

PRIME TIMES

NEWS FOR ADULTS AGE 55 AND OVER



STATE OF THE CITY ADDRESS with MAYOR SUTHERLAND

Friday, June 24th at 11:00 a.m.

Come hear from Mayor Sutherland as she shares those indicators that make her optimistic that Bay Village is recovering after being hit hard by the recession. She will also highlight the major projects and progress in each of the City's departments, after which she will answer your questions. This is the same address the Mayor shares with the West Shore Chamber of Commerce annually, and a wonderful opportunity to hear first hand what is going on in Bay Village. Call 835-6565 to register.



WEDNESDAY WALKERS

June 1 and June 8 at 9:00 a.m.

Join Connie for a healthy walk around Bay Village. Great for those in the Walking Challenge to get your steps in, but everyone is welcome!

AURORA FARMS
PREMIUM
OUTLETS

SHOPPING AND LUNCH

Thursday, June 23rd, 9:30 a.m.

Transportation cost: \$10

Back by popular demand, we are returning to Aurora Farms for shopping until 12:30, followed by lunch at Applebees. We should return to the Dwyer Center by 3:45. RSVP at 835-6565. Payment due at registration.

TIKI LOUNGE PARTY Friday, June 17, 11:30 a.m.

There are only a couple of spots left, but we will be happy to take reservations for a waiting list. RSVP 835-6565.

MAY HEALTH & WELLNESS ACTIVITIES

NEW AT DWYER CENTER – HEALTH TALKS - 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.

Wednesday June 29 at 11AM Theron Andrus OMS III, third year medical student from Ohio University Heritage College of Osteopathic Medicine, will speak on **sciatic nerve pain, pinched nerves in legs, and pain from varicose veins in the legs**. He encourages questions, and answer discussions. 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. June 15 at 10:00 a.m.: PART 3 OF OUR NUTRITION AND EXERCISE SERIES: Keeping Your Heart Healthy. Come learn about easy ways to make your favorite foods healthier, plus get hand outs and recipes. Light refreshments. RSVP 835-6565.

STAYING INDEPENDENT WHILE AGING

Wednesday, June 22 at Noon



Second 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

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

June 9th, 11:30 a.m. Martino's International Cafe Transportation cost \$10

Whether it's a wide array of delicious international dishes from around the world, or your American style down-home cooking favorites, Martino's is the one Vermilion restaurant that does it all. Martino's has a great all day breakfast menu, as well as an outstanding senior menu. With daily specials to suit your taste and they are also easy on your budget. Join us and "Come Taste a Touch of the World". RSVP 835-6565

LUNCH, CARDS AND GAMES

Tuesday, June 21: 10 am - 4 pm.

Lunch is compliments of St. Mary of the Woods.
Seating limited to 40. R.S.V.P. 835-6565 by noon Fri. 5/13.



TAKE ME OUT TO THE BALL GAME - Indians vs. Tigers Watch Party & Picnic - Wednesday July 6 11:30 AM. Join us at Dwyer as we cheer on our Indian's watching on our big screen TV, complete with hot dogs pop corn and picnic eats. \$2 RSVP 835-6565 registration and payment due by Friday June 24.

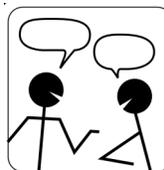
Due to the increasing popularity of some of our programs, wait lists have been occurring. Please be sure to contact us promptly to register for programs. If you register and cannot participate please let us know so someone on the wait list can be called to attend. Thank you for your interest in our activities!

Fun filled extended trips with Wendt Tours:

DETAILED FLYERS AND REGISTRATION FORMS ARE AVAILABLE ON THE ENTRANCE TABLE AT THE DWYER CENTER. A \$100 per person deposit is now due to secure your reservation with the balance due by July 15, 2016

.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. Beautiful and cosmopolitan – Ottawa, Canada's Capital will surprise you!
HIGHLIGHTS INCLUDE: VIA Rail Canada – St. Lawrence Seaway – Lake Ontario – Embassy Row – Parliament Tour – Ottawa River Boat Cruise – Rideau Falls – Byward Market – Chateau Laurier – Changing of the Guard Ceremony – Notre Dame Cathedral – Sights and Sound Show – Pink Lake – Quebec Provincial Park – Canadian Museum of Civilization, Quebec – 1,000 Islands.

