THE BAY VILLAGE MARCH 2016

PRIME TIMES

NEWS FOR ADULTS AGE 55 AND OVER

DUCK TAPE HEADQUARTERS TOUR MARCH 24TH, 9:30 a.m.

Join us on Thursday, March 24th for a 2 hour tour of the Duck Tape manufacturing facilities in Avon. We will view two videos: How DuckTape® is Made and The History of DuckTape®. We will also see manufacturing, distribution and office areas which include numerous displays and sculptures made out of DuckTape®. We will also participate in a make-it-take-it crafting session and have the opportunity to shop from a kiosk. Cost of the tour is $5, and is paid at the door. CLOSED TOE walking shoes MUST be worn on the tour, and a minimum of 10 people is required for the group tour.

Transportation cost: $5. RSVP at 835-6565.

ST. PATRICK'S DAY CELEBRATION!

Thursday, March 17th 10 a.m.—1 p.m.

Upon entering the door receive your own personalized "Leprechaun name", enter to win St. Pat's related door prizes and enjoy light refreshments. **Gold & Silver Events** will be at the Dwyer center to purchase your unwanted gold for cash as well as Silver, Platinum, earrings, chains, watches, rings, class rings, charm bracelets, pocket watches, necklaces, pendants, outdated and broken items, coffee and tea service, flatware, dinnerware, candlesticks, accessories, coins nuggets and ingots.

COME JOIN THE FUN!!

LUNCH BUNCH - THURSDAY MARCH 10TH 11:30 a.m. -

An old-style tavern that's been known as Herb's for more than 40 years. Have a drink and a soup, salad or sandwich and kick back with friends.

FREE TAX ASSISTANCE FRIDAYS THROUGH APRIL 15TH

The **AARP Tax Assistance Program** offers free, individualized tax preparation for low-to moderate-income taxpayers - especially those 60 and older. The program runs every Friday (except Good Friday, March 25th) until mid-April, from 8:30 to 11:00 a.m. For an appointment, call Community Services at **899-3409 or 899-3442** .

AARP Driver Safety Class Wednesday, March 9, Noon-4:00 p.m.

The AARP Smart Driver Course covers defensive driving techniques and the normal changes in vision, hearing, and reaction time associated with aging. The course also provides practical techniques for adjusting to these changes to ensure the driver's own safety and that of others on the road. During the course, participants learn about current rules of the road and how to operate their vehicles more safely in today's increasingly challenging driving environment. **Cost: $15 for AARP members and $20 for non-members. Make checks payable to AARP or pay with cash.** Register: 835-6565.

HEARING SCREENING & HEARING AID CHECK-UP Thursday, March 31 9-11 a.m.

Dr. Allison O'Grady from HEARWRIGHT will be here to conduct free hearing screenings, clean and check your hearing aids, examine your ears for blockage or ear wax, and will have batteries for sale. Sign in upon arrival, first come, first served.

MEDICARE AND YOU Wed., March 23 at 10:30 a.m.

Hosted by Ohio Senior Health Insurance Information Program (OSHIIP). Many people who join Medicare have questions and concerns about their new, different type of health insurance. In addition, important deadline exist for certain benefits. Come get your questions answered and learn about Medicare benefits, supplemental insurance policies, Medicare Advantage plans and prescription drug coverage. Register at 835-6565.

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

Leslie Noss
Activities Manager
440-835-6565

Maureen Overholser
Transportation Coordinator
440-899-3410

LUNCH & LEARNS

LEAVING A LEGACY, MATTERS OF THE HEART, Wednesday, March 16 at 12:30 p.m. Unlike legal wills that transfer material possessions, an ethical will bequeaths personal values, reflections, traditions, advice and memories to loved ones. Join us to learn more. Sponsored by Hospice of the Western Reserve. **RSVP 835-6565.**

NEW! CREATIVE STIRRINGS READERS'THEATRE & ARTS, Tuesday, March 22, 10:00 a.m.

You are invited to attend a social gathering introducing "Creative Stirrings," a new class beginning this Spring at the Dwyer Center. Enjoy a warm beverage and light fare as we discuss the details of this Readers' Theatre and Arts Group. Your input is welcome! We will consider the dramatic subjects and themes to be featured in class. Bring a friend! A class series will be offered April 4, 11, 18 & 25 from 3:30-5PM $15 for Bay residents $20 for non-residents. Registration open now.

Coffee and Conversation with Krystyna

Wednesday, March 9th at 1:00 p.m. This group will now be meeting the 2nd Wed. of the month at 1PM in the Dwyer Center Library

COMPUTER TRAINING ON WEDNESDAYS

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 .Cost is $2.00 for one hour.

