





May



2024

Monday	Tuesday	Wednesday	Thursday
<i>Italicize = activity is off site</i>		1 9:00-10:00 a.m. Blood Pressure & Glucose Screening 9:30-10:30 a.m. Chair Exercise-Laurie 11:00-1:00 p.m. "Bag Ladies"	2 9:15-10:15 a.m. Chair Exercise-DVD 10:30-11:30 a.m. Chair Yoga-Jessica 11:30-1:30 p.m. Crafts 1:30-3:00 p.m. Wii Bowling
6 9:00-10:00 a.m. Chair Dancing-DVD 10:00-11:00 a.m. Bingo & Bagels-Communicare Health Care 11:00-1:00 p.m. Movie-Americas Sweethearts 1:00-3:00 p.m. Rummikub & Cards	7 9:15-9:45 a.m. Sit Down & Tone Up-DVD 12:00-1:00 p.m. Chips n Salsa & Margarita 1:00-2:30 p.m. Mexican Train Dominos 2:45-3:30 p.m. Floor Yoga-Jessica	8 9:30-10:30 a.m. Chair Exercise-Jessica 11:00-1:00 p.m. "Bag Ladies" 1:00-2:00 p.m. Kidney Foundation of Ohio	9 9:15-10:15 a.m. Chair Exercise-DVD 10:30-11:30 a.m. Chair Yoga-Jessica 11:30-1:30 p.m. Crafts 1:30-3:00 p.m. Wii Bowling
13 9:30-1:30 p.m. AARP Driving Class 	14 9:00-11:00 a.m. Benefit Bank 9:15-9:45 a.m. Sit Down & Tone Up-DVD 10:00-2:00 p.m. Rummikub & Cards 2:45-3:30 p.m. Floor Yoga-Jessica 1:00-2:00 p.m. Produce Market	15 9:30-10:30 a.m. Chair Exercise-Jessica 11:00-1:00 p.m. "Bag Ladies" 1:30-2:30 p.m. Card making- Parkside Villa	16 9:15-10:15 a.m. Chair Exercise-DVD 10:30-11:30 a.m. Chair Yoga-Jessica 11:30-1:30 p.m. Crafts 1:30-3:00 p.m. Wii Bowling
20 9:00-10:00 a.m. Chair Dancing-DVD 10:00-11:00 a.m. Book Club 10:00-11:00 a.m. Foot Doctor 10:00-11:30 a.m. Hospice Support Group 12:00-3:00 p.m. Rummikub & Cards	21 9:00-11:00 a.m. OSHIIP 9:15-9:45 a.m. Sit Down & Tone Up-DVD 10:30-12:00p.m. High Blood Pressure Speaker 2:45-3:30 p.m. Floor Yoga-Jessica	22 9:30-10:30 a.m. Chair Exercise-Jessica 11:00-1:00 p.m. "Bag Ladies" 1:00-3:00 p.m. Mexican Train Dominos	23 9:15-10:15 a.m. Chair Exercise-DVD 10:30-11:30 a.m. Chair Yoga-Jessica 11:30-1:30 p.m. Crafts 1:30-3:00 p.m. Wii Bowling
27 	28 9:15-9:45 a.m. Sit Down & Tone Up-DVD 10:00-2:00 p.m. Rummikub & Cards 1:00-3:00 p.m. Benefit Bank 2:45-3:30 p.m. Floor Yoga-Jessica	29 9:30-10:30 a.m. Chair Exercise-Jessica 11:00-1:00 p.m. "Bag Ladies" 1:00-3:00 p.m. Mexican Train Dominos	30 9:15-10:15 a.m. Chair Exercise-DVD 10:30-11:30 a.m. Chair Yoga-Jessica 11:30-1:30 p.m. Crafts 1:30-3:00 p.m. Wii Bowling

*All activities subject to change without notice.

Call Senior Transportation Connection-STC to schedule ride 3 business days in advance or as early as 3 weeks in advance 216.265.1489.

Cancellations are required no later than 7AM day of trip.

North Royalton Senior Center
13500 Ridge Road, North Royalton OH 44133
440-582-6333
Office Hours: 8:00 a.m. – 4:00 p.m. Monday-Thursday



For an awkward, self-conscious girl like Kiki (Julia Roberts), being the personal assistant to a beautiful megastar like Gwen (Catherine Zeta-Jones) isn't easy. But when she dutifully accepts the task of helping Gwen and her estranged husband Eddie (John Cusack) make it through one last public appearance masterminded by legendary press agent Lee Phillips (Billy Crystal), forever devoted Kiki finds that her job is about to get even harder when her and Eddie's relationship takes a romantic turn.

Raedda is back to call Bingo with Communicare HealthCare sponsoring the delicious bagels and we will make sure you have a cup of coffee to enjoy will hoping to win a game of bingo. Call for reservations by Thursday, May 2.

