Bowling with Jennings

Join Jennings at Brecksville on **Monday, March 2 at 11:00 a.m.** as they bring their bowling lane to the center. It is actually a roll out carpet bowling lane with plastic pins and a “light” bowling ball. If you can’t lift the ball or are not steady on your feet they will bring a ramp to help assist your game. Come and join in the fun or just come and watch.

Essential Oils

Essential oils presentation will focus on "A Natural Approach to the Golden Years". Providing education about what exactly are essential oils; why should you be using them; how do you know if they are pure and safe; favorite uses; and also the best oils for aches and pains. Address how to utilize oils as a caregiver to a senior, covering some of the unique challenges that can come with aging and caring for an aging loved one. Why is a natural approach so important for seniors? How can you obtain optimal results from using oils? How exactly do you use them? The presentation will also target how to use essential oils to support dietary and digestive concerns, how to support sleep and restlessness at bedtime, and immune support. On **Friday, March 6 at 10:30 a.m.** is your opportunity to learn and get your questions answered.

Crafts with the Heights

Sandy from the Heights will be supplying all the material to make a Saint Patrick’s Day bracelet. Come and join in the fun on **Monday, March 9 at 10:30 a.m.** You don’t even need to be Irish to participate, just crafty.

St. Patrick’s Day Party

**Monday, March 16 at 11:00 a.m.** we will be celebrating St. Patrick’s Day as **Mayor Antoskiewicz** will be providing a free lunch of Corned Beef Sandwich, potato salad, chips, pickle and a dessert sponsored by Regina Health Center. Beginning with an hour of music performed by a harpist, followed by a sit down lunch and ending with a raffle drawing. Put on your green gear and come celebrate this Irish holiday! Seating is limited so sign up February 24-March 9.

Movie & Donuts

Always Best Care is sponsoring the movie & Donuts **Wednesday, March 18 at 11:30 a.m.** which is Breakthrough. In This fact based drama, 14-year old John Smith falls through a frozen lake and is pronounced dead after 27 minutes of CPR fail to revive him. But his mother is having none of it and prays loudly at John’s bedside until his heart starts beating again.

Shaklee

The supplement market is a jungle out there! Join Nurse Practitioner Donna Lanza representing Shaklee Products for information on how to cut through the myths and make an informed decision on if you should take supplements? What are supplements? Can they really put fresh fruits and vegetables in a capsule? Why supplements? Are supplements dangerous? You mean there are supplements that could be harmful? How do you find good supplements? There are so many choices, you have no idea which one to buy? These are just a few questions that Donna Lanza can answer when you come to the center to hear her speak and answer questions on **Friday, March 20 at 10:30 a.m.**

Learn & Lunch

Westwood Place will be providing our Learn & Lunch this month on Friday, March 27 at 11:30 a.m. The presentation will be “Nutrition after 50” followed by lunch. All are welcome, remember to reserve a spot by calling 440-582-6333.
**Relax with Regina Health Center**

This class includes gentle mindful guided meditation, breath-work, stretching for the whole body with some restorative chair yoga. Stretching is an excellent way to relax and relieve tension when you incorporate breathing exercises and good posture in your program. It becomes very important for older adults to maintain range of motion normally with activities during the day. It's designed to bring an increased sense of physical and mental health. Benefits include: release of muscle tension, relaxation and overall positive well-being. We hope you will join us **Friday, March 13 10:30 a.m.** then after class you will receive Valentine’s Day treats.

**Podiatrist**

Dr. Zaccardelli will be at the center **Friday, March 20** 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. You will have to 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.

**Tone Up**

If it’s too hot to exercise outside then come to Tone up every **Tuesday at 10:45 a.m.** Strength training stimulates bone growth, improves posture, decreases body fat, and improves balance and mobility. With this program, you’ll strengthen, tone and shape your arm, shoulder and back muscles, all while comfortably seated on your chair. Leg and abdominal exercises, followed by gentle stretching, complete this 20 minute workout to delightful music. There is all fitness levels you will see while following along with the DVD. If you would like bring small hand weights or try it first without the weights and then gradually add weights.