



# February 2024

Monday	Tuesday	Wednesday	Thursday
<i>Italicize = activity is off site</i>			1 9:15-10:15 a.m. Chair Exercise-DVD 10:30-11:30 a.m. Chair Yoga-Sam 11:30-1:30 p.m. Crafts 1:30-3:00 p.m. Wii Bowling
5 9:00-10:00 a.m. Chair Dancing-DVD 10:15-12:30 p.m. Donuts & Movie- 80 for Brady 1:00-3:00 p.m. Rummikub & Cards	6 9:15-9:45 a.m. Sit Down & Tone Up-DVD 10:00-12:00 p.m. Mexican Train Dominos 1:00-2:00 p.m. Floor Yoga-Sam	7 9:00-10:00 a.m. Blood Pressure & Glucose Screening 9:30-10:30 a.m. Chair Exercise-Sam 11:00-1:00 p.m. "Bag Ladies" 1:00-3:00 p.m. Hot Dogs & Movie- American Underdog	8 9:15-10:15 a.m. Chair Exercise-DVD 10:30-11:30 a.m. Chair Yoga-Sam 11:30-1:30 p.m. Crafts 1:30-3:00 p.m. Wii Bowling
12 9:00-10:00 a.m. Chair Dancing-DVD 11:00-1:00 p.m. Bag Ladies 1:00-3:00 p.m. Rummikub & Cards	13 9:00-11:00 a.m. Benefit Bank 9:00-9:30 a.m. Sit Down & Tone Up-DVD 9:30-10:30 a.m. Mardi Gras 10:00-12:00 p.m. Mexican Train Dominos 1:00-2:00 p.m. Floor Yoga-Sam 1:00-2:00 p.m. Produce Market	14 11:30-1:30 p.m. Valentine's Day Luncheon 	15 9:15-10:15 a.m. Chair Exercise-DVD 10:30-11:30 a.m. Chair Yoga-Sam 11:30-1:30 p.m. Crafts 1:30-3:00 p.m. Wii Bowling
19 	20 9:15-9:45 a.m. Sit Down & Tone Up-DVD 10:00-11:00 a.m. National Muffin Day & Bingo with Westwood 1:00-2:00 p.m. Floor Yoga-Sam	21 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	22 9:15-10:15 a.m. Chair Exercise-DVD 10:30-11:30 a.m. Chair Yoga-Sam 11:30-1:30 p.m. Crafts 1:30-3:00 p.m. Wii Bowling
26 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 1:00-3:00 p.m. Rummikub & Cards	27 9:00-10:00 a.m. OSHIP 9:15-9:45 a.m. Sit Down & Tone Up-DVD 1:00-2:00 p.m. Floor Yoga-Sam 1:00-3:00 p.m. Benefit Bank	28 9:30-10:30 a.m. Chair Exercise-Sam 11:00-1:00 p.m. "Bag Ladies" 1:00-3:00 p.m. Mexican Train Dominos 1:00-3:00 p.m. Movie- Leap Year	29 9:15-10:15 a.m. Chair Exercise-DVD 10:30-11:30 a.m. Chair Yoga-Sam 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 7:00 a.m. 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

**80 for Brady-** Four best friends live life to the fullest when they embark on a wild trip to see their hero, Tom Brady, play in the 2017 Super Bowl. Will help us get in the super bowl mood. We will serve you donuts, bring your covered coffee or tea with you as you get in the super bowl spirit! Let us know you are coming so that we have enough donuts for everyone.

**American Underdog-** The inspirational true story of Kurt Warner, who overcomes years of challenges and setbacks to become a two-time NFL MVP, Super Bowl champion, and Hall of Fame quarterback. Just when his dreams seem all but out of reach, it's only with the support of his wife, Brenda, and the encouragement of his family, coaches and teammates that Warner perseveres and finds the strength to show the world the champion that he already is. Enjoy a hot dog during the movie. Now you are ready for the super bowl weekend!

**Mardi Gras** is French for "**Fat Tuesday**", reflecting the practice of the last day before lent of eating rich, sweet and fatty foods. Come enjoy a cup of coffee and some fattening foods as we celebrate Mardi Gras on February 13. Sign up by February 8.

