

# PRIME TIMES

## NEWS FOR ADULTS AGE 60 AND OVER



### *Ghosts & Grub Party* Friday Oct 30th 11:30AM

Celebrate Halloween this year with a spooky drive-in experience. Join us in our parking lot and listen to ghost stories from Cleveland's own Franklin Castle streamed right into your car on our FM radio channel.

Franklin Castle, which many have labeled Ohio's most haunted house, is filled with lurid legends of terrifying tales. Built in the late 1800s, the home at 4308 Franklin Blvd in Ohio City is said to feature multiple spirits. Listen to Greg Polcyn tell stories about "the girl in white", "the cold room" and other unexplained experiences that draw a fine line between fact and fiction.

Take a supernatural journey to Franklin Castle and discover why to this day, it's haunted.

Lunch will be provided by O'Neill Healthcare and brought right to your car!



**Please call to register 835-6565**



### *Patio Picnic Party* Friday Oct 16th 11:30am

Join us on the patio for a socially distanced, delightful lunch with good friends and beautiful fall foliage. We'll enjoy the outdoors as long as we can before the cold sets in. Lunch will be provided by Homewatch Caregivers. Space is limited. Please call 835-6565 to register.

### *Gentle Chair Yoga on the Patio* Mondays Oct 5, 12, 19, 26 10:30am



Join us out on the patio of the Senior Center for a gentle yoga class instructed by Tolisa Mize. Please dress comfortably and bring a yoga mat. In order to keep socially distanced, this class is limited to 8 people. **PLEASE CALL AHEAD TO RESERVE YOUR SPACE! 835-6565**  
Cost is \$10. Please bring payment to class.  
**Silver Sneakers Members: FREE.**



### *Strength & Balance*

Sign up for your FREE weekly inspiration with our award-winning senior advocate, Kathryn Eyring, of Aging Gracefully TV. Just go to [www.AgingGracefully.TV](http://www.AgingGracefully.TV) to receive her health and fitness emails with fun inspirational stories and challenges. Also, call Kathryn at (440) 759-2629 to get instructions on zooming into her online Strength & Balance classes on Tuesdays and Thursdays at 8:45 AM. FREE to Silver Sneakers and Optum Fitness members or pay \$5 per class monthly.

**Beginning Nov 3rd you will have 2 options to join Kathryn's class.**

- 1 ~ In person instruction at the Bay Senior Center:  
**Call 835-6565 to register**
- 2 ~ Zoom in your home.



### *Move It Or Lose It!* Tuesdays & Thursdays 2pm **OR at your convenience!**

Join Michelle Payne for a fun movement class for all levels from the comfort of your living room! This class is designed to increase strength, coordination, and range of movement. Tune in to our YouTube channel: Bay Village Senior Center at 2PM on Tuesdays and Thursdays to exercise with Michelle. Or tune in at your convenience and watch a recorded workout.

**See September Primetimes for a YouTube tutorial**

**Beginning in November you will have 2 options to join Michelle's class.**

- 1 ~ In person instruction at the Bay Senior Center:  
**Call 835-6565 to register**
- 2 ~ Watch Michelle's video on YouTube at your convenience.  
Tune in to Bay Village Senior Center on YouTube.com

# LUNCH AND LEARNS:

Lunch and Learns at the “drive-in”! Join us in the parking lot on the north side of the senior center. Stay in your car and tune your radio to our FM station to hear the presentation and we will bring lunch to you in your car!

## Meet The New Bay Village Chief of Police Wednesday Oct 7th, 11:30am

Join our very first drive-in Lunch and Learn and listen to Chief Leasure talk about safety and security during these unprecedented times in the comfort of your own vehicle. Questions can be answered and concerns will be addressed.



