

# PRIME TIMES

NEWS FOR ADULTS AGE 55 AND OVER



## 8th ANNUAL SOUP COOK-OFF

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. A **\$5 donation** includes soup, rolls and beverages and a chance at a drawing for door prizes.

This popular event is always a sell-out and **seating is limited, therefore, ALL TICKETS MUST BE PURCHASED IN ADVANCE.** phone reservations will not be accepted. A \$5 check made payable to The City of Bay Village will hold your reservation. All proceeds from this fundraiser benefit the Dwyer Center. Event sponsored by:

SeniorBridge®



THE  
NORMANDY



## LUNCH BUNCH Jake's on the Lake

Thursday, Jan. 14th 11:30a.m.  
Cost is \$5.00

Jake's is not actually on Lake Erie but located on the south side of Lake Road at the intersection of Lake and Avon Point Drive. Jake's is a family owned and operated restaurant. They proudly serve family style food and spirits. They feature daily lunch and dinner specials. Fresh Lake Erie perch is one of their signature items. 835-6565/



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

## FREE TAX ASSISTANCE BEGINS FRIDAY, FEBRUARY 5



The **AARP Tax Assistance Program** begins the first Friday in February for people who have less than \$75,000/yr income. The IRS trained & certified volunteer tax counselor will do your returns.

The program will continue every Friday until mid-April. The returns are filed electronically and there is no charge!! For an appointment, call Community Services at **899-3409 or 899-3442** after the first of the year.

## 2015 TAX LAWS with Lou Popp

Mon. Feb. 8 at 10:00. Come learn about the new laws and income tax changes, as well as trusts and estates changes.

RSVP 835-6565.



## TRIP TO THE RAINFOREST AT THE CLEVELAND ZOO!

Thursday, January 21st at 10:00 a.m.

The RainForest showcases more than 10,000 plants and over 600 animals from the jungles of Asia, Africa and the Americas. This unique two-acre, two-level exhibit is one of the largest of its kind in the country. It's also a welcome warm and green location in January! Cost is \$20.00, which includes the price of the ticket, which is also valid for a later trip we will plan to the zoo in the warm weather. Lunch will be at the Rainforest café, where you may either buy your lunch or bring your own. 835-6565.

**Please Note: The Dwyer Center will be CLOSED on NEW YEARS DAY and MARTIN LUTHER KING DAY, January 19th.**  
And...

**DON'T FORGET: WHEN THE BAY SCHOOLS ARE CLOSED FOR SNOW DAYS THE DWYER CENTER IS ALSO CLOSED**

## LUNCH & LEARNS

**HOW TO AVOID FALLS & STAY SAFE IN YOUR HOME,**  
Friday, Jan. 21st at 11:30 a.m. Most of us want to stay in our homes as we age, and falls are one of the biggest hazards to deal with.. Learn some tips to make your home safe. Sponsored by Integrity Home Care. **RSVP 835-6565.**

### **BRAINERCIZE, Wednesday, Feb. 3 at 12:00 p.m.**

This program challenges participants to exercise their brains with puzzles, word games, and trivia, all the while explaining the functions of their brain and working memory. Sponsored by Arden Courts. **RSVP 835-6565.**

## WATERCOLOR CLASSES with Joyce Bolte

### **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

## Coffee and Conversation with Krystyna

**Wednesday, January 13th at 1:00 p.m.** The Coffee and Conversation with Krystyna discussion group will be back from their Holiday break and starting the New Year with a **new meeting day and time.** Starting 1/13/16 the group will be meeting the 2<sup>nd</sup> Wed. of the month at 1PM in the Dwyer Center Library area.

## COMPUTER TRAINING ON WEDNESDAYS

Did you get a new computer for xmas? Volunteer computer tutor , Kaethe is available Wed. at 9 & 10 AM. Enjoy one-on-one computer lessons with our tutor. Learn the basics, search the web, create an email account or just learn how to use a computer. Call 835-6565 for an appointment. Cost is \$2.00 for one hour.

**Sit and Stitch” Wednesdays at 9:30am**  
All needle workers are welcome! Stop by the Dwyer Center and join with other needle crafters to sew, quilt, knit, crochet etc. while sharing enjoyable conversation.

### **Save the Date:**

## VALENTINE'S DAY LUNCH Wednesday, Feb. 10th at 11:30 a.m.



Lunch compliments of Towne Center Community Campus. RSVP 835-6565 by Feb. 5th.