**February 14** is our Valentine's Day Luncheon. For \$1.00 (please pay when you sign up) you will enjoy the socialization of others along with a slice of cheese pizza, salad, dessert and a drink. Reservations must be made by Thursday, February 8. Doors open at 11:00 a.m.

**February 20<sup>th</sup>** is National Muffin Day and what nice way to enjoy your muffin as you play bingo with Westwood Place. Please sign up by February 15.

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.

Join our book club which meets the fourth Monday of the month from 10:00-11:00 a.m. This month we will be discussing *Only Woman in the Room* by Marie Benedict. "She possessed a stunning beauty. She also possessed a stunning mind. Could the world handle both?"

Her beauty almost certainly saved her from the rising Nazi party and led to marriage with an Austrian arms dealer. Underestimated in everything else, she overheard the Third Reich's plans while at her husband's side, understanding more than anyone would guess. She devised a plan to flee in disguise from their castle, and the whirlwind escape landed her in Hollywood. She became Hedy LaMarr, screen star. But she kept a secret more shocking than her heritage or her marriage: she was a scientist. And she knew a few secrets about the enemy. She had an idea that might help the country fight the Nazis...if anyone would listen to her." The books are available for pick up on January 23. The next book we will be reading - *Pioneers: the heroic story of the settlers who brought the American ideal west* By David McCullough.


Since it is a Leap Year, we will be showing the movie *Leap Year* on Wednesday the 28<sup>th</sup>. When yet another anniversary passes without a marriage proposal from her boyfriend, Anna (Amy Adams) decides to take action. Aware of a Celtic tradition that allows women to pop the question on Feb. 29, she plans to follow her lover to Dublin and ask him to marry her. Fate has other plans, however, and Anna winds up on the other side of the Emerald Isle with handsome, but surly, Declan -- an Irishman who may just lead Anna down the road to true love.





# MARCH

# 2024

Monday	Tuesday	Wednesday	Thursday
<b>4</b> 9:00-10:00 a.m. Chair Dancing-DVD 10:00-12:00 p.m. Movie-Book Club The Next Chapter 12:00-1:00 p.m. Bring your Lunch 1:00-3:00 p.m. Rummikub & Cards	<b>5</b> 9:00-9:30 a.m. Sit Down & Tone Up-DVD 10:00-12:00 p.m. Mexican Train Dominos 12:00-1:00 p.m. Chair Dancing-DVD 2:45-3:30 p.m. Floor Yoga-Jessica	<b>6</b> 9:00-10:00 a.m. Blood Pressure & Glucose Screening 9:30-10:30 a.m. Chair Exercise- Jessica 10:00-12:00 p.m. Avon Representative 11:00-1:00 p.m. "Bag Ladies" 1:00-2:00 p.m. National Oreo Cookie Day	<b>7</b> 9:30-10:15 a.m. National Cereal Day 10:30-11:30 a.m. Chair Yoga-Jessica 11:30-1:30 p.m. Crafts 1:30-3:00 p.m. Wii Bowling
<b>11</b> 9:00-10:00 a.m. Chair Dancing-DVD 11:00-1:00 p.m. Bag Ladies 1:00-3:00 p.m. Rummikub & Cards	<b>12</b> 9:00-9:30 a.m. Sit Down & Tone Up-DVD 9:00-11:00 a.m. Benefit Bank 10:00-12:00 p.m. Mexican Train Dominos 2:45-3:30 p.m. Floor Yoga-Jessica <i>1:00-2:00 p.m. Produce Market</i>	<b>13</b> 11:00-1:00 p.m. St. Patrick's Day Luncheon 	<b>14</b> 9:00-10:00 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
<b>18</b> 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 1:00-3:00 p.m. Rummikub & Cards	<b>19</b> 9:00-9:30 a.m. Sit Down & Tone Up-DVD 11:00-1:00 p.m. Digital Navigator 12:00-1:00 p.m. Chair Dancing-DVD 2:45-3:30 p.m. Floor Yoga-Jessica	<b>20</b> 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 1:00-3:00 p.m. Movie-Eight Below	<b>21</b> 9:00-10:00 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
<b>25</b> 9:00-10:00 a.m. Chair Dancing-DVD 10:00-11:00 a.m. Book Club 11:00-12:30 p.m. Movie-The Whale 1:00-3:00 p.m. Rummikub & Cards	<b>26</b> 9:00-11:00 a.m. OSHIIP 9:00-9:30 a.m. Sit Down & Tone Up-DVD 1:00-3:00 p.m. Benefit Bank 2:45-3:30 p.m. Floor Yoga-Jessica	<b>27</b> 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	<b>28</b> 9:00-10:00 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.**

*Italicize = activity is off site*

Daylight saving time begins Sunday, March 10. Don't forget to change your clocks ahead.

