

PRIME TIMES

NEWS FOR ADULTS AGE 55 AND OVER



INTERNATIONAL WOMEN'S AIR & SPACE MUSEUM, AND LUNCH AT THE HARP

Thursday, Aug. 18th at 10:15 a.m.

From Amelia Earhart to Sally Ride, the Women's Air & Space Museum celebrates the contributions of more than 6,000 women in flight. 2016 marks their 40th Anniversary. Following a tour of the museum, we will have lunch at the Harp, an Irish Pub and restaurant in Ohio City. Cost is \$10 for transportation and guided tour. Lunch is on your own. Payment is due at registration.



LUNCH BUNCH:

Thurs. Aug. 11th at 11:30 a.m.

This lunch was scheduled after receiving a hot tip from one of our veteran lunch bunchers! Known for their generous portions, reasonable price and extensive menu Sugar Creek Restaurant in Sheffield Lake is sure to please. Choose from a wide variety of specialty salads or soups, sandwiches, wraps, Panini's or burgers. If those don't tickle your fancy, perhaps pick a pizza, pasta, steak, ham, pork, chicken, turkey or seafood meal. If you are hungry just reading this, please call today to reserve your seat! 835-6565. Transportation cost is \$5.



STEPPING STONE ART PROJECT

Friday, August 26th, at 10:00 a.m.

Join the fun as we create a "make and take" decorative mosaic stepping stone for your home and garden or make one as a thoughtful gift for a special friend. Project limited to 12 people. Cost: \$10.



MUSIC BINGO IS BACK!!

Friday, Aug. 5th at 11:00 a.m.

Back by popular demand, come hear DJ Kenny from Music Bingo of Ohio who will spin some fabulous tunes and test our musical knowledge. Who will be the first to yell MUSIC BINGO? Join us and find out...it may be you! 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.



BEACH BLANKET BARBECUE

Tuesday August 30 - 12:30-3PM

Channel your inner beach bum and feel those good vibrations when you join us for some hot fun in the summer sun! Make a splash as we dash to the Bay Village pool and enjoy a full picnic lunch provided by Independence Village. There will be plenty of time to soak in the pool and spend some quality time with your friends or to make some new ones. Free - RSVP 835-6565.



STAYING INDEPENDENT WHILE AGING

Wednesday, August 24th at Noon

Fourth of the six part series "STAYING INDEPENDENT WHILE AGING: Creating Your Independence Toolkit". Join us for a free lunch and learn "I'M NOT LEAVING MY HOUSE!" by Patrick Ginley of Assured Medical & Peggy Lee-Tocco of Home Instead. This program focuses on cool inventions, tools and technology you probably haven't seen that help you transform your home into a safer place to age-in-place longer. Making changes in the home BEFORE you have to prevents injuries and keeps you safe in the home you love. This is a real how-to program on organizing your stuff, a home safety checklist to prevent falls and injuries, and ways to transform your current home for changes. - Free - RSVP for waiting list at 835-6565.

NEW! BASIC OIL PAINTING
5 Session Class Begins Thursday Sept. 22
12:30—2:30 p.m.

This class will be taught by Paul St. Denis – Faculty Emeritus – Cleveland Institute of Art. It is a basic oil painting class for those students who wish to learn the basics of oil painting. Beginner and intermediate painters may be given individual assignments to their level of skill. We will be working from observation using still-life objects for our subject. Supply list will be available upon registration and payment for the class. Students should come to class with a 16" x 20" stretched canvas (or smaller) on the first day of class. \$60 residents \$62 non-residents. 835-6565.

Watercolor Classes with Joyce Bolte
Mondays 12:30-3:00

New 6 Session class begins Monday, August 29. 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

LUNCH, CARDS AND GAMES
Tuesday, August 16: 10 am - 4 pm.

Lunch is compliments of Village of the Falls
Seating limited to 40. R.S.V.P. 835-6565

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!



VETERANS...WE WANT YOU!