Sit and Stitch" Wednesdays at 9:30am

March is National Craft Month! Every Wed. at 9:30 AM the Knitting/Needlecrafts group meet to work on their individual creations and discuss the topics of the day. If you have ever wanted to learn how to knit, quilt, or needlecraft the members will gladly share their knowledge. Why not start now on a special blanket for that new grandbaby or some Birthday or Christmas presents for friends and family and for yourself!

Due to the increasing popularity of some of our programs, wait lists have been occurring. Please be sure to contact us promptly to register for programs. If you register and cannot participate please let us know so someone on the wait list can attend. Thank you for your interest in our activities!

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. DETAILED FLYERS AND REGISTRATION FORMS ARE AVAILABLE ON THE ENTRANCE TABLE AT THE DWYER CENTER:

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

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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: There will be no Antiques Club Meeting in March – April 8 meeting discussions Topic will be : Vintage and Antique Jewelry. Members of the antiques club have fun sharing their knowledge, treasures and the stories behind them with the group. Everyone is welcome regardless if they have something to share or not.

LUNCH, CARDS AND GAMES
Tuesday, March 15: 10 am - 4 pm.

Lunch is compliments of Rae-Ann Skilled Nursing & Rehab
Seating limited to 40. R.S.V.P. 835-6565 by noon Fri. 3/11.

NEW **! Mexican Train Domino Group Tuesdays at 10 a.m. Please join us and learn a fun, new game!**

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!

NEW TRAVEL WAIVERS ARE REQUIRED FOR 2016

We now only have one waiver for both trips and our transportation service, but they must be renewed annually. Copies are available at the Dwyer Center. Please complete and return it to Dwyer by mail, or drop if off the next time you visit PRIOR to going on a trip. Thank you!

2016 Wellness Program Creates Healthy Seniors!

KICKOFF WEDNESDAY, MARCH 30th
10:00 a.m.

We have all heard that being physically active and eating a healthy diet are keys to a healthy lifestyle, but did you know:

- Just **15 minutes** a day of exercise can help people over age 60 live longer!
- Over 60% of older adults get no regular exercise
- Both diet and exercise can help prevent or manage chronic diseases such as heart disease, cancer, stroke, diabetes and osteoporosis
- Staying healthy allows seniors to stay independent

If you would like to improve your health through nutrition and activity, and have fun while doing it, ***HAVE WE GOT A PROGRAM FOR YOU!!***

Join us on March 30th as we kick off our 2016 Wellness Campaign, which will include:

- 5 presentations and cooking demonstrations from the National Council on Aging to teach easy modifications to make your diet healthier
- The planning, planting and nurturing of our new, large vegetable beds at the Dwyer Center. Those who participate will be given the healthy food that we grow
- The second St. John Westshore Walking Challenge, which the Bay Village Soul Mates won last year!!
- Free diet and exercise materials from Go4Life

Exercise is always much for fun (and successful) when done with a buddy, so come join us!

Healthy (and delicious!) snacks will be served

BAY VILLAGE ROCKS!

Wednesday April 6, 11AM

To celebrate the Rock & Roll Hall of Fame Induction Ceremony we have scheduled a **"King of the Moondoggers"** presentation and musical listening program presented by Dennis Sutcliffe of Lost Cleveland. Follow Alan Freed on his journey to Cleveland and beyond as Rock and Roll is being born. Dance at the Moondog Coronation Ball! Program includes audio clips from nine early Rock and Roll favorites. Light refreshments served. RSVP 835-6565.

myseniorcenter™

In the next few weeks, the Dwyer Center will be rolling out a new computerized attendance tracking system called My Senior Center. Everyone who attends the Dwyer Center for any class or event will be required to register your attendance at a computer kiosk at the front of the building.

If you attend the Westlake Senior Center, you are already familiar with this system. You will be given a small key ring card that will be unique to you. You will simply scan your card, then use a touch screen to record which of the day's activities you are attending.

This system will be new for everyone, so we will all need to be patient as we learn together. This system will allow us to collect valuable data about our programs that will help with future programming, budgeting and reporting. It will also allow us to be much more efficient in our work.

Thank you in advance for your cooperation as we launch this new system!

