

PRIME TIMES

NEWS FOR ADULTS AGE 55 AND OVER



Mystic Belle Trip on the Vermillion River

Thursday, July 28, 12:45 p.m.

Cost: \$10 transportation, \$10 for boat trip (pay at the marina)

Join us as we cruise down the scenic Vermillion River on the Mystic Belle. On the 55-minute narrated river tour you will see working marinas and boatyards along with fabulous riverfront homes. You may even get a glimpse of Vermilion's charter boats returning with their catches. The river is home to lots of waterfowl including Canada geese, ducks and white and blue herons. Payment for transportation is due at registration.



PART 5 OF OUR NUTRITION AND EXERCISE SERIES: On Your Way to Better Nutrition: Wednesday, July 13, 10:00 a.m.

We'll be wrapping up the presentation part of our series, learning about cholesterol, and reinforcing easy tips to start eating healthy every day. Light refreshments. RSVP 835-6565.



"WHATZIT?"

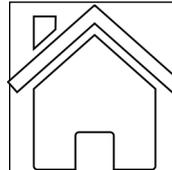
Friday August 12th 11:00 a.m.

Take a history mystery journey of discovery when the Dwyer Center turns in to a museum! The Lorain County Historical Society will provide us with an antique road show "Suitcase Museum" program that is full of surprises. Have fun and challenge yourself to test your knowledge of unusual artifacts from their historical collection. Free – RSVP 835-6565.



THE AFTER LUNCH BUNCH - Thursday, July 14 at 12:30 p.m.

THIS MONTH ONLY...eat a light lunch AT HOME then at 12:30PM come along for a sweet summer treat as we visit b.a. Sweetie's new Soda Shoppe...an ice cream parlor like no other! Over 6,000 square feet inside with seating for over 150 guests. Pick from 36 flavors of hard ice cream made daily, premium soft ice cream or yogurt, then choose any of 36 different candy, nut, sauce and fruit toppings! Order a root beer float and have over 12 root beers to pick from. Over 200 varieties of soda pops available to mix with whatever ice cream you pick to make a float. The menu also includes many fun, unique sundaes and specialty items. Transportation cost is \$5. Payment due at registration.



STAYING INDEPENDENT WHILE AGING Wednesday, July 27 at Noon

Third of the six part series "STAYING INDEPENDENT WHILE AGING: Creating Your Independence Toolkit". Join us for a free lunch and learn "**Changing Where and How You Live**" by Brookdale at Westlake Village. Living options have changed and there are many living options out there. Knowing how and when to make decisions will keep you independent and in control. A panel will guide you through At-Home care; the difference and cost of Senior Apartments, Independent Living, Assisted Living, Nursing Homes, Memory Care Homes and Hospice. You'll learn how to recognize stages, options and costs, where to find helpful resources and support networks and more. You will feel better informed and confident to select the best care options along life's journey before you need to make a move. – Free – RSVP for waiting list at 835-6565.



In the good old summertime...

Join us **Friday July 29 at 12:30 PM for a good old-fashioned ICE CREAM SOCIAL.** Devon Oaks will provide some delicious ice cream delights AND from 1:00-2:00PM enjoy live summer themed entertainment with singer Linda Kirk, sponsored by the Dwyer Center. FREE – Limited to 60 reservations. RSVP 835-6565.



DWYER CENTER CLOSED MONDAY, JULY 4th. HAPPY INDEPENDENCE DAY!!

LUNCH & LEARN & HEARING SCREENING

HEARING LOSS - Thursday, July 21st - Noon

Did you know hearing loss effects more than just your ears? Have you ever wondered how we hear, how the brain and ears are connected and how these changes in hearing can affect your overall health? Join Dr. Kristen Edwards, Audiologist from HearWright for an informational Lunch & Learn that will answer these questions and more! Please call 835-6565 to reserve your spot for this exhilarating event. **ALSO:**

HearWright will provide **free hearing screens**, wax checks, hearing aid cleanings and will have batteries for sale from 9-11 a.m. before the lunch and learn. No reservations needed. Sign in upon arrival, first come, first served.

LUNCH, CARDS AND GAMES

Tuesday, July 19: 10 am - 4 pm.

Lunch is compliments of Bridgewater Senior Home Care..
Seating limited to 40. R.S.V.P. 835-6565 by noon Fri. 7/15.



