

# PRIME TIMES

## NEWS FOR ADULTS AGE 55 AND OVER



### UFO SIGHTINGS IN NORTHEAST OHIO

Wed. May 11th, 1:00 p.m.

Join us to hear Thomas Wertman the State Director of the Mutual UFO Network of Ohio share some fascinating research that is being done about the UFO phenomenon right here in Northeastern Ohio. He will inform us about some local UFO sightings and investigation outcomes as well as encourage discussion about this very popular subject of interest. Free - RSVP 835-6565



### AGING WITH A SMILE

Friday May 20, 1:00 p.m.

In celebration of Older Americans month, come join us for a light-hearted discussion and talk about getting older presented by Author Ann Allen. Ann has recently written a book "Aging with a smile – most of the time, some of the time?". Her talk will focus on all the ups and downs, all the glad and sad, we seniors have come to recognize as part of life. And weren't we just young yesterday?! Ann hopes that a lively discussion will follow her talk. Copies of her book will be available for sale after the talk. Free – RSVP 835-6565.



### TIKI LOUNGE PARTY!

Friday, June 17th at 11:30 a.m.

ALOHA! Join us and be transported to the beautiful Hawaiian Islands during our **TIKI LOUNGE PARTY - Luncheon** at 11:30 sponsored by Towne Center Community Campus. Enjoy Live piano and steel pan music by Island Jeff at 12:30 and take a trip to the tropics right here in Bay Village. Island attire encouraged! Free - RSVP 835-6565.

### MAY HEALTH & WELLNESS ACTIVITIES

**Friday, May 6 at 11:00 a.m.: HEALTH TALKS - NEW AT DWYER CENTER** – In conjunction with University Hospitals St. John's Medical Center, Medical professionals from St. John's will come to our center and share knowledge and information on topics chosen BY YOU on Wish List forms. Our first session will be about **Shingles**

**Monday May 23 at 11 a.m.:** Deb Recko, MN, Nurse Manager, UH SJMC Cardiac and Pulmonary Rehabilitation will speak on the topic of **Blood Pressure**. Please look for additional upcoming Health Talks in future newsletter issues and join us in taking an active role in our health care. Free - RSVP 835-6565

**Wed. May 18 at 10:00 a.m.: PART 2 OF OUR NUTRITION AND EXERCISE SERIES: Adapting Comfort Foods for Health.** Come learn about easy ways to make your favorite foods healthier, plus get hand outs and recipes. Light refreshments. RSVP 835-6565.

**Fri. May 27th at 10:00 a.m.: VEGETABLE GARDEN PLANTING!** The soil and fence will be in place, and now it's time to plant our garden! Bring gloves, trowels, etc. if you have them. If you can't garden but want to participate, please come and help supervise.

### STAYING INDEPENDENT WHILE AGING

Wednesday, May 25th at Noon



**First of the six part series** "STAYING INDEPENDENT WHILE AGING: Creating Your Independence Toolkit" (see pg. 4 for information on all 6 sessions). Join us for a free lunch and learn "**Get It All Together!**" by Liz Coletto, of Gries Financial. Step one in staying independent for life begins with knowing where everything

is and what resources you have. Gathering your own or a loved one's medical information, insurance, home mortgage, will, trust information, and details of daily living into one place can be a chore. Gathering everything is a road map. Having documents and information organized and stored in the right place is a key first step in safe guarding your independence. You'll learn to build your own toolkit and prepare for situations most of us encounter as we age. – Free – RSVP 835-6565

## LUNCH & LEARNS

**SMART FAST FOOD** - Wednesday May 4, 11:30 AM by Life Care Center of Westlake. Everyone enjoys eating out at their favorite restaurant or a new local spot on occasion. Dietician Katie Hummer will share her knowledge of making smart food choices while dining out. Free - RSVP 835-6565.

**FAMILY ESTATE PLANNING** - Friday June 3, Noon. Join attorney Margie T. Karl for a discussion regarding the importance of basic Family Estate Planning that includes preparation of Wills, Powers of Attorney for Property, Health Care Directives, etc. At this free seminar, attorney Karl will explain the necessity of various types of Estate Planning documents. You will have a chance to ask questions that have been on your mind, regarding estate planning and elder law.. RSVP 835-6565

### BEING A CAREGIVER - STEADFAST OR STRESSED

Wednesday June 8, Noon. Learn how planning ahead, using relaxation techniques and taking advantage of supportive services allow caregivers to experience the positive aspects of caregiving. Sponsored by Hospice of the Western Reserve. Free. RSVP 835-6565.