MARCH 2016

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 8:30 Men's Pinochle (L) 9:00-Noon Woodshop 9:00 Ladies Pinochle (L) 9:00 Strength & Balance. 10:00 Cardio Strength **10:00 Mexican Train Dominos** 1::00 Movie: The Martian 7:00 Evening Party Bridge	**2 Great Northern/Walmart** 9:00-Noon Woodshop 9**:00 ATTORNEY** 9:00 **NO** Computer Lessons (L) 9:30 Knitting/Needlecrafts (L) 1:00 Canasta 5:30 Zumba (D) 7:00 PM Duplicate Bridge	**3** 9:00-Noon Woodshop **NO Line Dance** (D) 10:00 Easy Does It 11:00 Challenging 12:30 Duplicate Bridge (L)	**4 Heinen's** **8:30-11 Tax Prep Assistance** 9:00 Noon Woodshop 9:00 Cardio Strength (CR) 10:30- Noon Short Form Tai Chi (CR) **5 SATURDAY** 7:00 Ballroom Dance Practice
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 New Yoga Class Session Begins(D)** 12:30 Watercolor Class (D**)** 1:00 Party Bridge (L) 5:30 Zumba (D)	**8** 8:30 Men's Pinochle (L) 9:00-Noon Woodshop 9:00 Ladies Pinochle (L) **9:00 Podiatrist** 9:00 Strength & Balance 10:00 Cardio Strength **10:00 Mexican Train Dominos** 1:00 Movie: The Intern 7:00 Evening Party Bridge	**9 Drug Mart/Giant Eagle/Prom.** 9:00-Noon Woodshop 9:00 **NO** Computer Lessons (L) 9:30 Knitting/Needlecrafts (L) **Noon-4PM AARP Safe Driving (D)** **1:00 Coffee & Conversation (L)** 1:00 Canasta 5:30 Zumba (D) 7:00 PM Duplicate Bridge	**10** 9:00-Noon Woodshop **NEW 6 Week Line Dance Begins** (D) 10:00 Easy Does It 11:00 Challenging **11:30 LUNCH BUNCH** 12:30 Duplicate Bridge (L)	**11 Heinen's** **8:30-11 Tax Prep Assistance** 9:00 Noon Woodshop 9:00 Cardio Strength (CR) **10:00 NO Antiques Club** 10:30- Noon Short Form Tai Chi **12 SATURDAY** 7:00 Ballroom Dance Practice
14 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 Class (D) 12:30 Watercolor Class (D**)** 1:00 Party Bridge (L) 5:30 Zumba (D)	**15** 8:30 Men's Pinochle (L) 9:00-Noon Woodshop 9:00 Ladies Pinochle (L) 9:00. Strength & Balance (D) 10:00 Cardio Strength (D**)** **10:00 Mexican Train Dominos** **10:00-4 Cards, Games & Lunch (L)** 7:00 Evening Party Bridge	**16 Drug Mart/Giant Eagle/Prom.** 9:00-Noon Woodshop 9**:00 ATTORNEY** 9:00 Computer Lessons (L) 9:30 Knitting/Needlecrafts (L) 10:00 Book Discussion (D) 1:00 Canasta **12:30 Lunch & Learn: Leave A Legacy (D)** **2:00 Wendt Tour – TRAVEL TALK** 5:30 Zumba (D) 7:00 PM Duplicate Bridge	**17 ST PATRICKS DAY!!** 9:00-Noon Woodshop **10am-1pm GOLD&SILVER SELL EVENT & ST. PATRICKS DAY SOCIAL (L)** Line Dance (D) 10:00 Easy Does It 11:00 Challenging 12:30 Duplicate Bridge (L)	**18 Heinen's** **8:30-11 Tax Prep Assistance** 9:00 Noon Woodshop 9:00 Cardio Strength (CR) **10:00 SKIP-BO Card Game** 10:30- Noon Short Form Tai Chi 11:00 Book Club **19 SATURDAY** 7:00 Ballroom Dance Practice **LAST DAY OF WINTER!!**
21 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 Class 12:30 Watercolor Class (D**)** 1:00 Party Bridge (L) 5:30 Zumba (D	**22** 8:30 Men's Pinochle (L) 9:00-Noon Woodshop) 9:00 Ladies Pinochle (L) 9:00 Strength & Balance. (D) 10:00 Cardio Strength (D) **10:00 Mexican Train Dominos** **10:00 Intro "Creative Stirrings" Reader's Theatre / Art (L)** 1:00 Movie: A Walk in the Woods 7:00 PM Evening Party Bridge	**23 Drug Mart/Giant Eagle/Prom.** 9:00-Noon Woodshop 9:00 Computer Lessons (L) 9:30 Knitting/Needlecrafts (L) **10:30 OSHIIP PRESENTATION, MEDICARE & YOU (D)** 1:00 Canasta 5:30 Zumba (D) 7:00 PM Duplicate Bridge	**24** 9:00-Noon Woodshop **9:30 Trip: Duck Tape HQ** Line Dance (D) 10:00 Easy Does It 11:00 Challenging 12:30 Duplicate Bridge (L)	**25** **GOOD FRIDAY** **HOLIDAY** **CENTER CLOSED**
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** Chair Yoga 12:30 Watercolor Class (D) 1:00 Party Bridge (L) 5:30 Zumba (D)	**29** 8:30 Men's Pinochle (L) 9:00-Noon Woodshop 9:00 Ladies Pinochle (L) 9:00 Strength & Balance. (D) 10:00 Cardio Strength (D) **10:00 Mexican Train Dominos** 1:00 Movie: Ant Man 7:00 PM Evening Party Bridge	**30 Drug Mart/Giant Eagle/Prom.** 9:00-Noon Woodshop 9:00 **NO** Computer Lessons (L) 9:30 Knitting/Needlecrafts (L) **10:00 WELLNESS PROGRAM KICKOFF (D)** 5:30 Zumba (D) 7:00 PM Duplicate Bridge	**31** 9:00-Noon Woodshop **9:00-11:00 HEARWRIGHT HEARING SCREENS (C)** Line Dance (D) 10:00 Easy Does It 11:00 Challenging 12:30 Duplicate Bridge (L)	**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**

