THE BAY VILLAGE OCTOBER 2016

PRIME TIMES

NEWS FOR ADULTS AGE 55 AND OVER

MAPLESIDE FARMS TRIP and lunch at the Brew Kettle Thursday, Oct. 20, 10:30 a.m.

Fall wouldn't be complete without a trip to Mapleside Farms. Shop for apples and other specialty food items, and be tempted with baked goods in the Bakery. Mapleside no longer has a restaurant, so we will stop for lunch at the Brew Kettle in Strongsville around 1:00, and return to the Dwyer Center around 3:00. Transportation cost is $10, due at registration Lunch on your own.

LUNCH BUNCH:

Thursday, October 13th at 11:30 a.m.

Legacy Restaurant & Grille, Avon Lake - Executive Chef Paul Marhefka invites you to experience the Legacy Restaurant & Grille which has been a part of the community for over 15 years and shares their space with the Sweetbriar Golf Course. They offer American Cuisine with French and other eclectic influences. There is something for everyone. 835-6565. Price $5

COFFEE WITH A C.O.P. *(Chief of Police)*

Wednesday, Oct. 12 at 9:00 a.m.

Join us for new monthly, informal program with Bay Village Police Chief Mark Spaetzel. The Chief welcomes the opportunity to answer questions you may have, discuss issues of concern to senior residents and share current topics of interest to Bay residents. RSVP at 835-6565.

PUBLIC MEETING FOR DWYER KITCHEN

Tuesday, October 11th at 11:00 a.m. at Dwyer Center

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.

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.

Oktoberfest

Friday, Oct. 14 th 11:oo a.m.

Gather your friends and come celebrate with us as we enjoy some beer (rootbeer that is!) with soft pretzels and dip as well as hear some delightful and uplifting tunes by the great entertainer Billy Kaye! Free – RSVP 835-6565

Those Eerie Victorians

Friday, October 21 at 11:00 a.m.

Attend if you dare! Perfect for Halloween time haunting, enjoy some Witches Brew and snacks while Anne Michael from the Lorain County Historical Society entertains us by sharing some of the strange and occult beliefs and practices from the Victorian Era. Free – RSVP 835-6565.

DWYER MEMORIAL SENIOR CENTER
Leslie Selig, Director
300 Bryson Lane
440-899-3409

Assistant Director,
and Meals on Wheels Coordinator
Connie Lupica, LSW
440-899-3442

Leslie Noss
Activities Manager
440-835-6565

Maureen Overholser
Transportation Coordinator
440-899-3410

STAYING INDEPENDENT WHILE AGING
Wednesday, October 26th at Noon

Final of the six part series "STAYING INDEPENDENT WHILE AGING: Creating Your Independence Toolkit": "Coping with Loss" by Beth Elsass of Hospice of the Western Reserve. This session is full due to previous registration. Only those who have previously registered may attend.

MUSIC BINGO IS BACK!!
Friday October 7, 11AM

Come hear DJ Kenny from Music Bingo of Ohio who will spin some fabulous tunes, test our musical knowledge and win prizes. Who will be the first to yell MUSIC BINGO? Join us and find out…it may be you. Free - RSVP 835-6565

LUNCH, CARDS AND GAMES
Tuesday, October 18: 10 am - 4 pm.

Lunch is compliments of Devon Oaks
Seating limited to 40. R.S.V.P. 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....

WEDNESDAY NOVEMBER 9 – INDIVIDUAL MEDICARE HEALTH AND DRUG PLAN REVIEW SESSIONS – Medicare health and drug plans change every year! Are you keeping up? Open Enrollment is Oct. 15-Dec. 7, and it's your time to review your coverage. Counselors from the Ohio Senior Health Insurance Information Program (OSHIIP) will be here on November 9 to help you review your insurance and answer and questions about your Medicare coverage. Schedule an appointment to make sure your current health or drug plan is the most cost effective for you and learn about the different coverage options. OSHIIP is a free service through the Ohio Department of Insurance and provides unbiased information on Medicare. OSHIIP does not sell insurance.

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

New 6 Session class begins Monday, October 24. 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. Last day to register is October 17. RSVP 835-6565

Mexican Train Domino Group

Train kept a rollin' - The Mexican Train Domino group is rollin' right along to two days a week. In addition to Tues. at 10AM they now also play on Thurs. at 10 AM All Aboard!

