



Club Talk

GMC
GATES MILLS CLUB
Active Senior Living

Monthly Newsletter

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

October
2018

BLOOM WHERE YOU ARE PLANTED...

We've all heard this saying...*Bloom Where You Are Planted...* and it's an appropriate adage for older adults. Here at GMC it can really be an encouragement to get involved and not just sit in your home/apartment watching tv and eating. Studies show that social activity, participation, and relationship building have astonishing positive effects on older adults' overall health and well-being. Some of those acknowledged benefits include better cognitive function, good emotional health, improving physical health, boosting immune systems, and stronger connections to community.

Between our daily exercise classes (two on Wednesdays), and the daily activities and outings planned by the Activities Director, there is plenty to choose from. Take a look at the October calendar and you will find two trips to restaurants, two presentations on topics of interest, two outings to partake of the outdoors in some way, one outing to get candy for our small trick-or-treaters coming this month, a Costume Happy Hour, a Halloween Party at the local senior center, and a new Lifelong Learning course. This is in addition to all the usual activities like our Art 101, Hook N Needle crafters meet up, shopping, banking, bridge and games, sing-alongs,

bingo and such. If a resident doesn't get involved in at least one activity, they are missing out on the benefits that come from involvement. So come on...we want to see you BLOOM!

Now, about that new Lifelong Learning course...Learning need not stop just because we reach retirement. One of the things I've observed, especially recently, is the limited understanding of different viewpoints. So we will host a 12-week course designed to help us better understand different religions: *Cultural Literacy for Religion-Everything the Well-Educated Person Should Know*. It is a "Great Courses" DVD set taught by Mark Berkson, Ph.D., Associate Professor and Chair of Religion Dept at Hamline University. There will be no proselytizing as this is strictly learning about different beliefs like Hindu, Buddhism, Confucian and Daoist thought, Shamanism, Judaism, Christianity and Islam among several others. A staff member will be on hand to guide any discussion that might ensue.

If any activity mentioned prior to this doesn't make you want to bloom, then maybe our Squirrel Scavenger Hunt will... stay tuned for more!

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

HEALTHY HAPPENINGS

Exercise Classes:

- **Prime Fitness or Drum Class with Pia**
Alternating Mondays @ 10:00 am
- **Tai Chi with Denise or Brain Aerobics w/Lori** (See calendar for dates: 10:00 am)
- **Low Impact Exercise with Linda**
Wed./Thurs./Fri. 10:00 am
- **Meditation Class or Low Impact Class**
Alternating Thurs @ 10:00 am
- **Motion with Melanie**
Wednesdays @ 1:00 pm
- **Peak Walkers:** Mon./Wed. @ 3:00 pm
- **Wellness Clinic:** Wed. @ 11:30 am
- **Dr. Shane, Podiatrist:** TBD

LIFELONG LEARNING

Keep the Grey Cells Growing with:

Thursdays @ 11am Hooks N Needles
 Sat/Sun @ 2 or 3 pm. Cards & Games
 Most Mondays @ 1pm Bingo
 Mon/Wed/Fri @ 6:30 pm Bingo
 Wednesdays @ 12noon Bible Reading
 Travelogue: Thurs, Oct. 04 Cuyahoga Valley
 Fri., Oct. 12 @ 12:00 pm.....Scavenger Hunt
 Fri., Oct. 19 @ 12:00 pm.....Fun with Words

OCTOBER BIRTHDAYS

Maxine Weinmann.....Oct. 03
 Patsy Koerper.....Oct. 21
 Dwight Merritt.....Oct. 25

RESIDENTS MEETING
with Mayor DiCicco
Wed., Oct. 17 @ 2:00 pm



LUNCH BUNCH

Hansa Import House

**Friday, Oct. 12
 @ 11:00 am**

What better place is there for an Octoberfest kind of lunch than where the ambiance is “*The Sound of Music*” meets “*Hogan’s Heroes*” per Mark Bona, food critic of Cleveland.com. But this eatery is about European food and good beer - heavy on the German influence. With a limited menu, it won’t take long to figure out what you want, and everything is under \$20. Sign up in the mail room to go.



LADIES CLUB

Wed., Oct. 31 @ 10:30 am

The children of the Carnival Child Development Center will return to trick or treat us! Men are welcome to come to this, too!

MENS OUTING

Tues., Oct. 30 @ 12:00 pm
Dubrovnik Garden Restau-



rant is Slovenian food at its finest! Men - be sure to sign up early!
 We will open empty bus seats to the ladies on Monday, Oct. 29th.

SENIOR SAFETY & FRAUD PREVENTION WITH CPL. WOODS - MHPD
Monday, Oct. 15 @ 1:30 pm

Cpl. Woods from the Mayfield Heights Police Dept will be in to talk about the increase in fraud involving seniors and what you can do to help prevent it.

--ODDS AND ENDS--

Sunday Church Services

Most Sundays at 10:00 am

On-Site Catholic Mass

Mass - Friday, Oct. 26 @ 2:00 pm

Bible Readings

Wednesdays at 12:00 noon

Sing-Along

Wednesdays @ 11:00 am

Oct. Birthday Bash

Tuesday, Oct. 09 @ 12:00 pm

Senior Safety & Fraud Prevention

Monday, Oct. 15 @ 1:30 pm

Regular Movies

Thursdays, Saturdays, Sundays @ 6:30 pm

Saturday Matinees @ 1:00 pm

Shopping

Most Tuesdays at 10:00 am

Most Thursdays at 1:00 pm

Banking

Most Friday mornings

Casino Gambling Trip

Friday, Oct. 19 @ 11:00 am



FALL COLORS CART TOUR: PETE'S POND PRESERVE

Friday, Oct. 26 @ 11:00 am

As our theme has been focused on national parks this year, we have enjoyed several Lake MetroParks cart tours, and this one is sure to be a real treat as all the fall color should be in full bloom. Pete's Pond is part of the southern boundary of the wetlands. This guided tour is one hour long and includes seasonal highlights. Fee is \$10 per person. See Rose to sign up.

PATTERSON'S FARM

Tuesday, Oct. 23
@ 10:00 am



Bring back memories of days on the farm and in the country. So many different varieties of scrumptious apples, apple butter, maple butter and cider to be sampled! Pick a pumpkin out to decorate for your apartment. After a ride around the orchards and a little shopping in the barn, we'll return to the sugarhouse where we'll have lunch provided by GMC. The cost is \$10 per person. See Rose to sign up and pay.

THEY CAME FROM CLEVELAND

Friday, Oct. 5 @ 1:30 pm

For over nine years retired executive and local historian, wit and master storyteller **Dennis Sutcliffe** has been rekindling forgotten Cleveland memories. Let's welcome him back to GMC as we enjoy this highly interactive program that will test your knowledge of Cleveland's hometown heroes and celebrities.



SWEETIES CANDY & SODA SHOPPE

Tuesday, Oct. 02
@ 12:30 pm

As we plan for autumn and Halloween, what better place to pick up treats for little ones than at Sweetie's! The candy shop has absolutely the largest variety of candy available anywhere, and their soda shoppe has 30 flavors of ice cream made daily, plus 36 different toppings and a variety of ways to indulge. Sign up in the mail room to go!

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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
Director of Nursing: Roberta Immormino
Maintenance Director: Anthony Loparo
Activities Director: Rose Cinovec
Food Service Director: Stacey Williams
Front Desk Manager: Leona Oreskovic