Sponsored by Brookdale  
Please RSVP 835-6565 by Oct 2nd



## Have a Laugh For the Health of It Wednesday Oct 14th, 11:30am

Join us for a drive-in Lunch and Learn and learn the history of therapeutic humor, identify the benefits of humor, and distinguish between appropriate and inappropriate uses of humor all in this informative and uplifting talk,

Presented by Hospice of the Western Reserve  
Lunch provided by Home Instead  
Please RSVP 835-6565 by Oct 9th

## Medicare & Medicaid—Costs of Care Wednesday Oct 28th, 11:30am

Join us for a drive-in Lunch and Learn to learn about Medicare, Medicaid and the costs involved. With open enrollment in October and a pandemic happening around us, this information is helpful now more than ever.



Sponsored by My New Villa  
Please RSVP 835-6565 by Oct 23rd



## Book Club Wednesday Oct 21st 10AM

Join a small group of book lovers out on the patio at the Senior Center. Wear your mask and enjoy a socially distanced discussion about a new book each month.

October's book discussion will be on:  
Daughters of Erie Town by Connie Schultz

TED TALKS  
IDEAS WORTH SPREADING

## TED TALK TUESDAYS

**TED Talk Tuesdays will resume in person, socially distanced at the Bay Village Senior Center in November.**

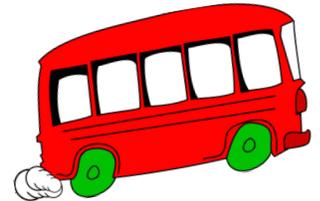
# Senior Transportation

## For Bay Village Residents:

- Seniors 60 years or older who have no alternate means of transportation.
- Knickerbocker Apartment Residents
- Permanently or temporarily disabled residents

## To keep everyone safe:

- Only one passenger transported at a time. Only exception is a family member or caregiver.
- Passengers must sit in the back seat
- EVERY passenger is required to wear a mask. No exceptions. Ride will be cancelled if passenger refuses to wear a mask
- All riders must have their temperature taken, answer a few health questions and use hand sanitizer before entering the car.



## Charges:

\$2 roundtrip within Bay Village  
\$2 round trip to Drug Mart  
\$4 roundtrip to Rocky River and Westlake  
\$5 roundtrip to N. Olmsted, Fairview, Lakewood, Avon & Avon Lake

Exact change is necessary. Checks may be made payable to *City of Bay Village* and mailed to 300 Bryson Lane.

To schedule transportation or for more information contact Maureen  
440.899.3410  
[moverholser@cityofbayvillage.com](mailto:moverholser@cityofbayvillage.com)

## Ohio Senior Health Insurance Information Program (OSHIIP)



The Ohio Department of Insurance provides Medicare beneficiaries with free, objective health insurance information and one-on-one counseling through a program called the Ohio Senior Health Insurance Information Program (OSHIIP). OSHIIP's hotline experts, speaker's bureau, and trained volunteers educate consumers about Medicare, Medicare prescription drug coverage (Part D), Medicare Advantage options, Medicare supplement insurance, long-term care insurance, and other health insurance matters.

OSHIIP counselors can help you over the phone:

- enroll in Medicare during COVID-19
- understand COVID-19 related Medicare coverage issues
- make your Medicare choices during **Medicare's Open Enrollment Period (October 15 to December 7)**
- understand how to use Medicare's website to compare your options
- enroll in a new Medicare plan, if you choose to make a change
- avoid high-pressure sales tactics.