We will be celebrating Cinco de Mayo with chips, salsa and (virgin)Margaritas on Tuesday, May 7. Linda RN liaison from Rent-A-Daughter will inform you about what senior care services they offer and talk briefly about importance of physical & mental health & overall wellness.



Jennifer Clegg, Client services and program manager with the Kidney Foundation of Ohio will come to talk about kidney disease and the impact it can have on the older adult population and ways to keep your kidney healthy. Jen will share information about dialysis and what patients may experience when they are on dialysis. Jen herself is a kidney transplant survivor and is willing to answer your questions.

AARP will be holding Smart Driver Course **May 13 from 9:30 a.m.-1:30 p.m.** You will learn safe driving techniques, new traffic laws and regulations in our state, research-based driving techniques, proven safety strategies, methods for handling highway traffic, right of way and blind spots and more. This could save you money on your insurance. AARP Members \$20 and non-members \$25 cash or check (no credit cards). Coffee and donuts will be provided, feel free to bring a snack/lunch. Pre-registration is required 440-582-6333. Bring your Driver's License and AARP card if you have one.

Join Deb from Parkside Villa for a card making craft. You will have the opportunity to make more than one card, so make sure you know what type of card you need? Is it Happy Birthday, Get Well, Thinking of you, Hello, Thank You, or no salutation at all? Deb will bring the paper, punches, decorative scissors and examples of card ideas. She will also help your creative side get some ideas. It's a fun way to meet other and create something original.

Are you in need of a podiatrist or just forgot to schedule your appointment, well no worries because once a month Dr. Zaccardelli will be at the center to provide basic services. If you are having a hard time bending over to trim your toe nails, Dr. Zaccardelli will do that for you. Just bring your insurance information (your deductible, if you have one) and he will do all the paper work for you. Call the center 440-582-6333 to schedule your appointment.

Hospice Loss Support Group. Facilitated by Crossroads Hospice and offered at no cost on the third Monday of the month. A support group to acknowledge the grief (a normal and natural reaction to loss) you may be experiencing with major life changes such as the death of a loved one or anticipatory grief accompanying the aging process. We welcome all who need comfort and help during a difficult time.

As we age, 90%of Americans are at risk for high blood pressure. Join us **May 21st at 10:30 a.m.** for this informative talk as noted medical lecturer and patient advocate Tom Strong explains non-medical strategies to help reduce and manage blood pressure. After Tom's presentation you will enjoy a slice of pizza so remember to bring something to drink if you don't feel like a glass of water. Reservations required by May 15.



Monday	Tuesday	Wednesday	Thursday
3 9:00-10:00 a.m. Chair Dancing-DVD 10:00-12:00 p.m. Movie- Still Alice & National Donut 12:00-3:00 p.m. Rummikub & Cards	4 10:00-11:00 a.m. Bingo & Bagels- Communicare 11:00-11:30 a.m. Sit Down & Tone Up-DVD 11:30-1:30 p.m. Board Games 2:45-3:30 p.m. Floor Yoga-Jessica	5 9:00-10:00 a.m. Blood Pressure & Glucose Screening 9:30-10:30 a.m. Chair Exercise-Laurie 11:00-1:00 p.m. "Bag Ladies" 1:00-3:00 p.m. Mexican Train Dominos	6 9:30-10:30 a.m. Chair Exercise-DVD 10:30-11:30 a.m. Chair Yoga-Jessica 11:30-1:30 p.m. Crafts 1:30-3:00 p.m. Wii Bowling
10 9:00-11:00 a.m. Movie- Notebook 11:00-12:00 p.m. Alzheimer's speaker & Lunch 12:00-3:00 p.m. Rummikub & Cards	11 9:00-11:00 a.m. Benefit Bank Counselor 10:00-12:00 p.m. Board Games 12:00-12:30 p.m. Sit Down & Tone Up-DVD 2:45-3:30 p.m. Floor Yoga-Jessica <i>1:00-2:00 p.m. Produce Market</i>	12 9:30-10:30 a.m. Chair Exercise-Jessica 11:00-1:00 p.m. "Bag Ladies" 1:00-3:00 p.m. Mexican Train Dominos	13 9:30-10:30 a.m. Chair Exercise-DVD 10:30-11:30 a.m. Chair Yoga-Jessica 11:30-1:30 p.m. Crafts 1:30-3:00 p.m. Wii Bowling
17 9:00-10:00 a.m. Chair Dancing-DVD 10:00-11:00 a.m. Foot Doctor 10:00-11:30 a.m. Hospice Support Group 12:00-3:00 p.m. Rummikub & Cards	18 9:00-11:00 a.m. Movie-Away From Her 11:00-12:00 p.m. Senior Care Authority & Pizza 12:00-2:00 p.m. Board Games 2:45-3:30 p.m. Floor Yoga-Jessica	19 9:30-10:30 a.m. Chair Exercise-Jessica 11:00-1:00 p.m. "Bag Ladies" 1:00-3:00 p.m. Mexican Train Dominos	20 9:30-10:30 a.m. Chair Exercise-DVD 10:30-11:30 a.m. Chair Yoga-Jessica 11:30-1:30 p.m. Crafts 1:30-3:00 p.m. Wii Bowling
24 9:00-10:00 a.m. Chair Dancing-DVD 10:00-12:00 p.m. Movie- The Father 12:00-3:00 p.m. Rummikub & Cards	25 9:00-11:00 a.m. OSHIIP Counselor 10:00-12:00 p.m. Board Games 12:00-12:30 p.m. Sit Down & Tone Up-DVD 1:00-3:00 p.m. Benefit Bank Counselor 2:45-3:30 p.m. Floor Yoga-Jessica	26 9:30-10:30 a.m. Chair Exercise- Jessica 11:00-1:00 p.m. "Bag Ladies" 1:00-3:00 p.m. Mexican Train Dominos	27 9:30-10:30 a.m. Chair Exercise-DVD 10:30-11:30 a.m. Chair Yoga-Jessica 11:30-1:30 p.m. Crafts 1:30-3:00 p.m. Wii Bowling