**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**

Book Club The Next Chapter is about four best friends take their book club to Italy for the fun girls' trip they never had. When things go off the rails, and secrets are revealed, their relaxing vacation turns into a once-in-a-lifetime cross-country adventure.



Jessica was born and raised in Nebraska and has lived in Ohio since 2005. In 2009 she began practicing yoga through videos she borrowed from the library, then moved on to a studio environment. Living and sharing yoga with others is very important to Jessica, which led her to complete a 200-hour yoga teacher training program in 2010. In 2020 she completed an advanced yoga teacher training program. Jessica teaches several styles of yoga and provides a practice that is accessible to everyone. Her goal is to help you enjoy an improved quality of life, greater flexibility, and rejuvenation of mind and body. Jessica will be teaching yoga class on Tuesdays at 2:45 p.m. and Chair yoga on Thursday at 10:30 a.m. Each class \$3.00

Wendy with Avon will be at the center on Wednesday, March 6<sup>th</sup> from 10:00 a.m.-12:00 p.m. for you to order something (in time for you to give it for Easter gifts) or purchase something while you are browsing. Come and look around and meet your Avon representative.

We will be celebrating National Oreo Day with a cup of milk and a couple of Oreo's. Stop by the center to celebrate and enjoy conversations with others.

Milk has calcium which is good for your bones so come and celebrate National Cereal Day with us as we pour you a bowl of cereal. This is a reminder to save your cereal box for our solar eclipse craft in April. Upon completion of your craft, you will be able to view the eclipse safely. After your cereal, stay and join our chair yoga class with Jessica.

Wednesday, March 13 at 11:00 a.m. we will be celebrating St. Patrick's Day as Mayor Antoskiewicz will be providing a free lunch of half of a Corned Beef Sandwich, potato chips, pickle and a dessert sponsored by Legacy of North Royalton. Beginning with lunch, live music from Emerald Heart and ending with a raffle drawing. Put on your green gear and come celebrate this Irish holiday! Doors open at 10:45 a.m. Seating is limited so sign up by **March 7th**.

Hospice support group is for older adults grieving the loss of a loved one. A safe place to express your emotions, tell your story, get educated about grief and loss, make new friends. We meet the 3<sup>rd</sup> Monday of every month from 10:00-11:30 a.m.

Digital Navigators are employed through Cuyahoga County Public Library and are able to assist with signing up for an email account, understanding how to use email, how to text, call, and use the camera on a cell phone. Both flip phone and smart phone assistance, safely browsing the internet and more. Find affordable access to the internet, acquire a device such as laptops, smart phones, tablets or computers, improve computer skills, set up email accounts and more. Appointments will be scheduled in 1 hour time slots. Call 440-582-6333 to schedule your appointment.

Movie-Eight Below - The frozen wasteland of Antarctica serves as the background for a tale about the bonds of friendship and loyalty. Three members of a scientific expedition, Jerry Shepard (Paul Walker), his friend Cooper (Jason Biggs) and an American geologist (Bruce Greenwood), must leave their beloved sled dogs behind after a devastating accident and increasingly perilous weather conditions. Alone, the dogs struggle to survive the harsh Antarctic winter.

During our March book club, we will be discussing *Pioneers*: the heroic story of the settlers who brought the American ideal west by David McCullough "As part of the Treaty of Paris, in which Great Britain recognized the new United States of America, Britain ceded the land that comprised the immense Northwest Territory, a wilderness empire northwest of the Ohio River containing the future states of Ohio, Indiana, Illinois, Michigan, and Wisconsin. In April we will be reading *This Tender Land* by William Kent Krueger

Movie-The Whale, in a town in Idaho, Charlie, a reclusive and unhealthy English teacher, hides out in his flat and eats his way to death. He is desperate to reconnect with his teenage daughter for a last chance at redemption.