



Mayor Robert Stefanik

North Royalton Senior Center

13500 Ridge Road, North Royalton OH 44133

440-582-6333

August 2019

Office Hours: 8:00 a.m. – 4:00 p.m.

Meditation & Stretch

Melysa with Regina Health Center will be at the center on **Friday, August 2** at **10:00 a.m.** for one hour to teach a class on meditation & stretch. The class will help you relax and loosen up. Take time out of your day for yourself and join us.

Dance Team 42

Monday, August 5 at **11:00 a.m.** Route 42 Dance Academy dancers will be performing Tap, Jazz, and Musical Theatre at the Senior Center. The dancers take classes throughout the week and then rehearse on Saturday. They attend Dance Competitions throughout the year so this great practice for them in front of an audience. It's free to watch and get opportunity to support the hard work that they have been doing over the summer.

Attorney Margie Karl

Join Attorney Margie T. Karl on **Friday, August 9** at **11:00 a.m.** for a discussion regarding thoughtful considerations as we age. At the discussion, Mrs. Karl will address the importance of general estate planning. While meeting with Attorney Karl, you will have a chance to ask questions that have been on your mind regarding estate planning documents such as wills and trusts. Mrs. Karl is experienced in the areas of Estate, Probate and Limited Real Estate Law who aims to make her seminars Informative and eye-opening as you consider your Estate Planning Options. Don't miss this opportunity to have your questions answered.

Trivia with Tammi

On **Monday, August 12** at **10:30 a.m.** Tammi from Westwood Place will be at the center to play Trivia with Tammi. It's always a good time to test your brain knowledge by coming a playing along with others in a good game of Trivia.

Podiatrist

Are you in need of a podiatrist or just forget to schedule your appointment, well no worries because once a month Dr. Zaccardelli will be at the center **Friday, August 16** from **10:00-11:00 a.m.** 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. Bring your insurance information and he will do all the paper work for you. You will not need an appointment, it is first-come-first-serve. Watch the calendar for the next time Dr. Zaccardelli will be at the center.

Understanding Medicare Health Plans

Jan with Kaz Company will be presenting Medicare 101 on **August 19th** at **10:30 a.m.** at the North Royalton Senior Center. Jan will discuss the A, B, C and D's of Medicare, the difference between Medicare Supplements and Medicare Advantage Plans and help you gain an understanding of Medicare Part D Prescription Drug Plans.

The Heights

Sandy from The Heights will be at the center on **Friday, August 23** at **10:00 a.m.** to provide donuts and information about The Heights. She will be happy to answer any questions you might have. Come for Donuts!