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 Indians, watching on our big screen TV, complete with hot dogs, popcorn and picnic eats. \$2 RSVP 835-6565 registration and payment due by

Friday June 24.

KNITTING & NEEDLECRAFTS

Wednesdays at 9:30 AM



The Knitting/Needlecrafts group meets 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 be called to attend. Thank you for your interest in our activities!

The Dwyer Center Staff will be at a Westshore Senior Center retreat on Wednesday, July 20th. Transportation will run as usual, but there will be limited activities at the Dwyer Center.

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.



Mexican Train Domino Group

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

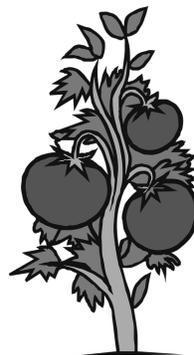


SKIP-B0: On Summer Break...

Watercolor Classes with Joyce Bolte

Mondays 12:30-3:00

New 6 Session class begins Monday, July 18. 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

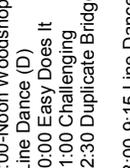


GARDENERS, WE NEED YOUR HELP!

Our vegetable garden in the front of the Dwyer Center is booming, but we need your help to maintain it! We need volunteers to weed and water, particularly on the weekend. We will be sharing the harvest with all of you, as well as offering food tastings and cooking demonstrations. Please call Leslie at 899-3409 to volunteer and truly make this YOUR garden!



JULY 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>1 Heinen's 9:00 Noon Woodshop 9:00 Cardio Strength (D) 10:30- Noon Short Form Tai Chi (CR) 1:00 Grief Support Group (L)</p> <p>2 SATURDAY 7:00 NO Ballroom Dance Practice</p>
<p>★ ★ ★ ★ ★  4th of July</p> <p>DWYER CENTER CLOSED</p>	<p>5 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: Stars Wars: The Force Awakens 7:00 Evening Party Bridge</p>	<p>6 Great Northern/Walmart 9:00-Noon Woodshop 9:00 ATTORNEY 9:00 NO Computer Lessons (L) 9:30 Knitting/Needlecrafts (L) 11:30 CLEVELAND INDIANS WATCH PARTY & PICNIC 1:00 Canasta 5:30 Zumba (D) 7:00 PM Duplicate Bridge</p>	<p>7 9:00-Noon Woodshop 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>8 Heinen's 9:00 Noon Woodshop 9:00 Cardio Strength (D) 10:30- Noon Short Form Tai Chi</p> <p>9 SATURDAY 7:00 Ballroom Dance Practice</p>
<p>11 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 Class (D) 12:30 Watercolor Class 1:00 Party Bridge (L) 5:30 Zumba (D)</p>	<p>12 8:30 Men's Pinochle (L) 9:00 PODIATRIST 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: My Name is Doris 7:00 Evening Party Bridge</p>	<p>13 Drug Mart/Giant Eagle/Prom. 9:00-Noon Woodshop 9:00 Computer Lessons (L) 9:30 Knitting/Needlecrafts (L) 10:00 WELLNESS GROUP MONTHLY EVENT (D) 1:00 Canasta 5:30 Zumba (D) 7:00 PM Duplicate Bridge</p>	<p>14 9:00-Noon Woodshop Line Dance (D) 10:00 Easy Does It 11:00 Challenging 12:30 "AFTER LUNCH" BUNCH - b.a. SWEETIES SODA SHOPPE 12:30 Duplicate Bridge (L) 8:00-9:15 Line Dance (D)</p>	<p>15 Heinen's 9:00 Noon Woodshop 9:00 Cardio Strength (D) 10:30- Noon Short Form Tai Chi</p> <p>16 SATURDAY 7:00 Ballroom Dance Practice</p>
<p>18 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 Class (D) 12:30 New Watercolor Class Begins (D) 1:00 Party Bridge (L) 5:30 Zumba (D)</p>	<p>19 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>20 Drug Mart/Giant Eagle/Prom. LIMITED ACTIVITIES - STAFF RETREAT 9:00-Noon Woodshop 9:00 NO ATTORNEY 9:00 NO Computer Lessons (L) 10:00 Book Discussion (L) 5:30 Zumba (D) 7:00 PM Duplicate Bridge</p>	<p>21 9:00-Noon Woodshop Line Dance (D) 10:00 Easy Does It 11:00 Challenging 12:30 Duplicate Bridge (L) 9:00-11:00 HEARWRIGHT HEARING SCREENS 12:00 LUNCH & LEARN - HEARING LOSS 8:00-9:15 Line Dance (D)</p>	<p>22 Heinen's 9:00 Noon Woodshop 9:00 Cardio Strength (D) 10:30- Noon Short Form Tai Chi</p> <p>23 SATURDAY 7:00 Ballroom Dance Practice</p>
<p>25 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 Chair YOGA Session Begins 12:30 Watercolor Class 1:00 Party Bridge (L) 5:30 Zumba</p>	<p>26 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: Joy 7:00 PM Evening Party Bridge</p>	<p>27 Drug Mart/Giant Eagle/Prom. 9:00-Noon Woodshop 9:00 NO Computer Lessons (L) 9:30 Knitting/Needlecrafts (L) NOON - LUNCH & LEARN - Changing Where & How You Live 1:00 Canasta 5:30 Zumba (D) 7:00 PM Duplicate Bridge</p>	<p>28 9:00-Noon Woodshop 12:30 Duplicate Bridge (L) 12:45 MYSTIC BELLE RIVER TRIP</p>	<p>29 Heinen's 9:00 Noon Woodshop 9:00 Cardio Strength (D) New 10:30- Noon Short Form Tai Chi Session Begins 12:30 ICE CREAM SOCIAL & ENTERTAINMENT</p> <p>30 SATURDAY 7:00 Ballroom Dance Practice</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.

