

PRIME TIMES

NEWS FOR ADULTS AGE 55 AND OVER

CHRISTMAS LUNCHEON

Friday, December 11, 11:30 James Kelley returns to the Dwyer Center to entertain us with "Fiddle Christmas". Following the performance at 11:00, enjoy a delicious meal by Chef Jim Smith from Towne Center Community Campus. **Cost \$2. RSVP 835-6565 by Wed. December 9th.**

THE NUTCRACKER BALLET

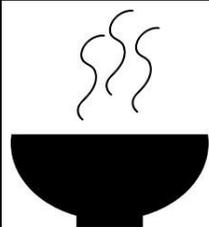
Friday, December 18th, depart 9:45 a.m. This special matinee performance is a condensed and narrated version of Tchaikovsky's full length ballet at the Olmsted Performing Arts in Olmsted Falls. It will include a post performance Q & A with the professional dancers and choreographer. Cost is \$15. Limit is 14. Call 835-6565.



8th ANNUAL SOUP COOK-OFF

SAVE THE DATE:

**Friday, January 29th
11:30 a.m.—1:30 p.m.**



Ten local chefs will be competing for your vote at our 8th Annual Soup Cook-off. All proceeds from this fundraiser benefit the Dwyer Center. Look for all the details in the January newsletter.

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



MUSIC BINGO Ohio™

BINGO + MUSIC + FUN =
A MUSIC BINGO PARTY

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**

HOLIDAY CARING AND SHARING PROGRAM

Your tax-deductible donation to the Holiday Caring and Sharing/Emergency Fund helps those in need in the Bay Village community. The City pays up to \$250 to prevent utility disconnection, medical care, food, shelter, protection, safety and/or counseling for the citizens and residents of the City. Please see Leslie Selig for additional information and details. Thank you for your support!

BEWARE THESE SCAMS!

The Ohio Attorney General's office reports the following scams that are targeted to seniors, and may be more likely to happen in the holiday season: Please be careful!

Phony Charities :You receive a call or letter asking you to make a charitable donation from someone who is only pretending to represent a charity. Always ask how much of your donation would actually go to the charity. Charitable organizations must register with the Ohio Attorney General's Office.

Identity Theft: This occurs when a criminal uses someone else's personal information, such as a credit card number, bank account number, insurance information, or Social Security number, to purchase goods or services fraudulently. Often, criminals commit identity theft by opening new accounts in a consumer's name, purchasing products, and then leaving the consumer to pay the bill. To help prevent identity theft, never give personal information to anyone you don't know or trust.

DECEMBER LUNCH & LEARNS

PLEASE RSVP AT 835-6565 FOR EACH OF THESE DATES

HOW TO CHOOSE HOME CARE, Friday Dec. 4, 12:30pm

" Choosing the best care when aging is not only complex, with multiple options available, it's also highly personal and often emotional. This program guides families through a comprehensive range of things to consider, step by step so they can make a better informed decision and be confident that they are receiving the best care possible. Checklists and diagnostics will help you:

1. Decide if at home care is the right choice
2. Evaluate the pros and cons of retirement communities, adult care centers, non medical caregivers, assisted living, nursing homes, and hospice
3. Determine the cost of senior care options.

Sponsored by Home Instead Senior Care. **RSVP 835-6565.**

WATERCOLOR CLASSES With Joyce Bolet

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

Mondays 12:30-3:00 beginning January 4

A new 6 class session of watercolor will begin after the holidays. It will meet 1/4, 1/11, (No class 1/18), 1/25, 2/1, 2/8, (no class 2/15) and 2/22. The class is for intermediate and advanced watercolor students. Students should bring their supplies to the first class. Residents \$68. Non residents \$70. Registration and payment due prior to the first day of class. 835-6565

LUNCH, CARDS AND GAMES

Tuesday, December 15: 10 am - 3 pm.

Lunch is compliments of Devon Oaks.

Seating limited. R.S.V.P. 835-6565 by noon Friday, 10/16



LUNCH BUNCH

Thursday, Dec. 10 , 11:30 a.m.

Sapori takes a decidedly modern approach to classic, homemade Italian cuisine. Locals can enjoy great "casalinga" homestyle cooking and more than 100 wines at modest, reasonable prices. Their menu features classical Italian dishes of pastas, veal and seafood,



**Check for Ability PAINTING
THE MODERN GARDEN-PART II**
Tuesday, December 8, depart 12:45
Due to popular demand, we are offering a second trip to the The Cleveland Museum of Art. Cost is \$25. Which includes an audio recording with ear phones and transportation. **835-6565**

COMING SOON

2016 TOUR PREVIEW

Brochures are now available at Dwyer

Fun filled extended trips with Wendt Tours:

SPRINGTIME DOWN SOUTH: 7 day in late April includes Charleston, Savannah and Jekyll Island.

TREASURES OF OTTAWA BY RAIL 5 days in late August to Canada's National Capital

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

CANASTA Wednesday afternoons 1:00. Bring a friend and join the fun!

REMEMBER: If Bay Village schools are closed due to weather, the Dwyer Center will also be closed and transportation services cancelled.