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Office Hours: 8:00 a.m. – 4:00 p.m. Monday-Thursday

It is National Alzheimer's & Brain awareness month. This month we will be watching movies that will help educate and show all sides of memory loss. The first movie we will watch **Monday, June 3** along with celebrating National Donut Day is Still Alice starring Julianne Moore, Alec Baldwin, Kristen Stewart, Kate Bosworth and Hunter Parrish. Alice Howland is happily married with three grown children, is a renowned linguistics professor who starts to forget words. When she receives a diagnosis of Early-Onset Alzheimer's disease, Alice and her family find their bonds thoroughly tested. Her struggle to stay connected to who she once was is frightening, heartbreaking and inspiring.

Monday, June 10, Notebook- In 1940s South Carolina, mill worker Noah Calhoun (Ryan Gosling) and rich girl Allie (Rachel McAdams) are desperately in love. But her parents don't approve. When Noah goes off to serve in World War II, it seems to mark the end of their love affair. In the interim, Allie becomes involved with another man (James Marsden). But when Noah returns to their small-town years later, on the cusp of Allie's marriage, it soon becomes clear that their romance is anything but over.

After the movie on **Monday, June 10** lunch will be provided for those that wish to stay or those that want to hear Mary from the Alzheimer's Association speak on Understanding Alzheimer's and Dementia. It's a disease of the brain that causes problems with memory, thinking and behavior. Learn about the difference between Alzheimer's and Dementia, Alzheimer's disease stages and risk factor, current treatments available to address some symptoms. Lunch reservations must be made by Wednesday, June 5.

Showing **Tuesday, June 18** Away From Her -Married for almost 50 years, Grant (Gordon Pinsent) and Fiona (Julie Christie) appear to have an unwavering commitment to each other. This serenity is broken by Fiona's increasingly evident memory loss. For a while, the couple is able to casually dismiss these unwelcome changes. But when neither Fiona nor her husband can deny any longer that she is being consumed by her disease, the couple is forced to wrenchingly redefine the limits of their love and loyalty-and face the complex, inevitable transition from lovers to strangers.

Monday, June 24 we will be watching The Father- A man (Anthony Hopkins) refuses all assistance from his daughter (Olivia Colman) as he ages. As he tries to make sense of his changing circumstances, he begins to doubt his loved ones, his own mind and even the fabric of his reality.

Tuesday, June 4 is Bingo & Bagels with Communicare will be sure to impress you with the delicious bagels and prizes. Remember to bring your tea or covered beverage if you don't want to drink a cup of our coffee. Call the center to sign up so Readda from Communicare will know how many bagels to bring.

Are you in need of a podiatrist or just forgot to schedule your appointment, well no worries because once a month Dr. Zaccardelli will be at the center to provide basic services. If you are having a hard time bending over to trim your toe nails, Dr. Zaccardelli will do that for you. Just bring your insurance information (your deductible, if you have one) and he will do all the paper work for you. Call the center 440-582-6333 to schedule your appointment for **Monday, June 17**.

Tiffany Morgan from Senior Care Authority will be here **Tuesday June 18th** at 11:00 a.m. She has been assisting and educating seniors and families regarding your options for both now and in the future. She will discuss topics such as the difference between Private Duty Home Health Aides versus Home Health, Nursing homes-rehab versus long term care, Assisted Living light versus higher acuity Assisted Living and Memory Care. Differences in these communities and how making the right decisions now can impact a senior and family down the road. Why as with anything, you want to be prepared with decisions, documents and more sooner rather than later. How YOU and ONLY you should make these decisions now while you are healthy, not wait for your family to make these decisions for you. Having a plan when you don't need it is priceless. You can tell your family, this is what I want, I've already done everything. No one knows what tomorrow holds for any of us, come and learn everything you can so you can be prepared. Lunch will be provided with RSVP by June 13.