be incorporated into your diet to help with digestion and decrease inflammation. There will also be a small tasting of some of the foods mentioned.

WELLNESS THROUGH THE SENSES AND THE POWER OF MEDITATION - Wednesday, Nov.. 18, 12:30 p.m. Use practical advice regarding the 5 senses to provide a sense of wellbeing and understand the impact of daily stressors and the ability to compact stressors through wellness methods. Sponsored by Hospice of the Western Reserve.

HOLIDAY CARING AND SHARING

If you know of any Bay Village families who are:

- Temporarily out of work
- Widowed or divorced and are experiencing financial hardships
- On fixed incomes
- Overwhelmed by medical bills
- Experiencing other financial hardships

Please notify Leslie or Connie, as we are preparing for this year's Holiday Caring and Sharing program. We may be able to help these families have a merry Christmas at a time when they are struggling. All information is confidential.

WATERCOLOR CLASS

WATERCOLOR CLASS with Joyce Bolte Mondays 12:30-3:00 p.m. (please note time change from first session). This will be a 4 class session meeting 11/30, 12/7, 12/14 and 12/28 (no class 12/21) for intermediate and advanced watercolor students. Students should bring their supplies to the first class. Residents \$46. Non residents \$48. Registration and payment due prior to the first day of class. 835-6565

MONDAY PARTY BRIDGE 1:00-3:30 Come with your own partners or join in this welcoming group!

LUNCH, CARDS AND GAMES

Tuesday, November 17: 10 am - 3 pm.

Lunch is compliments of Independence Village.
Seating limited. R.S.V.P. 835-6565 by noon Friday, 10/16

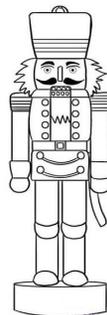


Lunch Bunch



Thursday, November 12th.
Depart Dwyer Center at 11:30 a.m. The former Winking Lizard has been completely renovated and resembles a comfortable home atmosphere complete with TV's in every room. They pride themselves on using fresh ingredients from local farmers as well as decorating the space with a variety of paintings from local artists.

COMING SOON...



THE NUTCRACKER, Friday, December 18th depart 9:45. This special matinee performance is a condensed and narrated version of Tchaikovsky's full length ballet at the Olmsted Performing Arts in Olmsted Falls. It will include a post performance Q & A with the professional dancers and choreographer. Cost is \$15. Limit is 14.

CHRISTMAS LUNCHEON, Friday, December 11. Warm meal provided by the fabulous Chef Jim from Community Town Center in Avon Lake.



ANTIQUES CLUB Second Friday, November 13th at 10:00 a.m. Our subject in November will be antique Holiday Decorations. Bring your treasures to share.

