



Mayor Robert Stefanik

North Royalton Senior Center

13500 Ridge Road, North Royalton OH 44133

440-582-6333

April 2019

Office Hours: 8:00 a.m. – 4:00 p.m.

Cleveland Foodbank

Devin McNulty, Benefits Outreach Counselor from the Greater Cleveland Food Bank will be here the **first Monday** of the Month from **11 a.m. to 2 p.m.** She can process applications for Food Stamps, Medicaid, Medicare and help with the HEAP process. She also has connections with resources for food distributions, housing, employment, healthcare, and many other resources. If you want to meet with her for applications for public benefits, be sure to know your monthly income and monthly expenses. No appointment needed.

Tai Chi



Many of you have requested wanting a Tai Chi class, so here it is. Beginning **Tuesday, April 2** from **11:30 a.m.-12:30 p.m.** at the senior center an instructor from The Loving Hands Group will guide you through Chair Tai Chi movements. We have partnered with NCC Solutions to bring you this program free of charge! Tai Chi is an ancient Chinese form of martial arts. It can be a relaxing, meditative form of exercise. People of any age and fitness level can learn Tai Chi and start to experience its benefits almost immediately.

Color Me Happy, Snip and Snack

There are many benefits to coloring but more important you don't even have to be artistic to color. Coloring takes you back to childhood memories, reduces stress & anxiety, helps you focus more and while coloring you can still socialize. On **Friday, April 5** at **10:30 a.m.** Antonette from Synergy will be providing Mandala color sheets, while sipping and eating turkey sandwich bites. Make reservation for this free event by calling the center or stopping by March 18-March 29.

Line Dancing

Beginning **April 16** line dancing class will now be on **Tuesday** at **9:30 a.m.** and cost \$3.00 per class. Our long time instructor Val is retiring and our new instructor Gwen will be holding class every Tuesday, except April 30.

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, April 19** 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.

Earth Day

Do you have a green thumb? Don't worry if you don't have a green thumb you can still come and celebrate Earth Day with us on **Monday, April 22** at **10:30 a.m.** Royal Oak will be providing the pots, seeds and assistance to plant for you to take home. It's a free event and this surely will help you get in the mood for spring. Call or stop by to make a reservation.