## 2016 TOUR PREVIEW

### **Fun filled extended trips with Wendt Tours:**

**Wed. March 16, 2PM:** Richard Urbas from Wendt Touring will provide highlights of two upcoming trips:

**SPRINGTIME DOWN SOUTH:** 7 days – April 23-29, 2016 Experience all of the Southern charm and beauty that this Atlantic coast area has to offer. The Golden Isles, Charleston and Savannah are said to be a way of life preserved. Enjoy scrumptious cuisine, old world architecture, sparkling gardens and Civil War history throughout this customized tour

**TREASURES OF OTTAWA BY RAIL** Canada's National Capital 5 days – August 24-28, 2016 . Regal and vibrant Ottawa is one of the great underrated gems of Canada. Enjoy first class tour features as we travel through Canada on VIA Rail's sleek and modern LRC train along the shores of Lake Ontario.



**ANTIQUES CLUB: Jan 8th at 10:00 a.m.** Items from the kitchen...tools, utensils, gadgets and "what the heck was that used for?" Bring your treasures to share.

## LUNCH, CARDS AND GAMES Tuesday, January 19: 10 am - 3 pm.

Lunch is compliments of The Normandy.  
**Seating limited. R.S.V.P. 835-6565 by noon Friday,**



**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!**

# JANUARY 2016

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>L= Lavery 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><b>4 Heinen's Promenade</b> 9:00-Noon Woodshop 9-11:00 Health Screening (C) 10:00-11:30 Wu Style Tai Chi (CR) <b>10:30 New Yoga Class Session Begins(D)</b> <b>12:30 New Watercolor Class Session Begins (D)</b> 1:00 Party Bridge (L) 5:30 Zumba (D)</p>	<p><b>5 9:00 PODIATRIST</b> 9:00 Strength &amp; Balance. 10:00 Cardio Strength 9:00-Noon Woodshop 8:30 Men's Pinochle (L) 9:00 Ladies Pinochle (L) <b>1:00 Mission: Impossible - Rogue Nation</b> 7:00 Evening Party Bridge</p>	<p><b>6 Drug Mart/Giant Eagle</b> 9:00-Noon Woodshop <b>9:00 NO ATTORNEY</b> 9:00 Computer Lessons (L) 9:30 Knitting/Needlecrafts (L) 5:30 Zumba (D) 7:00 PM Duplicate Bridge</p>	<p><b>7 9:00-Noon Woodshop</b> Line Dance (D) 10:00 Easy Does It 11:00 Challenging 12:30 Duplicate Bridge (L)</p>	 <p><b>2 SATURDAY</b> 7:00 Ballroom Dance Practice</p> <p><b>8 Heinen's</b> 9:00 Noon Woodshop <b>10:00 Antiques Club</b> 10:30- Noon Short Form Tai Chi <b>No Grief Support Group – New Session will begin April 29</b></p> <p><b>9 SATURDAY</b> 7:00 NO Ballroom Dance Practice</p>
<p><b>11 Heinen's Promenade</b> 9:00-Noon Woodshop 9-11:00 Health Screening (C) 10:00-11:30 Tai Chi 10:30 Chair Yoga (D) 12:30 Watercolor Class 1:00 Party Bridge (L) 5:30 Zumba (D)</p>	<p><b>12 9:00. Strength &amp; Balance (D)</b> 10:00 Cardio Strength (D) 9:00-Noon Woodshop 8:30 Men's Pinochle (L) 9:00 Ladies Pinochle (L) <b>1:00 Kingsman: The Secret Service</b> 7:00 Evening Party Bridge</p>	<p><b>13 Drug Mart/Giant Eagle</b> 9:00-Noon Woodshop 9:00 Computer Lessons (L) 9:30 Knitting/Needlecrafts (L) <b>1:00 Coffee &amp; Conversation (L)</b> 5:30 Zumba (D) 7:00 PM Duplicate Bridge</p>	<p><b>14 9:00-Noon Woodshop</b> <b>New Line Dance (D)</b> <b>10:00 Easy Does It</b> <b>11:00 Challenging</b> <b>11:30 LUNCH BUNCH Jake's on the Lake</b> 12:30 Duplicate Bridge (L)</p>	<p><b>15 Heinen's</b> 9:00 Noon Woodshop 9:00Cardio Strength 10:30- Noon Short Form Tai Chi</p> <p><b>16 SATURDAY</b> 7:00 Ballroom Dance Practice</p>
<p><b>18</b> <b>MARTIN LUTHER KING JR. DAY</b> <b>CENTER CLOSED</b></p>	<p><b>19 9:00 Sirength &amp; Balance. (D)</b> 10:00 Cardio Strength (D) 9:00-Noon Woodshop 8:30 Men's Pinochle (L) 9:00 Ladies Pinochle (L) <b>10:00-4 Cards, Games &amp; Lunch (L)</b> 7:00 Evening Party Bridge</p>	<p><b>20 Drug Mart/Giant Eagle</b> 9:00-Noon Woodshop <b>9:00 NO ATTORNEY</b> 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><b>21 9:00-Noon Woodshop</b> Line Dance (D) 10:00 Easy Does It 11:00 Challenging Duplicate Bridge (L)</p>	<p><b>22 Heinen's</b> 9:00 Noon Woodshop 9:00Cardio Strength 10:30- Noon Short Form Tai Chi 11:00 Book Club (L) <b>11:30 LUNCH &amp; LEARN: AVOID FALLS/STAYSAFE AT HOME</b></p> <p><b>23 SATURDAY</b> 7PM Ballroom Dance Practice</p>
<p><b>25 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 1:00 Party Bridge (L) 12:30 Watercolor class 5:30 Zumba (D)</p>	<p><b>26 9:00 Strength &amp; Balance. (D)</b> 10:00 Cardio Strength (D) 9:00-Noon Woodshop 8:30 Men's Pinochle (L) 9:00 Ladies Pinochle (L) <b>1:00 Some Kind of Beautiful</b> 7:00 Evening Party Bridge</p>	<p><b>27 Drug Mart/Giant Eagle</b> 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><b>28 9:00-Noon Woodshop</b> Line Dance (D) 10:00 Easy Does It 11:00 Challenging Duplicate Bridge (L)</p>	<p><b>29 Heinen's</b> 9:00- Noon Woodshop <b>9:00 NO Cardio Strength</b> 10:30- Noon Short Form Tai Chi <b>11:30-1:30 SOUP COOKOFF !!</b></p>