Change Your
Clocks Back &
Smoke Alarm
Batteries

**Sunday November 1
at 2 :00 a.m.**





NOVEMBER 2015



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 Chair- Yoga (D) 12:30 Watercolor Class (D) 1:00 Party Bridge (L) 5:30 Zumba (D)</p>	<p>3 9:00 Strength & Balance. 9:00-Noon Woodshop 8:30 Men's Pinochle (L) 9:00 Ladies Pinochle (L) 9:00 PODIATRIST 10:00 Cardio Strength (D) 1:00 Movie "The Way" 7:00 Evening Party Bridge</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) 5:30 Zumba (D) 7:00 PM Duplicate Bridge</p>	<p>5 9:00-Noon Woodshop 9:30 FEDERAL RESERVE TRIP departs Line Dance (D)<i>new session</i> 10:00 Easy Does It 11:00 Challenging 12:30 Duplicate Bridge (L)</p>	<p>6 Heinen's 9:00 Noon Woodshop 9:00 Cardio Strength (D) 10:30- Noon Short Form Tai Chi (CR) 12:00 GOING TO THE DOGS 3 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) 10:30 No Yoga (D) 12:30 Watercolor Class 1:00 Party Bridge (L) 5:30 Zumba (D)</p>	<p>10 9:00 Strength & Balance. 10:00 Cardio Strength 9:00-Noon Woodshop 8:30 Men's Pinochle (L) 9:00 Ladies Pinochle (L) 1:00 Movie "Taken 2" 7:00 Evening Party Bridge</p>	<p>11 Drug Mart/Giant Eagle 9:00-Noon Woodshop 9:00 Computer Lessons (L) 9:30 Knitting/Needlecrafts (L) 5:30 Zumba (D) 7:00 PM Duplicate Bridge</p>	<p>12 9:00-Noon Woodshop 11:30 LUNCH BUNCH Rue 254 Line Dance (D) 10:00 Easy Does It 11:00 Challenging 12:30 Duplicate Bridge (L)</p>	<p>13 Heinen's 9:00 Noon Woodshop 9:00 Cardio Strength (D) 10:00 Antiques Club - Holiday Decorations 10:30- Noon Short Form Tai Chi <i>new session</i> 11:00 HEALTHY FOODS 10 SATURDAY 7:00 Ballroom Dance Practice</p>
<p>16 Heinen's Promenade 9:00-Noon Woodshop 9-11:00 Health Screening (C) 10:00-11:30 Wu Style Tai Chi (CR) 10:30 Chair Yoga (D)<i>new session</i> 12:30 Watercolor Class 1:00 Party Bridge (L) 5:30 Zumba (D)</p>	<p>17 9:00. Strength & Balance (D) 10:00 Cardio Strength (D) 9:00-Noon Woodshop 8:30 Men's Pinochle (L) 9:00 Ladies Pinochle (L) 10:00-4 Cards, Games & Lunch(L) 12:45 Painting the Modern Garden 7:00 Evening Party Bridge</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 12:30L&L WELLNESS- MEDITATION 5:30 Zumba (D) 7:00 PM Duplicate Bridge</p>	<p>19 9:00-Noon Woodshop Line Dance (D) 10:00 Easy Does It 11:00 Challenging 12:30 Duplicate Bridge (L)</p>	<p>20 Heinen's 9:00 Cardio Strength (D) 9:00 Noon Woodshop 10:30- Noon Short Form Tai Chi (CR) 11:00 Book Discussion 17 SATURDAY 7:00 Ballroom Dance Practice</p>
<p>23 Heinen's Promenade 9:00-Noon Woodshop 9-11:00 Health Screening 10:00-11:30 Wu Style Tai Chi (CR) New Session 10:30 Chair Yoga (D) 1:00 Party Bridge (L) 5:30 Zumba (D)</p>	<p>24 9:00 Strength & Balance. (D) 10:00 Cardio Strength (D) 9:00-Noon Woodshop 8:30 Men's Pinochle (L) 9:00 Ladies Pinochle (L) 1:00 Movie "Darling Companion" 7:00 Evening Party Bridge</p>	<p>25 Drug Mart/Giant Eagle 9:00-Noon Woodshop 9:00 Computer Lessons (L) 9:30 Knitting/Needlecrafts (L) 10:00 Book Discussion(D) 5:30 Zumba (D) 7:00 PM Duplicate Bridge</p>	<p>26 HAPPY THANKSGIVING </p>	<p>27 DWYER CENTER CLOSED</p>
<p>30 Heinen's Promenade 9:00-Noon Woodshop 9-11:00 Health Screening (C) 10:00-11:30 Wu Style Tai Chi (CR) 10:30 Chair Yoga (D) 1:00 Party Bridge (L) 12:30 Watercolor class <i>new session</i> 5:30 Zumba (D)</p>			<p>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</p>	

Your advertisement here: Business card size ad \$150/year

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The Normandy Apartments offers a range of spacious, modern floor plans and a rich menu of amenities, personal care plans and a la carte services. Plus, gain peace of mind from the full spectrum of health and rehabilitative services right on campus.