## LUNCH BUNCH: Thursday May 12th, 11:30 a.m.

**Transportation cost: \$10** An intimate family restaurant in



Parma that offers reasonably priced German food and drinks, including Homemade Schnitzels, Goulash, Potato Pancakes, Bratwurst, Sauerbraten, Spetzel, Ribs, Pierogies, Duck and much more. RSVP 835-6565

## CLEVELAND MUSEUM OF ART TRIP:

### Pharaoh: King of Ancient Egypt



**Thursday, May 26th - 12:30 p.m.**

*Pharaoh: King of Ancient Egypt* brings 3,000 years of ancient history to life through some of the finest objects from the vast Egyptian holdings of the British Museum, from monumental sculpture to exquisite jewelry, supplemented by masterworks from the Cleveland collection. While many objects here were created to project a regal image of pharaoh, the story that emerges through this exhibition is also one of a country divided by civil war, conquered by foreign powers, or ruled by competing kings. These ancient rulers themselves were not always male, or even Egyptian, but they shared in the challenges of ruling one of the greatest civilizations the world has seen. Cost: \$25 (\$15 for the exhibit ticket and \$10 for transportation. RSVP 835-6565.

## Fun filled extended trips with Wendt Tours:

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

**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. Enjoy old world architecture, European art and international cuisine. All the must see attractions will be included plus a bit of Quebec. A \$100 per person deposit is now, with the balance due by July 15, 2016.

### Coffee and Conversation with Krystyna



**Wednesday, May 11 at 2:00 p.m.** This group will now be meeting the 2<sup>nd</sup> Wed. of the month in the Dwyer Center Library area.

### ANTIQUES CLUB: Friday May 13, 10:00 a.m.



Topic will be: Everything Victorian. Americans were greatly influenced during the reign of England's popular Queen Victoria from 1837 to 1901, an era of prosperity, from the fashions, the furniture and the architecture. Everyone is welcome.

### LUNCH, CARDS AND GAMES

**Tuesday, May 17: 10 am - 4 pm.**

Lunch is compliments of Independence Village.  
**Seating limited to 40. R.S.V.P. 835-6565 by noon Fri. 5/13.**



### Mexican Train Domino Group

**Tuesdays at 10 a.m.** Please join us and learn a fun, new game!



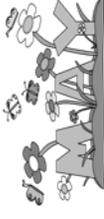
### NEW! SKIP-BO Fridays at 10 a.m.

In Skip-Bo, you will have to use strategy and skill to play all the cards in your stock pile before your opponents get through theirs. Beginners welcome!

**Watercolor Classes with Joyce Bolte** Mondays 12:30-3:00 **New 6 Session class begins Monday, May 23.** It will meet 5/23, 6/6, 6/13, 6/20, 6/27, and 7/11/16. This 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. RSVP 835-6565