**Call Connie at (440) 899-3442 to be referred to an OSHIIP counselor.**

## General Household Safety Tips



- **Move furniture to clear walking paths.**
- **Make light switches accessible by placing them no higher than 48 inches and replacing toggle switches with rocker style**
- **Improve overall lighting in the home. Add task lights and night lights wherever needed.**
- **Replace doorknobs with levered handles or pulls or add doorknob grips.**
- **Mark changes in floor levels with tape or paint in a high-contrast color.**
- **Remove loose carpeting and unnecessary throw rugs. Fasten down area rugs with double-sided rug tape.**
- **Remove all electric, cable and extension cords that run across or near walkways. If necessary, place electric cords behind furniture.**
- **Replace unsteady chairs with chairs that have sturdy arms to make transitioning from sit-to-stand easier.**
- **Remove clutter by donating or disposing of items that are no longer of use.**
- **Make sure trash receptacles are easily accessible from inside the home and can be brought to the curb without obstruction.**
- **Repurpose a closet or other area on the main living level to make laundry machines accessible. Replace top-loading machines with front-loading appliances that are easier to use.**
- **Ensure smoke alarms and carbon monoxide detectors are placed in all key areas. Test them and change batteries regularly.**

**IN MARCH: FRIDAY THE 13TH, FULL MOON, TURNED CLOCKS AHEAD, ALL IN ONE WEEKEND.**



**OCTOBER 31ST: HALLOWEEN ON A SATURDAY, FULL MOON, TURN CLOCKS BACK AN HOUR. MAYBE THIS WILL RETURN US TO FACTORY SETTINGS?**

**SOMEONE STOLE MY MOOD RING.**



**IDONT KNOW HOW I FEEL ABOUT THAT.**




**...and that is WHY the chicken crossed the road.**





**THE CLARK SISTERS WERE GOING A LITTLE STIR-CRAZY.**

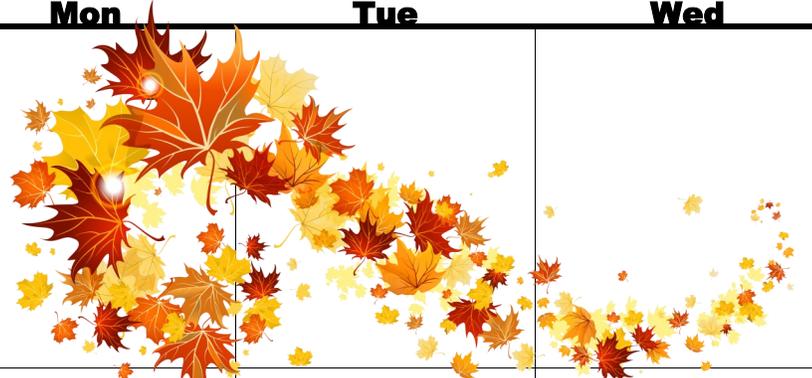





**I think more about running away now than I did as a kid, but by the time I put my teeth in, my glasses on and find my keys I forget why I'm going.**



# OCTOBER

Mon	Tue	Wed	Thu	Fri
			1  2pm Move it or Lose it On YouTube	2
5  10:30am Chair Yoga on the patio	6  2pm Move it or Lose it On YouTube	7  11:30am Lunch & Learn Meet our new Chief of Police	8  2pm Move it or Lose it On YouTube	9
12  10:30am Chair Yoga on the patio	13  2pm Move it or Lose it On YouTube	14  11:30am Lunch & Learn Have a Laugh for the Health of It	15  2pm Move it or Lose it On YouTube	16  11:30am Patio Picnic Party
19  10:30am Chair Yoga on the patio	20  2pm Move it or Lose it On YouTube	21  10:00am Book Club on the patio	22  2pm Move it or Lose it On YouTube	23
26  10:30am Chair Yoga on the patio	27  2pm Move it or Lose it On YouTube	28  11:30am Lunch & Learn Medicare/ Medicaid	29  2pm Move it or Lose it On YouTube	30  11:30am Ghosts & Grub Drive-in Party



# THANK YOU



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**BAY VILLAGE SENIOR CENTER**



Bay Village Senior Center  
No subscribers

[https://www.youtube.com/channel/  
UC8ULFsu9dporF71VCVgLiuw](https://www.youtube.com/channel/UC8ULFsu9dporF71VCVgLiuw)

**DEPT. OF COMMUNITY SERVICES**

**300 Bryson Lane**

**Bay Village, OH 44140**