

# PRIME TIMES

## NEWS FOR ADULTS AGE 55 AND OVER



### DOWNTOWN CITY TOUR & LUNCH AT MERWIN'S WHARF

Thursday, Sept. 15th at 11:00 a.m.

The RNC has come and gone, but the changes and improvements made in preparation are still here for us to enjoy. We will be touring the new Public Square, see the new Hilton and Drury Plaza hotels, one of the new Cleveland scenic signs, as well as Ohio City and Tremont. Lunch will follow the tour at Merwin's Wharf. Transportation cost is \$10, lunch on your own. If this date fills up, we will have a second tour on Sept. 29th. RSVP 835-6565.

### LUNCH BUNCH:

Thursday, Sept. 8th at 11:30 a.m.



Matteo's Casual Italian Restaurant located in the Historic Grand Pacific Junction District of Olmsted Falls that boasts one of the most

authentic and original revitalized downtown districts in Ohio along with 25 unique specialty shops. The Matteo family originated in the Abruzzo region near Rome, which boasts the best cuisine found in Italy. Grandma Matteo's original recipes have been enriched to create an exclusive variety of dishes. The owners are pleased to share this tradition and offer "a little bit of home in every bite"! 835-6565. Transportation cost: \$5

### PUBLIC MEETING FOR DWYER KITCHEN

Monday, September 12th at 6:30 p.m. at City Hall

We are applying for a grant to upgrade the Dwyer kitchen into a commercial kitchen, with the goal of offering hot lunches to seniors. We will be holding a public meeting to discuss this project and get your input. Please come show your support for this important project! If you have questions or want more information, contact Leslie Selig at 899-3409.



### NEW! POTATO BAR FUNDRAISER

Friday Sept. 23rd 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.



### Grief Recovery & Support Friday, Sept. 9 at 1:00 p.m.

A 10-week Grief Recovery & Support Program sponsored by John Monnin of Crossroads Hospice. The grief recovery program helps to guide those who wish to move beyond their grief to a richer quality of life using a specific series of steps. Free to participate. 835-6565 to register.



### STAYING INDEPENDENT WHILE AGING

Wednesday, September 28th at Noon

**Fifth of the six part series "STAYING INDEPENDENT WHILE AGING: Creating Your Independence Toolkit".** Join us for a free lunch and learn "PREVENTING HOSPITALIZATIONS" by Julie Kiefer of Southwest Hospital. As seniors the issues of aging can make us particularly vulnerable to the potential risks of hospitalization. This program explores processes and resources to help avoid hospitalization. Based on the idea of "Get It Moving" program, it focuses on the importance of an active lifestyle and enriching seniors' mind, body and soul. It includes activities designed to help keep seniors engaged and fit. – Free – RSVP for waiting list at 835-6565.

## LUNCH AND LEARN

**BRAIN FIT: Wed., Sept. 7 - 11:30 a.m.:** BrainFit is a fun and educational event which offers brain healthy tips and training on making and living a total brain health plan. Enjoy some lunch and leave smarter than when you arrive! – Sponsored by Brookdale Senior Living - Free – 835-6565

## FREE HEALTH SCREENING FOLLOWED BY HEALTH TALK

**Monday, September 26th**

**9:00-11:00 AM - Free Health Screens** by University Hospitals St. John's Medical Center – Stop by for several medical screens including glucose, cholesterol, bone density and blood pressure. Fasting is not required. This is a walk-in session, no appointment necessary

**11:15 AM – Health Talk – Blood Sugar Monitoring** by Diabetic Educator, DeAna Rodriguez, RN, CDE from University Hospitals St. John's Medical Center. Free – RSVP 835-6565.



## 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!



## 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....

**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.

## 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.



## Mexican Train Domino Group

Train kept a rollin' - The Mexican Train Domino group are rollin' right along to add another day to their play time. In addition to Tues. at 10AM they will also play on Thurs. at 10 AM beginning on Thurs. Sept. 1. All Aboard!

## LUNCH, CARDS AND GAMES

**Tuesday, September 20: 10 am - 4 pm.**

Lunch is compliments of The Northridge Apartments  
**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!**