# MAY 2016



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>2 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 Yoga Class (D) 12:30 Watercolor Class (D) 1:00 Party Bridge (L) 5:30 Zumba (D)</p>	<p><b>3 8:30 Men's Pinochle (L)</b> 9:00-Noon Woodshop 9:00 Ladies Pinochle (L) 9:00 Strength &amp; Balance 10:00 Cardio Strength 10:00 Mexican Train Dominos 1:00 Movie: Spotlight 7:00 Evening Party Bridge</p>	<p><b>4 Great Northern/Walmart</b> 9:00-Noon Woodshop 9:00 Walking DVD 9:00 ATTORNEY 9:00 NO Computer Lessons (L) 9:30 Knitting/Needlecrafts (L) <b>11:30 LUNCH &amp; LEARN – SMART FAST FOOD</b> 1:00 Canasta 5:30 Zumba (D) 7:00 PM Duplicate Bridge</p>	<p><b>5 9:00-Noon Woodshop</b> 9:00 Chair Exercise DVD Line Dance (D) 10:00 Easy Does It 11:00 Challenging 12:30 Duplicate Bridge (L) 8:00-9:15 Line Dance (D)</p>	<p><b>6 Heinen's</b> 9:00 Noon Woodshop 9:00 Cardio Strength (D) 10:00 SKIP-BO Card Game 10:30- Noon Short Form Tai Chi (CR) 11:00 HEALTH TALK – SHINGLES 1:00 Grief Support Group (L) <b>7 SATURDAY</b> 7:00 Ballroom Dance Practice <b>8 SUNDAY – HAPPY MOTHERS DAY!</b></p>
<p><b>9 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 Yoga Class (D) 12:30 Watercolor Class (D) 1:00 Party Bridge (L) 5:30 Zumba (D)</p>	<p><b>10 8:30 Men's Pinochle (L)</b> 9:00-Noon Woodshop 9:00 Ladies Pinochle (L) 9:00 Strength &amp; Balance <b>9:00 PODIATRIST</b> 10:00 Cardio Strength 10:00 Mexican Train Dominos 1:00 Movie: The Lady in the Van 7:00 Evening Party Bridge</p>	<p><b>11 Drug Mart/Giant Eagle/Prom.</b> 9:00-Noon Woodshop 9:00 Walking DVD 9:00 Computer Lessons (L) 9:30 Knitting/Needlecrafts (L) 1:00 Canasta <b>1:00 UFO TALK &amp; DISCUSSION</b> <b>2:00 Coffee &amp; Conversation (L)</b> 5:30 Zumba (D) 7:00 PM Duplicate Bridge</p>	<p><b>12 9:00-Noon Woodshop</b> 9:00 Chair Exercise DVD Line Dance (D) 10:00 Easy Does It 11:00 Challenging <b>11:30 LUNCH BUNCH – Das Schnitzel Haus</b> 12:30 Duplicate Bridge (L) 8:00-9:15 Line Dance (D)</p>	<p><b>13 Heinen's</b> 9:00 Noon Woodshop 9:00 Cardio Strength (D) <b>10:00 Antiques Club</b> 10:00 SKIP-BO Card Game 10:30- Noon Short Form Tai Chi 1:00 Grief Support Group (L) <b>14 SATURDAY</b> 7:00 Ballroom Dance Practice</p>
<p><b>16 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 Yoga Class (D) 12:30 Watercolor Class 1:00 Party Bridge (L) 5:30 Zumba (D)</p>	<p><b>17 8:30 Men's Pinochle (L)</b> 9:00-Noon Woodshop 9:00 Ladies Pinochle (L) 9:00 Strength &amp; Balance (D) 10:00 Cardio Strength (D) 10:00 Mexican Train Dominos <b>10:00-4 CARDS, GAMES &amp; LUNCH (L)</b> 7:00 Evening Party Bridge</p>	<p><b>18 Drug Mart/Giant Eagle/Prom.</b> 9:00-Noon Woodshop 9:00 Walking DVD <b>9:00 ATTORNEY</b> 9:00 Computer Lessons (L) 9:30 Knitting/Needlecrafts (L) 10:00 Book Discussion (D) <b>10:00 WELLNESS GROUP MONTHLY EVENT (D)</b> 1:00 Canasta 5:30 Zumba (D) 7:00 PM Duplicate Bridge</p>	<p><b>19 9:00-Noon Woodshop</b> 9:00 Chair Exercise DVD Line Dance (D) 10:00 Easy Does It 11:00 Challenging 12:30 Duplicate Bridge (L) 8:00-9:15 Line Dance (D)</p>	<p><b>20 Heinen's</b> 9:00 Noon Woodshop 9:00 Cardio Strength (D) 10:00 SKIP-BO Card Game 10:30- Noon Short Form Tai Chi 1:00 Grief Support Group (L) <b>1:00 AGING WITH A SMILE, AUTHOR TALK AND DISCUSSION</b> <b>21 SATURDAY</b> 7:00 Ballroom Dance Practice</p>
<p><b>23 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 <b>11:00 HEALTH TALK – BLOOD PRESSURE (L)</b> <b>12:30 New Watercolor Class Session Begins (D)</b> 1:00 Party Bridge (L) <b>2:00 Book Club – New Day/Time</b> 5:30 Zumba (D)</p>	<p><b>24 8:30 Men's Pinochle (L)</b> 9:00-Noon Woodshop 9:00 Ladies Pinochle (L) 9:00 Strength &amp; Balance (D) 10:00 Cardio Strength (D) 10:00 Mexican Train Dominos 1:00 Movie: Mr. Holmes 7:00 PM Evening Party Bridge</p>	<p><b>25 Drug Mart/Giant Eagle/Prom.</b> 9:00-Noon Woodshop 9:00 Walking DVD <b>9:00 ATTORNEY</b> 9:00 NO Computer Lessons (L) 9:30 Knitting/Needlecrafts (L) <b>NOON - LUNCH &amp; LEARN – GET IT ALL TOGETHER</b> 1:00 Canasta 5:30 Zumba (D) 7:00 PM Duplicate Bridge</p>	<p><b>26 9:00-Noon Woodshop</b> 9:00 Chair Exercise DVD Line Dance (D) 10:00 Easy Does It 11:00 Challenging 12:30 Duplicate Bridge (L) 12:30 Art Museum Paraoch Exhibit 8:00-9:15 Line Dance (D)</p>	<p><b>27 Heinen's</b> 9:00 Noon Woodshop 9:00 Cardio Strength (D) 10:00 SKIP-BO Card Game 10:00 PLANT VEGETABLE GARDEN 10:30- Noon Short Form Tai Chi 1:00 Grief Support Group (L) <b>28 SATURDAY</b> 7:00 Ballroom Dance Practice</p>
<p><b>30</b></p> <p style="text-align: center;">   <small>© 2015 HEINEN'S</small> </p> <p style="text-align: center;"><b>DWYER CENTER IS CLOSED</b></p>	<p><b>31 8:30 Men's Pinochle (L)</b> 9:00-Noon Woodshop 9:00 Ladies Pinochle (L) 9:00 Strength &amp; Balance (D) 10:00 Cardio Strength (D) 10:00 Mexican Train Dominos 1:00 Movie: Trumbo 7:00 PM Evening Party Bridge</p>	<p><b>L= Laverly Room, carpet area</b> <b>C = Clinic</b> <b>BL= Bay Lodge</b> <b>CH= Community House</b> <b>CR= Police Dept. Community Room</b> <b>LIB= Bay Village Library</b></p>		