Please check in…

REMINDER: Please show your support of the Dwyer Center and **use your "My Senior Center" card to check in at the front desk** when you arrive to record participation in our programs. It is quick, easy and allows us to accurately report how many people enjoy our activities. This supports our grant initiatives and funding for programs that benefit you! Currently only about 50% of participants are signing in. Stand up and be counted! If you don't have a card yet please stop by the front desk to sign up. Thank you!

OCTOBER 2016

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 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 (D) 1:00 Party Bridge (L) 5:30 Zumba (D	**4** 8:30 Men's Pinochle (L) 9:00-Noon Woodshop 9:00 Ladies Pinochle (L) 9:00 Strength & Balance (D) 10:00 BOOM Move It (D) 10:30 BOOM Muscle (D) 10:00 Mexican Train Dominos 1:00 Movie: The Meddler 7:00 Evening Party Bridge	**5 Great Northern/Walmart** 9:00-Noon Woodshop 9**:00 ATTORNEY** 9:00 **NO** Computer Lessons (L) 9:30 Knitting/Needlecrafts (L) **Noon-4PM - AARP DRIVER SAFETY CLASS** 1:00 Canasta 5:30 Zumba (D)	**6** 9:00-Noon Woodshop 10:00 Mexican Train Dominos Line Dance (D) 10:00 Easy Does It 11:00 Challenging 12:30 Duplicate Bridge (L) 12:30-2:30 Oil Painting Class (D) 8:00-9:15 Line Dance (D	**7 Heinen's** 9:00 Noon Woodshop 9:00 BOOM Move It (D) 9:30 BOOM Muscle (D) 10:30- Noon Short Form Tai Chi **11:00 MUSIC BINGO!!** 1:00 GRIEF SUPPORT GROUP **8 SATURDAY** 7:00 Ballroom Dance Practice
10 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 (D) 1:00 Party Bridge (L) 5:30 Zumba (D	**11** 8:30 Men's Pinochle (L) 9:00-Noon Woodshop 9:00 Ladies Pinochle (L) 9:00. Strength & Balance (D) 10:00 BOOM Move It (D) 10:30 BOOM Muscle (D) 10:00 Mexican Train Dominos **11:00 PUBLIC MTG. RE: DWYER KITCHEN (L)** 1:00 Movie: This is Where I Leave You 7:00 Evening Party Bridge	**12 Drug Mart/Giant Eagle/Prom.** **9:00 NEW – COFFEE WITH A C.O.P.** 9:00-Noon Woodshop 9:00 Computer Lessons (L) 9:30 Knitting/Needlecrafts (L) 1:00 Canasta 5:30 Zumba (D)	**13** 9:00-Noon Woodshop 10:00 Mexican Train Dominos **11:30 LUNCH BUNCH – LEGACY RESTAURANT & GRILLE** Line Dance (D) 10:00 Easy Does It 11:00 Challenging 12:30 Duplicate Bridge (L)\ 12:30-2:30 Oil Painting Class (D) 8:00-9:15 Line Dance (D)	**14 Heinen's** 9:00 Noon Woodshop 9:00 BOOM Move It (D) 9:30 BOOM Muscle (D) 10:30- Noon Short Form Tai Chi **11:00 OKTOBERFEST!!** 1:00 GRIEF SUPPORT GROUP **15 SATURDAY** 7:00 Ballroom Dance Practice
17 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 (D) 1:00 Party Bridge (L) 5:30 Zumba (D	**18** 8:30 Men's Pinochle (L) 9:00-Noon Woodshop) 9:00 Ladies Pinochle (L) 9:00 Strength & Balance. (D) 10:00 BOOM Move It (D) 10:30 BOOM Muscle (D) 10:00 Mexican Train Dominos **10:00-4 CARDS, GAMES & LUNCH (L)** 7:00 PM Evening Party Bridge	**19 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)	**20** 9:00-Noon Woodshop 10:00 Mexican Train Dominos **10:30 TRIP: MAPLESIDE FARMS** Line Dance **(D)** 10:00 Easy Does It 11:00 Challenging 12:30 Duplicate Bridge (L) 12:30-2:30 Oil Painting Class (D) 8:00-9:15 Line Dance (D)	**21 Heinen's** 9:00 Noon Woodshop 9:00 BOOM Move It (D) 9:30 BOOM Muscle (D) 10:30- Noon Short Form Tai Chi **11:00 THOSE EERIE VICTORIANS HISTORICAL PROGRAM** 1:00 GRIEF SUPPORT GROUP **22 SATURDAY** 7:00 Ballroom Dance Practice
24 Heinen's Promenade 9:00-Noon Woodshop 9-11:00 Health Screening 10:00-11:30 Wu Style Tai Chi (CR) 10:30 Chair YOGA 12:30 **NEW Watercolor Class Session Begins** (D) 1:00 Party Bridge (L) 5:30 Zumba	**25** 8:30 Men's Pinochle (L) 9:00-Noon Woodshop 9:00 Ladies Pinochle (L) 9:00 Strength & Balance. (D) 10:00 BOOM Move It (D) 10:30 BOOM Muscle (D) 10:00 Mexican Train Dominos 1:00 Movie: Money Monster 7:00 PM Evening Party Bridge	**26 Drug Mart/Giant Eagle/Prom.** 9:00-Noon Woodshop 9:00 Computer Lessons (L) 9:30 Knitting/Needlecrafts (L) **NOON - LUNCH & LEARN – Coping with Loss** 1:00 Canasta 5:30 Zumba (D)	**27** 9:00-Noon Woodshop 10:00 Mexican Train Dominos Line Dance (D) 10:00 Easy Does It 11:00 Challenging 12:30 Duplicate Bridge (L) 8:00-9:15 Line Dance (D)	**28 Heinen's** 9:00 Noon Woodshop 9:00 BOOM Move It (D) 9:30 BOOM Muscle (D) 10:30- Noon Short Form Tai Chi 1:00 GRIEF SUPPORT GROUP **29 SATURDAY** 7:00 Ballroom Dance Practice
31 Heinen's Promenade 9:00-Noon Woodshop 9-11:00 Health Screening (C) 10:00-11:30 **NEW Wu Style Tai Chi Session Begins(CR)** 10:30 **New Chair Yoga Class (D)** 12:30 Watercolor Class (D) 1:00 Party Bridge (L) 5:30 Zumba (D				**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**