VISIT THE NORMANDY

440-333-5401 • thenormandy.com
22701 Lake Road • Rocky River, OH 44116

A Tradition
of Caring



Skilled Nursing
Assisted Living
Rehabilitative Therapies
Hospice Care

**O'Neill
Healthcare**
BAY VILLAGE

605 Bradley Road
Bay Village
(440) 871-3474
ONeillHC.com

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 July 25th. 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'

**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.

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 7/29 at the **Police Community Room.**

Cost: Silver Sneakers Members: **Free**

If not Silver Sneakers, Residents \$42, non-idents \$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 ...

Is on summer break...

DWYER'S MONDAY BOOK CLUB with Librarian
Barbara Isaacs has been discontinued...

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

<u>Date</u>	<u>Title/Author</u>
July 20	<i>The Storyteller</i> by Judy Picoult (Participants are responsible for getting your own copy to read).

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

STAR WARS: EPISODE VII: THE FORCE AWAKENS (2015) Action Sci-Fi - Rated pg-13 - July 5: Extending the Star Wars epic's historical arc and set 30 years after Return of the Jedi, this full-throttle adventure features familiar faces and new characters, including planetary scavenger Rey and incomparable X-wing pilot Poe. Starring Harrison Ford, Mark Hamill, Carrie Fisher

HELLO, MY NAME IS DORIS (2015) - Romantic Comedy R- July 12: Inspired by insights gained through a self-help seminar, 60-year-old Doris Miller brazenly steps forward to pursue the affections of a much younger co-worker -- and inadvertently becomes a hit with his hipster cohorts. Starring Sally Field, Max Greenfield

JOY (2015) - Drama- Rated PG - July 26: After 10 years of trying to mass-market the revolutionary floor mop she had invented, housewife Joy Mangano strikes gold with a personal pitch on QVC that turns her Miracle Mop into an overnight marketing miracle. Starring Jennifer Lawrence, Robert DeNiro , Bradley Cooper

THANK YOU

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

Refreshments & Supplies: John Peterson, Bob Goodwin, the Barb Thomas

Cards Games & Lunch: St. Mary of the Woods

Lunch & Learns: Attorney Margaret Karl, Hospice of the Western Reserve, & Home Instead Senior Care

Grief Recovery Series: Crossroads Hospice

Tiki Lounge Luncheon: Towne Center Community Campus.

**CONGRATULATIONS TO THE BAY VILLAGE
SOLE MATES, WHO WALKED A TOTAL OF:**

12,957,430 STEPS!!

WE ARE SO PROUD OF YOU!!!

**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 July 6, and Aug. 3 & 17th. Call 835-6565 for an appointment.

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'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

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