Coffee and Conversation



Wednesday, June 8 at 1:00 p.m. This group meets the 2nd Wed. of the month in the Dwyer Center Library area.

ANTIQUES CLUB: On Summer Break...



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.

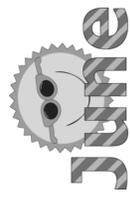


In Skip-Bo, you will have to use strategy and skill to play all the cards in your stock pile before your opponents get through theirs. Beginners welcome!

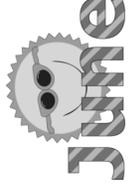
Watercolor Classes with Joyce Bolte

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



JUNE 2016



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>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 Series Begins (D) 12:30 Watercolor Class (D) 1:00 Party Bridge (L) 5:30 Zumba (D)</p>	<p>7 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: Concussion 7:00 Evening Party Bridge</p>	<p>1 Great Northern/Waimart 9:00-Noon Woodshop 9:00 Walking with Connie 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</p>	<p>2 9:00-Noon Woodshop 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>3 Heinen's 9:00 Noon Woodshop 9:00 Cardio Strength (CR) 10:00 SKIP-BO Card Game 10:30- Noon NEW SESSION BEGINS Short Form Tai Chi (CR) 12:00 LUNCH & LEARN – ESTATE PLANNING 1:00 Grief Support Group (L) 4 SATURDAY 7:00 Ballroom Dance Practice</p>
<p>6 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 Series Begins (D) 12:30 Watercolor Class (D) 1:00 Party Bridge (L) 5:30 Zumba (D)</p>	<p>7 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: Concussion 7:00 Evening Party Bridge</p>	<p>8 Drug Mart/Giant Eagle/Prom. 9:00-Noon Woodshop 9:00 Walking with Connie 9:00 Computer Lessons (L) 9:30 Knitting/Needlecrafts (L) 12:00 LUNCH & LEARN – BEING A CAREGIVER 1:00 Canasta 1:00 Coffee & Conversation (L) 5:30 Zumba (D) 7:00 PM Duplicate Bridge</p>	<p>9 9:00-Noon Woodshop 9:00 Chair Exercise DVD Line Dance (D) 10:00 Easy Does It 11:00 Challenging 11:30 LUNCH BUNCH – MARTINOS INTERNATIONAL CAFE 12:30 Duplicate Bridge (L) 8:00-9:15 Line Dance (D)</p>	<p>10 Heinen's 9:00 Noon Woodshop 9:00 Cardio Strength (CR) 10:00 SKIP-BO Card Game 10:30- Noon Short Form Tai Chi 1:00 Grief Support Group (L) WALKING CHALLENGE ENDS 14 SATURDAY 7:00 Ballroom Dance Practice</p>
<p>13 Heinen's Promenade 9:00-Noon Woodshop 9-11:00 Health Screening (C) 10:00-11:30 Wu Style Tai Chi (CR) 12:30 Yoga Class (D) 12:30 Watercolor Class 1:00 Party Bridge (L) 5:30 Zumba (D)</p>	<p>14 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: Daddy's Home 7:00 Evening Party Bridge</p>	<p>15 Drug Mart/Giant Eagle/Prom. 9:00-Noon Woodshop 9:00 Computer Lessons (L) 9:30 Knitting/Needlecrafts (L) 10:00 Book Discussion (L) 10:00 WELLNESS GROUP MONTHLY EVENT (D) 1:00 Canasta 5:30 Zumba (D) 7:00 PM Duplicate Bridge</p>	<p>16 9:00-Noon Woodshop 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>17 Heinen's 9:00 Noon Woodshop 9:00 Cardio Strength (CR) 10:00 SKIP-BO Card Game 10:30- Noon Short Form Tai Chi 11:30 TIKI LOUNGE LUNCHEON & ENTERTAINMENT BY ISLAND JEFF 1:00 Grief Support Group (L) 18 SATURDAY 7:00 Ballroom Dance Practice</p>
<p>20 Heinen's Promenade 9:00-Noon Woodshop 9-11:00 Health Screening (C) 10:00-11:30 Wu Style Tai Chi (CR) – New Session 10:30 Chair YOGA 12:30 Watercolor Class (D) 1:00 Party Bridge (L) 5:30 Zumba (D)</p>	<p>21 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 PM Evening Party Bridge</p>	<p>22 Drug Mart/Giant Eagle/Prom. 9:00-Noon Woodshop 9:00 Computer Lessons (L) 9:30 Knitting/Needlecrafts (L) NOON - LUNCH & LEARN – CRUCIAL CONVERSATIONS 1:00 Canasta 5:30 Zumba (D) 7:00 PM Duplicate Bridge</p>	<p>23 9:00-Noon Woodshop 9:00 Chair Exercise DVD 9:30 Aurora Farms Trip 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>24 Heinen's 9:00 Noon Woodshop 9:00 Cardio Strength (CR) 10:00 SKIP-BO Card Game 11:00 State of the City with Mayor Sutherland 10:30- Noon Short Form Tai Chi 1:00 Grief Support Group (L)</p>
<p>27 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 1:00 Party Bridge (L) 5:30 Zumba</p>	<p>28 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: Brooklyn 7:00 PM Evening Party Bridge</p>	<p>29 Drug Mart/Giant Eagle/Prom. 9:00-Noon Woodshop 9:00 Computer Lessons (L) 9:30 Knitting/Needlecrafts (L) 11:00 HEALTH TALK – SCIATICA, LEG PAIN, & VARICOSE VEINS 1:00 Canasta 5:30 Zumba (D) 7:00 PM Duplicate Bridge</p>	<p>30 9:00-Noon Woodshop 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>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>

