

# 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 1:00-2:00 p.m. <i>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.





Monday	Tuesday	Wednesday	Thursday
<b>1</b> 9:00-10:00 a.m. Chair Dancing-DVD 10:30-12:30 p.m. Movie- A Beautiful Day in the Neighborhood 1:00-3:00 p.m. Rummikub & Cards 	<b>2</b> 9:15-9:45 a.m. Sit Down & Tone Up-DVD 10:00-12:00 p.m. Movie-Are You There God? It's me, Margaret 12:00-2:00 p.m. Mexican Train Dominos 2:45-3:30 p.m. Floor Yoga-Jessica	<b>3</b> 9:00-10:00 a.m. Blood Pressure & Glucose Screening 9:30-10:30 a.m. Chair Exercise-Jessica 11:00-1:00 p.m. "Bag Ladies"	<b>4</b> 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 12:00-1:00 p.m. Solar Eclipse Craft 1:30-3:00 p.m. Wii Bowling
<b>8</b> 9:00-10:00 a.m. Chair Dancing-DVD 10:00-12:00 p.m. Rummikub & Cards   1:00-4:00 p.m. Solar Eclipse @ Stadium with food trucks	<b>9</b> 9:00-11:00 a.m. Benefit Bank 9:15-9:45 a.m. Sit Down & Tone Up-DVD 10:00-12:00 p.m. Mexican Train Dominos 2:45-3:30 p.m. Floor Yoga-Jessica  1:00-2:00 p.m. Produce Market	<b>10</b> 9:30-10:30 a.m. Chair Exercise-Jessica 10:30-11:30 a.m. National Hug Your Dog Day- Jazz 11:00-1:00 p.m. "Bag Ladies" 	<b>11</b> 9:45-10:30 a.m. Healthy Brain Basics-Hanson Service 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>15</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 12:00-3:00 p.m. Rummikub & Cards	<b>16</b> 8:30-3:30 National wear your PJ's Day 9:15-9:45 a.m. Sit Down & Tone Up-DVD 10:00-11:00 a.m. Bingo & Bagels-Pavilion 2:45-3:30 p.m. Floor Yoga-Jessica	<b>17</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	<b>18</b> 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 & National Animal Cracker Day 1:30-3:00 p.m. Wii Bowling
<b>22</b> 9:00-10:00 a.m. Chair Dancing-DVD 10:00-11:00 a.m. Book Club 12:00-3:00 p.m. Rummikub & Cards	<b>23</b> 9:15-9:45 a.m. Sit Down & Tone Up-DVD 11:00-12:00 p.m. Lunch & Learn by Fyzical 1:00-3:00 p.m. Benefit Bank 2:45-3:30 p.m. Floor Yoga-Jessica	<b>24</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>25</b> 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
<b>29</b> 9:00-10:00 a.m. Chair Dancing-DVD 12:00-3:00 p.m. Rummikub & Cards	<b>30</b> 9:15-9:45 a.m. Sit Down & Tone Up-DVD 10:00-12:00 Movie -My Dog Skip 12:00-2:00 p.m. Mexican Train Dominos 2:45-3:30 p.m. Floor Yoga-Jessica		<i>Italicize = activity is off site</i>

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The first week of April we are inviting your grandchildren to join in the activities with you. Starting off with showing **A Beautiful Day in the Neighborhood** Tom Hanks portrays Mister Rogers in A Beautiful Day in the Neighborhood, a timely story of kindness triumphing over cynicism, based on the true story of a real-life friendship between Fred Rogers and journalist Tom Junod. After a jaded magazine writer (Matthew Rhys) is assigned a profile of Fred Rogers, he overcomes his skepticism, learning about empathy, kindness, and decency from America's most beloved neighbor.

Tuesday, April 2 is National Peanut Butter and Jelly Sandwich Day which we will enjoy eating while watching **Are You There God? It's Me, Margaret**-Eleven-year-old Margaret moves to a new town and starts to contemplate everything about life, friendship and adolescence. She relies on her mother, Barbara, who offers loving support, and her grandmother, Sylvia, who's coming to terms with finding happiness in the next phase of her life. Questions of identity, one's place in the world, and what brings meaning to life soon brings them closer together than ever before.



Do you have something to view the eclipse safely? If not bring your cereal box (with no cereal inside) to the center on Thursday, April 4 and we will teach you to make a view finder so that you are able to use it to view the eclipse safely.

National Hug your Dog Day is a wonderful way to feel the warmth of a pet. You might not have a dog, but don't worry, Jazz a support dog that is trained to accept lots of hugs, petting and loving will be at the center to accept all the hugs you are willing to give. Stop in and enjoy this wonderfully trained support dog.

Learn what you can do and eat to keep your brain healthy as Laura from Hanson Services tells us all about having a healthy brain. You will get to enjoy healthy brain snacks during her presentation. Call by April 4 to sign up.



You don't need any excuses to get out of your PJs on Tuesday, April 16<sup>th</sup> because it's National Wear Your PJ's Day. Come play bingo in your PJ's and enjoy a bagel with Pavilion in your PJ's. It's also a great way to come to yoga since you will already be comfortable. Our yoga teacher, Jessica will make sure you leave class relaxed.

Bring your crafts from home that you need to work on and enjoy animal crackers as we celebrate National Cracker Day with crafts and animal crackers.

We only have two more books to read until Laura (North Royalton Librarian) goes on summer break. That means you have to continue reading on your own during the summer months. Our book discussion will start up again in September. April -This Tender Land by William Kent Krueger. A magnificent novel about four orphans on a life-changing odyssey during the Great Depression. May- Women of Copper Country by Mary Doria Russell an inspiring historical novel about "America's Joan of Arc" Annie Clements, the courageous woman who started a rebellion by leading a strike.

Join Dr. Juliet Giganti PT DPT, and the team at Fyzical Strongsville to learn about the systems of the body that support balance, how dizziness is treatable, and ways to reduce your risk of falling so you can continue to do the things you love! Lunch will be provided so you must make your reservation by Wednesday, April 17.

Come for a treat while watching **My Dog Skip**- Who says best friends have to be human? Not Willie Morris (Frankie Muniz), who receives a talented terrier named Skip for his birthday. With Skip's remarkable and unconventional help, Willie and Skip turn bullies into friends, tangle with hapless moonshiners, and even win the affections of the prettiest girl in school.