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

Live effortlessly at  
The Normandy Apartments



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](http://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 Bay Village 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!**

**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 1/4. Please dress comfortably and bring a yoga mat. : **Silver Sneakers Members: FREE.** Non-members: \$48 for residents, \$50. For non residents or \$10. to

**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.



**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® (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.

**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 Thursdays with Ronna**



Six week session begins 1/14.  
 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>
Jan. 22	<i>Brooklyn</i> by Colm Toibin

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

<u>Date</u>	<u>Title/Author</u>
Jan. 20	<i>The Boston Girl</i> by Anita Diamant.

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

**MISSION: IMPOSSIBLE—ROGUE NATION (2015) Action/Drama - Rated PG-13 - Jan. 5** Legendary superspy Ethan Hunt pushes his mental and physical capabilities to the limit once again as he accepts another ridiculously dangerous assignment in this explosive globe-trotting sequel. Starring Tom Cruise, Jeremy Renner.

**KINGSMAN: THE SECRET SERVICE(2015) - Action - Rated R - Jan. 12** Seeing untapped potential in a wayward teenager, veteran secret agent Harry Hart recruits the young delinquent and schools him in the skills that will ultimately transform him into a superspy. Starring Colin Firth, Samuel L. Jackson, Michael Caine.

**SOME KIND OF BEAUTIFUL - Romance - (2015) - Rated R - Jan. 26** Poetry professor Richard Haig weaves a tangled web out of his romantic life, which includes an affair with a graduate student whom he's impregnated. But when he falls in love with her stepsister, Haig begins to reassess his profligate life. Starring Pierce Brosnan, Salma Hayek, Jessica Alba.

# THANK YOU

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

**Refreshments & Supplies:** , Fred Illius, Dan Corcoran, Eric Townsend

**Cards Games & Lunch:** Devon Oaks

**Lunch & Learns:** Huntington Woods, Home Instead,

**Christmas Lunch:** Towne Center Community Campus

## BLOOD PRESSURE MONDAYS

Every **FIRST** Monday, 9:00-10:00 am. Clinic  
FREE BLOOD PRESSURE, The Normandy

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

**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 not be available in January or February 2016. He will return on **March 2 and 16**. 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**