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## STARTING IN MAY...

### STAYING INDEPENDENT WHILE AGING: Creating Your Independence Toolkit

Introducing a new Lunch & Learn series created for Bay Village Senior Center entitled STAYING INDEPENDENT WHILE AGING: Creating Your Independence Toolkit. This series is designed to help seniors AND their families build a proactive plan for the senior years. While attorneys and financial planners offer programs on legal wills, probate, trusts, and financial documents, the focus of this series is the practical hands-on information aging consumers need to know to make informed decisions through a variety of stages in life. The program is in cooperation and provided by a coalition of organizations each with their own expertise. Save the dates below and watch next month's newsletter for more detailed descriptions. All programs will begin at Noon. Attend one, several or all of the sessions. RSVP 835-6565.

- May 25, 2016 – **Get It All Together!** – Liz Coletto, Gries Financial
- June 22 – **Crucial Conversations** – Shannon Gielty – Home Instead Senior Care
- July 27 – **Changing Where and How You Live** – Brookdale at Westlake Village
- August 24 – **I'm Not Leaving my House!** – Patrick Ginley – Assured Medical & Peggy Lee-Tocco, Home Instead
- Sept. 28 – **Preventing Hospitalizations** – Julie Kieffer, Southwest Hospital
- October 26 – **Coping with Loss** – Beth Elsass, Hospice of the Western Reserve



# THANK YOU

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

**Refreshments & Supplies:** Ed Rollins, Bob Goodwin, John Peterson, Dan Cocoran, Fred Illius

**Cards Games & Lunch:** The Northridge Apartments

**Lunch & Learns:** Crossroads Hospice

**Entertainment:** The Normandy for King of the Moondoggers

**History Mystery Bus Tour:** Bay Village Bicycle Cooperative

**Dr. Coppers, DPM,LLC Podiatric  
Physician and Surgeon in the Dwyer Clinic  
Tuesday, May 10 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 on Wednesday May 4, and Wed. May 18 Call for appt. 835-6565

## CENTER CLOSED MONDAY, MAY 30TH



**With Honor and  
Gratitude We  
Remember**

## 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, Rae Ann Suburban**

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