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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 Gielly – 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

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 June 6th. 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 6/20. Wu Style at the **Police Community Room.** NO LONGER SILVER SNEAKERS

QiGong-Simplified 24 form (beginners)

FRIDAYS: 10:30 - Noon ~ New session starts 6/3 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 MONDAY BOOK CLUB with Librarian Barbara Isaacs has been discontinued...

FiestaFit CardioStrength Class Tuesdays at 10:00 a.m. and 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 4/21 for day classes, 4/28 for evening 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.*

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

June 15 *The Magic Strings of Frankie Presto* by Mitch Albom
(Must get your own book; not available at the library).

JUNE MOVIES: TUESDAYS, 1:00 p.m. Dwyer Center—Register by calling 835-6565

CONCUSSION (2015) Drama - Rated pg-13 - June 7: When Dr. Bennet Omalu's autopsy studies lead him to conclude that multiple concussions could be the underlying cause of the brain disorders suffered by many U.S. football players, he encounters harsh resistance from the NFL establishment. Starring Will Smith, Alec Baldwin.

DADDY'S HOME (2015) - Comedy PG-13 - June 14: After marrying an alluring divorcée with two children, Brad steps eagerly into his role as stepdad. However, chronic interference from the kids' suave natural father leads to a slapstick rivalry between the two determined men. Starring Will Ferrell, Mark Wahlberg.

BROOKLYN (2015) - Romantic- Rated PG - June 28: After emigrating from Ireland, Eilis Lacey readily adapts to the vastly different New York City, where she falls for a young Italian. But when tragedy pulls her back to her hometown, she finds her loyalties divided between two nations -- and two men. Starring Saoirse Ronan, Domhnall Gleeson,

THANK YOU

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

Refreshments & Supplies: John Peterson, Bob Goodwin, the Knickerbocker Apartments

Cards Games & Lunch: Independence Village

Lunch & Learns: Lifecare Center of Westlake, Home Instead

Speakers: Author Ann Allen for her Aging with a smile presentation and Thomas Wertman for his talk on the local UFO sightings, and St. John Medical Center for Blood Pressure talk.

ST. JOHN MEDICAL CENTER WALKING CHALLENGE FINALE

All **Bay Village Sole Mates** should report back to St. John Medical Center, Auditorium B, Building 2, on Friday, June 10th at 11:00 a.m. . Screenings for blood pressure, glucose, cholesterol, waist circumference and BMI will be repeated, followed by lunch and the awards ceremony.

GOOD LUCK SOLE MATES!

**Dr. Coppers, DPM,LLC Podiatric
Physician and Surgeon in the Dwyer Clinic**
Tuesday, July 12 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 June 1st. Call for appt. 835-6565

BLOOD PRESSURE MONDAYS

Every **FIRST** Monday, 9:00-11:00 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