# SEPTEMBER 2016



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>L=</b> Livery Room, carpet area <b>C =</b> Clinic <b>D =</b> Drake Room, wood floor <b>BL=</b> Bay Lodge <b>CH=</b> Community House <b>CR=</b> Police Dept. Community Room <b>LIB=</b> Bay Village Library				
<b>12 Heinen's Promenade</b> 9:00-Noon Woodshop 9-11:00 Health Screening (C) 10:00-11:30 Wu Style Tai Chi (CR) <b>10:30 NEW Chair Yoga Class BEGINS (D)</b> 12:30 Watercolor Class (D) 1:00 Party Bridge (L) 5:30 Zumba (D)	<b>6 8:30</b> Men's Pinochle (L) 9:00-Noon Woodshop 9:00 Ladies Pinochle (L) 9:00 Strength & Balance 10:00 BOOM Move It 10:30 BOOM Muscle 10:00 Mexican Train Dominos 1:00 Movie: My Big Fat Greek Wedding 2 7:00 Evening Party Bridge <b>13 8:30</b> Men's Pinochle (L) <b>9:00 PODIATRIST</b> 9:00-Noon Woodshop 9:00 Ladies Pinochle (L) 9:00 Strength & Balance (D) 10:00 BOOM Move It 10:30 BOOM Muscle 10:00 Mexican Train Dominos 1:00 Movie: Whiskey Tango Foxtrot 7:00 Evening Party Bridge <b>20 8:30</b> Men's Pinochle (L) 9:00-Noon Woodshop 9:00 Ladies Pinochle (L) 9:00 Strength & Balance. (D) 10:00 BOOM Move It 10:30 BOOM Muscle 10:00 Mexican Train Dominos <b>10:00-4 CARDS, GAMES &amp; LUNCH (L)</b> 7:00 PM Evening Party Bridge	<b>7 Great Northern/Walmart</b> 9:00-Noon Woodshop <b>9:00 ATTORNEY</b> 9:00 NO Computer Lessons (L) 9:30 Knitting/Needlecrafts (L) <b>11:30 LUNCH &amp; LEARN - BrainFit</b> 1:00 Canasta 5:30 Zumba (D) 7:00 PM Duplicate Bridge <b>14 Drug Mart/Giant Eagle/Prom.</b> 9:00-Noon Woodshop 9:00 No Computer Lessons (L) 9:30 Knitting/Needlecrafts (L) 1:00 Canasta 5:30 Zumba (D) 7:00 PM Duplicate Bridge <b>21 Drug Mart/Giant Eagle/Prom.</b> 9:00-Noon Woodshop <b>9:00 ATTORNEY</b> 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 <b>28 Drug Mart/Giant Eagle/Prom.</b> 9:00-Noon Woodshop 9:30 No Computer Lessons (L) 9:30 Knitting/Needlecrafts (L) <b>NOON - LUNCH &amp; LEARN - Preventing Hospitalizations</b> 1:00 Canasta 5:30 Zumba (D) 7:00 PM Duplicate Bridge	<b>1</b> 9:00-Noon Woodshop 10:00 Mexican Train Dominos <b>Line Dance starts 9/15</b> 12:30 Duplicate Bridge (L) 8:00-9:15 Line Dance (D) <b>8</b> 9:00-Noon Woodshop 10:00 Mexican Train Dominos <b>Line Dance starts 9/15</b> <b>11:30 LUNCH BUNCH - MATTEO'S IN GRAND PACIFIC JUNCTION</b> 12:30 Duplicate Bridge (L) 8:00-9:15 Line Dance (D) <b>15</b> 9:00-Noon Woodshop 10:00 Mexican Train Dominos <b>11:00 DOWNTOWN TOUR</b> <b>NEW Line Dance Session Begins (D)</b> 10:00 Easy Does It 11:00 Challenging 12:30 Duplicate Bridge (L) 8:00-9:15 Line Dance (D) <b>22</b> 9:00-Noon Woodshop 10:00 Mexican Train Dominos <b>Line Dance (D)</b> 10:00 Easy Does It 11:00 Challenging 12:30 Duplicate Bridge (L) <b>12:30 NEW OIL PAINTING CLASS BEGINS (D)</b> 8:00-9:15 Line Dance (D)	<b>2 Heinen's</b> 9:00 Noon Woodshop <b>9:00 NEW Exercise Class- "BOOM Move It (D)</b> <b>9:30 BOOM Muscle</b> 10:30- Noon Short Form Tai Chi (CR) <b>3 SATURDAY</b> 7:00 Ballroom Dance Practice <b>9 Heinen's</b> 9:00 Noon Woodshop <b>9:00 NEW Exercise Class- "BOOM Move It (D)</b> <b>9:30 BOOM Muscle</b> 10:30- Noon Short Form Tai Chi <b>1:00 NEW GRIEF SUPPORT GROUP BEGINS</b> <b>10 SATURDAY</b> 7:00 Ballroom Dance Practice <b>16 Heinen's</b> 9:00 Noon Woodshop <b>9:00 NEW Exercise Class- "BOOM Move It (D)</b> <b>9:30 BOOM Muscle</b> 10:30- Noon Short Form Tai Chi <b>17 SATURDAY</b> 7:00 Ballroom Dance Practice <b>23 Heinen's</b> 9:00 Noon Woodshop <b>9:00 NEW Exercise Class- "BOOM Move It (D)</b> <b>9:30 BOOM Muscle</b> 10:30- Noon New Short Form Tai Chi Session Begins <b>12:00 POTATO BAR FUND RAISER EVENT!</b> <b>24 SATURDAY</b> 7:00 Ballroom Dance Practice <b>30 Heinen's</b> 9:00 Noon Woodshop <b>9:00 NEW Exercise Class- "BOOM Move It (D)</b> <b>9:30 BOOM Muscle</b> 10:30- Noon Short Form Tai Chi <b>17 SATURDAY</b> 7:00 Ballroom Dance Practice
<b>19 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 Class (D) 12:30 Watercolor Class (D) 1:00 Party Bridge (L) 5:30 Zumba (D)	<b>27 8:30</b> Men's Pinochle (L) 9:00-Noon Woodshop 9:00 Ladies Pinochle (L) 9:00 Strength & Balance. (D) 10:00 BOOM Move It 10:30 BOOM Muscle 10:00 Mexican Train Dominos 1:00 Movie: The Big Short 7:00 PM Evening Party Bridge	<b>26 Heinen's Promenade</b> 9:00-Noon Woodshop <b>9-11:00 Health Screening by St John's Medical Ctr. BP, Chol., Glucose, bone density</b> <b>11:15 Health Talk: Blood Sugar Monitoring</b> 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	<b>29</b> 9:00-Noon Woodshop 10:00 Mexican Train Dominos <b>11:00 DOWNTOWN TOUR 2 (if necessary)</b> Line Dance (D) 10:00 Easy Does It 11:00 Challenging 12:30 Duplicate Bridge (L) 8:00-9:15 Line Dance (D)	<b>26 Heinen's</b> 9:00 Noon Woodshop <b>9:00 NEW Exercise Class- "BOOM Move It (D)</b> <b>9:30 BOOM Muscle</b> 10:30- Noon Short Form Tai Chi <b>17 SATURDAY</b> 7:00 Ballroom Dance Practice