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

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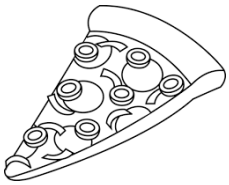
OCTOBER FUN FACTS:

October is one significant month in the United States. It is because in the said country, this particular month is when Sausage Month, Pork Month, Popcorn Month, and National Pizza Month occur. In the United Kingdom on the other hand, it is when International School Library Month, International Walk to School Month, Black History Month, and National Cholesterol Month happens.



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 October 31. 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 10/31. 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-

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

Date	Title/Author
October 19	To Be Determined

Bring books to recommend from your own summer reading.

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

THE MEDDLER (2016) Comedy - Rated PG-13 - Oct. 4: On the heels of her husband's death, Marnie Minervini moves to Los Angeles and begins interfering with her daughter Lori's life. But after Marnie's chance encounter with a charismatic security guard, she turns her attention in a different direction. Starring Susan Sarandon, Rose Byrne. J.K. Simmons

THIS IS WHERE I LEAVE YOU (2014) - Comedy - Rated R– Oct. 11: In accordance with Jewish custom, four siblings gather to sit shivah after their father's death but are soon bickering and renewing old grudges. Brought together for the first time in years, the quarrelsome brood is in for a weeklong emotional duel. Starring Jason Bateman, Tina Fey, Jane Fonda

MONEY MONSTER (2016) - Crime Drama - Rated R - Oct. 25: Landing in dire financial straits after following a stock tip from bombastic TV persona Lee Gates, fuming Kyle Budwell takes the lout hostage on live television and threatens to kill him unless he turns the stock price around before the closing bell. Starring George Clooney, Julia Roberts

THANK YOU

Movie snacks O'Neil Healthcare Bay Village, Independence Village, Our House
Refreshments & Supplies: Howie Gillihan, Dan Corcoran,, Bob Goodwin, and M. Ellen Gray, Barb Spencer
Cards Games & Lunch: The Northridge Apartments
Lunch & Learns: Southwest Hospital and Brookdale Senior Living
Potato Bar Spronsor: Life Care Center of Westlake
Yard Work: Chuck McKee
Health Screening: UH St. John Medical Center
Special Thanks: Home Instead Senior Care for their execellent six part Staying Independent series

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!

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 Oct, 19, Nov. 2, & 16 and Dec. 7 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, Life Care Center of Westlake

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