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605 Bradley Road
Bay Village
(440) 871-3474
ONeillHC.com

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!

With the cold weather coming, don't stop moving! Come to the Dwyer Center and join an exercise class!

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 11/16. Please dress comfortably and bring a yoga mat. : **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 ~ New session starts 11/23. Wu Style at the **Police Community Room.** No class .

QiGong-Simplified 24 form (beginners)

FRIDAYS: 10:30 - Noon ~ New session starts 11/13 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.

KNITTING AND CROCHETING Wednesdays at 9:30 am.

Stop by Dwyer on Wednesday mornings and join the ladies as they knit, crochet, rug hook, etc. and visit with other needle crafters.

FiestaFit CardioStrength Class Tuesdays at 10:00 a.m. and NEW class Fridays at 9:00 a.m.!



For Baby Boomers and active, stronger seniors, CardioStrength is an aerobics class that's safe and heart-healthy, but gentle on joints. Participants must be able to perform a minimum of 30 minutes of continuous standing aerobic activity, followed by strength training using weights or other resistance equipment. Instructor: Sheri Lugo. **Silver Sneakers Members: FREE. Non-members:** Single class \$5, Five class pass \$20, Ten class pass \$37.50.

STRENGTH & BALANCE!

Tuesday mornings at 9:00 a.m.



Instructor is Sheri Lugo,. Cost: **Silver Sneakers Members: FREE. Non-members:** Single class \$5, Five class pass \$20, Ten class pass \$37.50.

LINE DANCING IS BACK!! Thursdays with Ronna

Six week session begins **Thursday, November 5**

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



DWYER'S FRIDAY BOOK CLUB with Librarian Barbara Isaacs:

11:00 a.m. - Dwyer Center

Date

Title/Author

Nov. 20 *Behind the Beautiful Forevers* by Katherine Boo

BOOK DISCUSSION: 3rd Wednesday of each month

10:00 a.m. - Dwyer Center

Date

Title/Author

Nov. 18 *The Dead Key* by DM Pulley

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

THE WAY (2010) Drama - Rated PG-13 - Nov. 3 When his son dies while hiking the Camino de Santiago pilgrimage route in the Pyrenees, a grieving father flies to France to claim the remains. Looking for insights into his estranged child's life, he decides to complete the 500-mile trek to Spain. Starring Martin Sheen and Emilio Estevez.

TAKEN 2(2015) - Thriller - Rated PG -13- Nov. 10 Retired special ops agent Bryan Mills and his ex-wife are abducted in Istanbul in a bid to avenge the deaths of his daughter Kim's kidnappers. This time, it's Kim who helps to free her parents -- unleashing Bryan to turn the tables on his abductors. Starring Liam Neeson.

DARLING COMPANION - Comedy - (1974) - Rated PG-13 - Nov. 24 .Dealing with an empty nest and self-absorbed husband Joseph, Beth develops a deep bond with a dog she rescues -- and when Joseph loses the dog after a wedding, Beth joins forces with wedding guests in a search that takes some unexpected turns. Starring Diane Keaton and Kevin Kline.

THANK YOU

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

Refreshments & Supplies: , John Peterson, Bob Goodwin, Penny Dolski, Dan Corcoran

Cards Games & Lunch: Westlake Village

Lunch & Learns: Rae-Ann, Crossroads Hospice

Monster Mash Lunch: O'Neill Healthcare Bay Village

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

**Dr. Coppers, DPM,LLC Podiatric
Physician and Surgeon in the Dwyer Clinic
Tuesday, November 3 ~ 9:00 am
Call (216) 529-1800 for appt.
Ask for Danielle**

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. Mr. Frye will be available on Wednesday, **Nov. 4 and 18**. Appointments are available 9:00, 9:30, and 10:00 a.m. Call 835-6565 to schedule an appointment:



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