We are planning a Veterans Appreciation Lunch & Pinning Ceremony that will be held in November. Veterans or their family and friends, please call the Dwyer Center at 835-6565 to let us know the name/address/phone and branch of service and war that you or your loved one served in. Invitations will be sent to the Veteran in the mail with further registration information. Thank you for your help in honoring our hero's in this way. Registration limited to 50 Veterans. Sponsored by the Hospice of the Western Reserve and Homewatch Caregivers.

COMING ATTRACTIONS....

NEW! POTATO BAR FUNDRAISER: Friday Sept. 23 at Noon – Show your support and appreciation of the many free programs and services offered at the Dwyer Center throughout the year by attending our Potato Bar Fundraiser. Enjoy a delicious baked potato topped with whatever fixings your heart desires. Sponsored by Life Care Center of Westlake. Limit 50 registrations. No pre-registration, \$5 tickets must be purchased in advance at the Senior Center.

AARP DRIVER SAFETY CLASS: Wednesday, October 5, Noon - 4:00PM - 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.** Please call to register 835-6565.



Mexican Train Domino Group

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



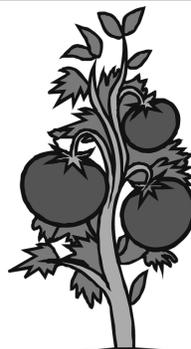
SKIP-BO: On Summer Break...

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!

GARDENERS NEEDED!



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!

AUGUST 2016



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>1 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>8 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>15 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>2 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: Room 7:00 Evening Party Bridge</p> <p>9 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 Finest Hours 7:00 Evening Party Bridge</p> <p>16 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</p>	<p>3 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</p> <p>10 Drug Mart/Giant Eagle/Prom. 9:00-Noon Woodshop 9:00 Computer Lessons (L) 9:30 Knitting/Needlecrafts (L) 1:00 Canasta 5:30 Zumba (D) 7:00 PM Duplicate Bridge</p> <p>17 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 (L) 1:00 Canasta 5:30 Zumba (D) 7:00 PM Duplicate Bridge</p>	<p>4 9:00-Noon Woodshop Line Dance ON SUMMER BREAK (D) 10:00 Easy Does It 11:00 Challenging 12:30 Duplicate Bridge (L)</p> <p>11 9:00-Noon Woodshop Line Dance ON SUMMER BREAK (D) 10:00 Easy Does It 11:00 Challenging 11:30 LUNCH BUNCH – Sugar Creek Restaurant 12:30 Duplicate Bridge (L)</p> <p>18 9:00-Noon Woodshop Line Dance ON SUMMER BREAK (D) 10:00 Easy Does It 11:00 Challenging 10:15: WOMEN'S AIR & SPACE MUSEUM; LUNCH AT THE HARP MUSEUM; LUNCH AT THE HARP 12:30 Duplicate Bridge (L)</p>	<p>5 Heinen's 9:00 Noon Woodshop 9:00 Cardio Strength (D) 10:30- Noon Short Form Tai Chi (CR) 11:00 MUSIC BINGO 6 SATURDAY 7:00 Ballroom Dance Practice</p> <p>12 Heinen's 9:00 Noon Woodshop 9:00 Cardio Strength (D) 10:30- Noon Short Form Tai Chi 11:00 "WHATZIT? INTERACTIVE "SUITCASE MUSEUM" by Lorain Co. Historical Society 13 SATURDAY 7:00 Ballroom Dance Practice</p> <p>19 Heinen's 9:00 Noon Woodshop 9:00 Cardio Strength (D) 10:30- Noon Short Form Tai Chi 20 SATURDAY 7:00 Ballroom Dance Practice</p> <p>26 Heinen's 9:00 Noon Woodshop 9:00 Cardio Strength (D) 10:00 STEPPING STONE ART PROJECT 10:30- Noon Short Form Tai Chi 27 SATURDAY 7:00 Ballroom Dance Practice</p>
<p>22 Heinen's Promenade 9:00-Noon Woodshop 9-11:00 Health Screening (C) 10:00-11:30 New Session Begins - Wu Style Tai Chi (CR) 10:30 Chair Yoga Class (D) 1:00 Party Bridge (L) 5:30 Zumba (D)</p> <p>29 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 New Watercolor Class Begins 1:00 Party Bridge (L) 5:30 Zumba</p>	<p>23 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: Miracles from Heaven 7:00 PM Evening Party Bridge</p> <p>30 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 12:30-3:00 BEACH BLANKET BARBECUE (No Movie) 7:00 PM Evening Party Bridge</p>	<p>24 Drug Mart/Giant Eagle/Prom. 9:00-Noon Woodshop 9:00 Computer Lessons (L) 9:30 Knitting/Needlecrafts (L) NOON - LUNCH & LEARN – I'm Not Leaving My House 1:00 Canasta 5:30 Zumba (D) 7:00 PM Duplicate Bridge</p> <p>31 Drug Mart/Giant Eagle/Prom. 9:00-Noon Woodshop 9:00 Computer Lessons (L) 9:30 Knitting/Needlecrafts (L) 1:00 Canasta 5:30 Zumba (D) 7:00 PM Duplicate Bridge</p>	<p>25 9:00-Noon Woodshop Line Dance ON SUMMER BREAK (D) 10:00 Easy Does It 11:00 Challenging 12:30 Duplicate Bridge (L)</p> <p>26 Heinen's 9:00 Noon Woodshop 9:00 Cardio Strength (D) 10:00 STEPPING STONE ART PROJECT 10:30- Noon Short Form Tai Chi 27 SATURDAY 7:00 Ballroom Dance Practice</p>	<p>L= Livery 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>

