Club Talk

GMC
GATES MILLS CLUB
Active Senior Living

Monthly Newsletter

6759 Mayfield Road, Mayfield Heights, OH 44124
(440) 461-2010
www.GatesMillsClub.com

June
2017

FRESH AIR, SUNSHINE, TIME TO PLAY

Most everybody can correctly answer when asked what was the first national park ever in the United States: Yellowstone (established 1872). But do you know what the second one (to be designated a national park) was? Hint: it's in the upper Midwest. We are fortunate in the USA to have a Congress and President who saw the need to create a national park system as was done in 1916, which means it is now 101 years old. We have a couple of residents who were around for that auspicious start. Imagine that!

This month our *Travelogue* will visit a few of the 69 parks in the National Parks System, and our *Wellness Walkers* will tour a few more as well. Additionally, our *Walkers* will once again head to the "Emerald Necklace" to take in the great outdoors Ohio style. We are also going to Lake Metroparks for a Trail Tour via golf carts. Doing this along with participating in our robust exercise classes goes a long way in keeping our residents on the track to a healthful lifestyle.

Billy Kay will return for our ***July Happy Hour***! Be sure to come early to be at the Patio Garden Dedication that precedes him!

If this is the month for recognizing National Parks, we also must pay homage to another very American institution - NASA. This time ALL of our residents were around when it was created (1958) and have memories of its various missions. From the first space race to the international space station and Space Shuttle that expanded our national conscience, and the scientific contributions to everyday life, NASA is as much a part of our national heritage as Independence Day.

NASA Glenn Research Center is part of the Great Lakes Science Center, and on Friday, July 14, we'll be treated to a special presentation by a speaker from the NASA Research Center following our Pizza Party. You truly will want to be there for that as well. Stay tuned for further details in the Friday Bulletin.

June was a delightful month with plenty to do. Here's a few reminders:

1. Walk in Park
2. Ice Cream Social
3. Mens Day Cookout

For more, visit our Website & Facebook:
www.GatesMillsClub.com

P.S. The second park to be established was Mackinac National Park in 1875.

HEALTHY HAPPENINGS

Exercise Classes:

- **Prime Fitness with Pia**
  Mon. 10:00 am
- **Low Impact Exercise**
  Tues./Wed. 10:00 am
- **Tai Chi with Denise**
  Alternate Tuesdays 10:00 am

- **Exercise with Trainer:** Thurs. @ 10:00 am
- **Wellness Walkers:** Mon. Wed. @ 3:00 pm
- **Dr. Shane, Podiatrist:** July 3rd & 12th
- **Wellness Clinic:** Mon. @ 11:30 am
- **Wellness Clinic:** Wed. @ 11:30 am

LIFELONG LEARNING

Keep the Grey Cells Growing with:

Thursdays @ 11am . . . . . .Hooks N Needles
Sat/Sun @ 2pm . . . . . Cards & Games
Mondays @ 1pm . . . . . . Bingo
Mon/Wed/Fri @ 6:30 pm . . . . . Bingo
Wednesdays @ 12noon . . . . . Bible Reading
Thursday, July 6 @ 11:00 . . . . . .Travelogue
"USA-Parks"

Wellness World Walkers at the Park

(date to be determined)

Watch the Friday Bulletin for when our Walkers head to a local park to enjoy the lovely summer weather.

Bereavement Class

Tuesday, July 11 at 5:30 pm

Bella Care will lead the class.

LUNCH BUNCH

Friday, July 28 @ 12:00 pm
Smokin' Q's BBQ

There's a new joint in town...where *Fisher's Tavern* used to be. It's called *Smokin Q's* and we're headed there! The bus is sure to be full, so sign up in the mail room to go.

LADIES CLUB MEETING

Tuesday, July 11 @ 1:30 pm

"Feisty, Fearless and Fabulous" would describe many of our residents, so it may come as a surprise that you have something in common with the first female who ran for President...in 1872! Come to Ladies Club Meeting to find out more...

MEN'S OUTING

Tuesday, July 11 @ 12:30 pm

Petti's is our destination! Be sure to sign up in the mail room to go.

Holiday Movie: *The Birth of a Nation*

Monday, July 03 at 2:30 pm

This 2016 movie tells the story of Nat Turner, a slave & preacher, who leads a revolt to free his people.

--ODDS AND ENDS--

Sunday Church Services
Most Sundays at 10:00 am

On-Site Catholic Mass
Mass - Friday, July 28 @ 2:00 pm

Bible Readings
Wednesdays at 12:00 noon

Sing-Along
Wednesdays @ 11:00 am

July Birthday Bash
Tuesday, July 25 @ 1:00 pm
Performer: Debbie Darling

Regular Movies
Thursdays, Saturdays, Sundays @ 6:30 pm
Saturday Matinees @ 1:00 pm

Shopping
Tuesdays at 10:00 am
Thursdays at 1:00 pm

Banking
Most Friday mornings

Casino Gambling Trip
Friday, July 7 @ 11:00 am

Craft Class - Tic Tac Toe Kits
Friday, July 7 at 1:00 pm

JULY BIRTHDAYS

Sylvia Mishins.....July 06
Leo Gralnick.....July 06
Janet Clarke.....July 07
Art Walton.....July 10
Geraldine Calhoun .....July 14
Barbara Arnold.....July 14
Marilyn Polster.....July 18
Rolf Camnitzer.....July 21
Terri Caristo.....July 23

PIZZA PARTY & NASA Speaker
Friday, July 14 @ 11:00 am

LAKE METROPARK
Penitentiary Glen
Friday, July 21 at 10:30 am

Penitentiary Glen has a Trail Cart Tour that highlights the scenic wonders and unique features of their area. There is an $8 charge for this adventure! Be sure to sign up in the mail room to go. Max Capacity is 10.

DUANE M. ABEL
Cartoonist

Monday, July 10 at 12:00 pm

Born in small town Carrollton, Ohio, Duane became the youngest syndicated cartoonist on record at age fifteen with his comic strip ZED. As an award-winning cartoonist who has also delved into television and theater, most of his time is spent on ZED and bringing his story and talent to audiences nationwide. He'll come to GMC for a chalk-talk presentation on cartooning from the inside out, bringing his wit and wisdom with him.

THE GREAT AMERICAN SONGBOOK
By Debbie Darling
Tuesday, July 25 at 1:00 pm

A special singer/songwriter who studied under David Blair (the vocal coach for the Metropolitan Opera) and has performed a wide variety of musical styles from opera to jazz to blues is coming to GMC. Debbie Darling has sung with such notables as the *Tommy Dorsey Band* and a top Cleveland dance band-*Night Coach*. She will share *The Great American Songbook* at our Birthday Bash, so plan on singing along!

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Mission Statement

Gates Mills Club is an Active Senior Living Community in Mayfield Heights that is providing independent seniors the environment to enjoy a dynamic, engaging, and fulfilling lifestyle. We offer a multitude of opportunities designed to encourage friendships and autonomy while providing services and amenities for the best overall value around. Come discover the difference!

Executive Director: Vickie Sheppard
Community Relations: Paula Iacovetta
Maintenance Director: Ben Toler
Activities Director: Rose Cinovec
Food Service Director: Stacey Williams
Front Desk Manager: Lisa Tartabini