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

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BAY VILLAGE

605 Bradley Road
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(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 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 will begin a new session on 3/7. 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 2/22. Wu Style at the **Police Community Room**. NO LONGER SILVER SNEAKERS

QiGong-Simplified 24 form (beginners)
FRIDAYS: 10:30 - Noon ~ New session starts 2/5 at the **Police Community Room**.

Cost: Silver Sneakers Members: **Free**
If not Silver Sneakers, Residents $42, non-residents $44.

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.

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

Date	Title/Author
March *18*	*Deep Down Dark: The Untold Stories of 33 Men Buried in a Chilean Mine and the Miracle That Set Them Free* by Hector Tobar.

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.

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.

LINE DANCING Thursdays with Ronna

New 6 week sessions start March 10th for all classes
Residents—$22. Non-residents—$24

10-11 a.m. for basic steps/easy does it classes.
11-noon experienced dancers that want a challenge. *Instructor permission required.*
NEW EVENING INTERMEDIATE CLASS! 8:00—9:15 p.m.

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

Date	Title/Author
March 16	*Flight Behavior* by Barbara Kingsolver .

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

THE MARTIAN (2015) Sci-Fi Adventure - Rated PG-13 - March 1: Abandoned on the surface of Mars after his crew concludes that he perished in a dust storm, astronaut Mark Watney must find a way to survive the planet's harsh environment -- despite having only 28 days of supplies left. Starring Matt Damon, Jessica Chastain, Jeff Daniels

THE INTERN (2015) - Comedy- Rated PG-13 - March 8: Agreeing to participate in a community outreach program, e-commerce entrepreneur Jules Ostin hires a 70-year-old intern -- who ends up bringing his special brand of business savvy to her fashion enterprise. Starring Robert, Di Niro and Anne Hathaway.

A WALK IN THE WOODS (2015) - Drama/Adventure - Rated R - March 22: Returning to America after living abroad many years, aging travel writer Bill Bryson decides to focus on his native land by hiking the length of the Appalachian Trail with his long-estranged pal Stephen Katz -- a tottering, wisecracking ex-alcoholic. Starring Robert Redford, Nick Nolte and Emma Thompson.

ANT MAN (2015) - Superhero/Adventure - Rated PG-13 - March 29: Fresh out of prison and looking for a new start, master thief Scott Lang is approached by Dr. Pym, creator of a technology that can shrink a man to insect size and boost strength. Together the duo must protect the discovery while saving the world. Starring Paul Rudd and Evangeline Lilly.

THANK YOU

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

Refreshments & Supplies: Ed Rollins, John Peterson, Howard Gillihan

Cards Games & Lunch: Brighton Gardens

Lunch & Learns: Arden Courts

Valentine Lunch: Towne Center Community Campus, Heinen's for flowers

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'Neill 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, Rae Ann Suburban

Dr. Coppers, DPM,LLC Podiatric
Physician and Surgeon in the Dwyer Clinic
Tuesday, March 8 at 9:00 am
Call (216) 529-1800 for appt.
Ask for Danielle

Legal Advice for Seniors

Attorney Robert Frye will be available for appointments beginning Wednesday March 2, 2016. Other available dates are Wednesday March 16, April 6 and April 20. Call for appt. 835-6565

WHO'S 11th ANNUAL CHILI COOK-OFF

March 9, 2016
11:30 AM
Westlake Community Services
29694 Center Ridge Road
RSVP 440-899-3544

$5 donation to Westlake Community Services

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