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

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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 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'

TAI CHI ~ Instructor, C. Michael Rhoades

Wu Style (Long form-experienced)

MONDAYS: 10:00-11:30am ~ New session starts 8/22. 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.



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.



Did you know..

August was named in honor of Augustus Caesar. It has 31 days because Augustus wanted as many days as Julius Caesar's month of July had*. Previously names Sextilis in Latin, it was the sixth month of the Roman calendar.

*They took that extra day from February

**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 ...**

Is on summer break...

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

<u>Date</u>	<u>Title/Author</u>
Aug. 17	<i>The Paris Architect</i> by Charles Balfoure

(Participants are responsible for getting own copy to read).

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

ROOM (2015) Drama - Rated R - Aug. 2: After being abducted, raped and imprisoned in a small windowless room, a young woman gives birth and is forced to raise her son, Jack, in the same improvised space. But after five years, Jack's mother begins planning their escape. Starring Brie Larson, Jacob Tremblay, Joan Allen, William H. Macy

THE FINEST HOURS (2016) - Action & Adventure - Rated PG-13– Aug. 9: Recounting one of the most heroic tales in the annals of the U.S. Coast Guard, this tense maritime thriller traces the daring rescue of the crew aboard two oil tankers; both vessels were torn in two by the furious waves of a gigantic Atlantic storm. Starring Chris Pine, Casey Affleck, Eric Bana

MIRACLES FROM HEAVEN (2016) - Faith & Spirituality/Drama - Rated PG - Aug. 23: Based on real-life events, this intriguing drama recounts the story of young Annabel Beam, who suffers from an incurable digestive disorder. But when a string of miracles leads to her complete recovery, Annabel's family and doctors are mystified. Starring Jennifer Garner, Kylie Rogers

THANK YOU

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

Refreshments & Supplies: Dan Corcoran, Mary Cain, Bob Goodwin, Ed Barrett, John Peterson, Howie Gillihan and Chris Schell for their supply and cash donations

Cards Games & Lunch: Bridgewater Senior Home Care

Lunch & Learns: HearWright, Brookdale at Westlake Village,

Hearing Screenings: HearWright

Seasonal Decorations: Barb Thomas

Ice Cream Social: Devon Oaks



**Dr. Coppers, DPM,LLC Podiatric
Physician and Surgeon in the Dwyer Clinic
Tuesday, September 13th 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 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'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**