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

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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.

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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 9/23 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 \$4, 5 class Pass \$20, 10 class Pass \$40



**ZUMBA® (Geared for the active working adult)**

Instructor, Sheri Lugo. **NOW SILVER SNEAKERS!!**

**Mondays and/or Wednesdays** at 5:30-6:15 p.m.  
**West Door - Dwyer Center.**

**Cost:** Single class \$4, 5 class Pass \$20, 10 class Pass \$40



**NEW! BOOM!**



We're saying goodbye to Cardio Strength and hello to BOOM! BOOM is a revolutionary new fitness series designed for Baby Boomers and active older adults. Whether you are just beginning your fitness journey or looking to take your fitness to the next level, BOOM is right for you.

**Starting Friday, September 2, the 45 minute CardioStrength classes at the Dwyer Center in Bay Village will be replaced by two 30 minute classes, scheduled back to back. Come for only one class at a time or stay for both.**

Tuesdays: 10:00 BOOM Move It 10:30 BOOM Muscle

Fridays: 9:00 BOOM Move It 9:30 BOOM Muscle

**NEW PRICING PLAN:** Single class - \$4, Five class Fit Pass - \$20, Ten class Fit Pass - \$40



**LINE DANCING Thursdays with Ronna**

**New 6 week sessions start Sept. 15th**  
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**

<u>Date</u>	<u>Title/Author</u>
Sept. 21	<i>The Orphan Train</i> by Steve Brigman

Bring books to recommend from your own summer reading.

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

**MY BIG FAT GREEK WEDDING 2 (2016) Romantic Comedy - Rated PG-13 - Sept. 6:** In this screwball sequel to the 2002 hit romantic comedy, there's a new wedding on the horizon for the wacky Portokalos clan -- and with it comes a new assortment of family crises and secrets . Starring Nia Vardalos, John Corbett, Lainie Kazan

**WHISKEY TANGO FOXTROT (2016) - Comedy - Rated R– Sept.13:** Based on reporter Kim Barker's memoirs about her experiences covering the Afghanistan war, this satirical look at a hopelessly confused conflict also chronicles the obstacles encountered by female journalists in a rigidly conservative region. Starring Tina Fey, Margot Robbie

**THE BIG SHORT (2015) - Drama - Rated R - Sept. 27:** Before the housing and credit bubble of 2007 triggers an international economic meltdown, a handful of financial outsiders sees the crash coming and bets against the big banks in a daring play that could reap them huge profits. Starring Christian Bale, Steve Carell, Ryan Gosling

# THANK YOU

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

**Refreshments & Supplies:** Penny Dolskii, Bob Goodwin, Joan Bruch, Barb Thomas and M. Ellen Gray

**Cards Games & Lunch:** Village of the Falls

**Lunch & Learns:** Assured Medical and Home Instead

**Program Sponsors:** The Normandy, Independence Village



**DWYER CENTER CLOSED  
MONDAY, SEPTEMBER 5TH**

**Dr. Coppers, DPM,LLC Podiatric  
Physician and Surgeon in the Dwyer Clinic  
Tuesday, November 15 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 Sept. 21 and Oct. 5 and Oct, 19.. 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**