DECEMBER 2015



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>L= Laverty 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>7 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 (D) 12:30 Watercolor Class 1:00 Party Bridge (L) 5:30 Zumba (D)</p>	<p>1 9:00 Strength & Balance. 9:00-Noon Woodshop 8:30 Men's Pinochle (L) 9:00 Ladies Pinochle (L) 10:00 Cardio Strength (D) 1:00 Movie "The Age of Adeline" 7:00 Evening Party Bridge</p> <p>8 9:00 Strength & Balance. 10:00 Cardio Strength Demo 9:00-Noon Woodshop 8:30 Men's Pinochle (L) 9:00 Ladies Pinochle (L) 12:45 ART MUSEUM/Monet departs 1:00 Movie "The Love Punch" 7:00 Evening Party Bridge</p>	<p>2 Drug Mart/Giant Eagle 9:00-Noon Woodshop 9:00 Computer Lessons (L) 9:00 Attorney 9:30 Knitting/Needlecrafts (L) 10:00 MUSIC BINGO 5:30 Zumba (D) 7:00 PM Duplicate Bridge</p> <p>9 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>3 9:00-Noon Woodshop Line Dance (D)<i>new session</i> 10:00 Easy Does It 11:00 Challenging 12:30 Duplicate Bridge (L)</p> <p>10 9:00-Noon Woodshop 11:30 LUNCH BUNCH Sapori Line Dance (D) 10:00 Easy Does It 11:00 Challenging 12:30 Duplicate Bridge (L)</p>	<p>4 Heinen's 9:00 Noon Woodshop 9:00 Cardio Strength 10:30- Noon Short Form Tai Chi 12:30 HOW TO SELECT HOMECARE 1:00 Grief Support 5 SATURDAY 7:00 Ballroom Dance Practice</p> <p>11 Heinen's 9:00 Noon Woodshop 10:30- Noon Short Form Tai Chi 11:30 CHRISTMAS LUNCHEON 1:00 Grief Support</p> <p>12 SATURDAY 7:00 Ballroom Dance Practice</p>
<p>14 Heinen's Promenade 9:00-Noon Woodshop 9-11:00 Health Screening (C) 10:00-11:30 Tai Chi Xmas 10:30 Chair Yoga (D) 12:30 Watercolor Class 1:00 Party Bridge (L) 5:30 Zumba (D)</p>	<p>15 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) 7:00 Evening Party Bridge</p>	<p>16 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 (I) 5:30 Zumba (D) 7:00 PM Duplicate Bridge</p>	<p>17 9:00-Noon Woodshop Line Dance (D) 10:00 Easy Does It 11:00 Challenging 12:30 Duplicate Bridge (L)</p>	<p>18 Heinen's 9:00 Noon Woodshop 9:00 Cardio Strength 9:45 THE NUTCRACKER 10:30- Noon Tai Chi Xmas 11:00 Book Discussion 1:00 Grief Support</p> <p>19 SATURDAY 7:00 Ballroom Dance Practice</p>
<p>21 Heinen's Promenade 9:00-Noon Woodshop 9-11:00 Health Screening 10:00-11:30 Wu Style Tai Chi (CR) 10:30 Chair Yoga (D) NO WATERCOLOR 1:00 Party Bridge (L) 5:30 Zumba (D)</p>	<p>22 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 "The Christmas Candle" 7:00 Evening Party Bridge</p>	<p>23 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>24 9:00-Noon Woodshop NO Duplicate Bridge (L) CENTER CLOSED AT NOON</p>	<p>25</p> 
<p>28 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 Chair Yoga 1:00 Party Bridge (L) 12:30 Watercolor class 5:30 Zumba (D)</p>	<p>29 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 "I'll See You in My Dreams" 7:00 Evening Party Bridge</p>	<p>30 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>31 9:00-Noon Woodshop NO Duplicate Bridge (L)</p>	

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

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**O'Neill
Healthcare**
BAY VILLAGE

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
 10-11 a.m. for basic steps/easy does it classes
 11-noon experienced dancers that want a challenge. *Instructor permission required.*



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

<u>Date</u>	<u>Title/Author</u>
Dec. 18	<i>The Boston Girl</i> by Anita Diamant

BOOK DISCUSSION: 3rd Wednesday of each month
10:00 a.m. - Dwyer Center

<u>Date</u>	<u>Title/Author</u>
Dec. 16	<i>The All Girl Filling Station's Last Reunion</i> by Fannie Flag

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

THE AGE OF ADELIN (2015) Drama - Rated PG-13 - Dec. 1 After 29-year-old Adaline recovers from a nearly lethal accident, she inexplicably stops growing older. As the years stretch on and on, Adaline keeps her secret to herself -- till she meets a man who changes her life. Starring Blake Lively, Ellen Burstyn, Harrison Ford.

THE LOVE PUNCH(2015) - Comedy - Rated PG -13- Dec. 8 Richard and Kate might be divorced, but they still share a retirement nest egg. So when it goes missing, they go after the financier they hold responsible by staging a heist on the Côte d'Azur. Starring Pierce Brosnan and Emma Thompson.

The Christmas Candle (2013) Drama - Rated PG - Dec. 22 In the village of Gladbury, it's believed that every 25 years an angel comes on Christmas Eve bearing a miracle for one of the residents. But the arrival of a new minister with fresh ideas threatens to extinguish the age-old tradition.

I'LL SEE YOU IN MY DREAMS - Romance - (2015) - Rated PG-13 - Dec. 29 .With her well-ordered life thrown out of balance by the death of her beloved canine companion, aging widow Carol Petersen -- who hasn't dated in 20 years -- unexpectedly finds herself involved with two very different men. Starring Blythe Danner, Martin Starr.

THANK YOU

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

Refreshments & Supplies: , Bob Goodwin, Penny Dolski, Fred Illius

Cards Games & Lunch: Independence Village

Lunch & Learns: Heinen's, Hospice of the Western Reserve

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,

**Dr. Coppers, DPM,LLC Podiatric
Physician and Surgeon in the Dwyer Clinic
Tuesday, January 5 ~ 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 available on Wednesday, **Dec. 2 and 16.** Appointments are available 9:00, 9:30, and 10:00 a.m. Call 835-6565 to schedule an appointment:

Merry
Christmas

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