



Club Talk



GATES MILLS CLUB

Active Senior Living

Monthly Newsletter

6739 Mayfield Road, Mayfield Heights, OH 44124

(440) 461-2010

www.GatesMillsClub.com

November
2018

Elder Orphans—Hidden in Plain Site

Social isolation impacts all our lives. 47% of the population feel the loneliness, from generation Z through the Greatest Generation. No one is left out. Those who are living alone take up 49% of that percentage.

Aging alone puts us at risk for an Elder Orphan Status. What is an Elder Orphan? Elder Orphans are the aged community individuals who are socially and or physically isolated. Without an available family member or designated surrogate or caregiver, this can have a series of adverse social consequences on an individual. Don't assume there is a social connection; are there siblings, friends or maybe they have been estranged from family.

Low social support has been linked to both poor physical and psychological health and an increased risk of mortality for the elderly population. Moreover, decreased social interaction can stem from this lack of support, it is correlated with low affect and stimulation, poor cognitive and social skills and altered nervous system functioning.

With the high prevalence of individuals aging alone and the clear risks associated, it is crucial that the medical and social community become aware of this pressing issue. We need to build awareness of Elder Orphans who are hidden in plain sight.

At GMC, we are aware of this demographic and are continually providing much needed socialization, and with our Licensed Assisted Living we can make sure the health of our seniors is taken care.

This month at GMC, we are heading to the Palace Theater to see Mamma Mia, a feel-good musical production with love, laughter and lots of singing and dancing. Next, we will be going to see Babe's in Toyland, presented by The Dancing Wheels Company and School, another fun, laughter and hijinks to wow us. The Greater Cleveland Volunteer Players will perform a new selection of short humorous skits filled with laughs. Our Lunch Bunch is going to Rose Italian Kitchen, a new concept for Chef Art Pour Restaurant Group with an inspiration from simple, rustic and clean flavors.

Let's not forget the goings on in our own Lobby this month. Shopping for those who would like to find that little something for the holidays this year. Each week we will be featuring a different vendor for your in-house shopping pleasure.

For more information, visit our Website and Facebook page at

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** Tuesdays @ 10:00 am
- **Low Impact Exercise with Linda**
Wed./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:** Wed. Nov. 7 & 14

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, Nov. 29.....Alaska
 Fri., Nov. 9 @ 12:00 pm.....Coloring Fun
 Fri., Nov. 16 @ 12:00 pm.....Fun with Words

SPECIAL TREATS

St. Francis 4th Graders will delight you on Monday, November 12th @ 10 am., as they play their record, followed by uplifting conversations and cookies with the children.

Willoughby Senior Center Singers— will be singing many tunes that you will recognize and want to sign along to, come enjoy this fun event on Monday Nov. 26 @ 1:00

GAME DAY AT GMC

Thursday Nov 1

Tired of playing the same card and board games every week. It's time to try a few new games. We have plenty of choices .

Thursday Nov 1

11:00 Kings in the Corner

12:00 Checkers

2:00 Mexican Train

6:00 Left, Right, Center

LUNCH BUNCH

Nov. 16- Rose Italian Kitchen is the newest concept for Chef Art Pour Restaurant Group with inspiration from simple, rustic, and clean flavors. **Rose** celebrates the warmth and comfort of a family-friendly culture in a casual, organic farmhouse setting surrounded by family art portraits.

Nov. 23 -Bob Evans brings the farm to your table for every meal, every day. Serving homestyle comfort food and hospitality to every customer



LADIES CLUB

Tuesday, Nov. 13 @ 1:30

Music & Singing by

Debbie Darling

MENS OUTING

The Firehouse— was once a fire station, is now a Grille & Pub, an American pub-style restaurant whose name proudly reflects its beginnings as the official Willoughby Hills Fire Station called the "Day Room" during its Fire Station era. Men - be sure to sign up early! We will open empty bus seats to the ladies on Monday, Nov. 26.



--ODDS AND ENDS--

Sunday Church Services

Most Sundays at 10:00 am

On-Site Catholic Mass

Mass - Friday, Nov. 23 @ 2:00 pm

Bible Readings

Wednesdays at 12:00 noon

Sing-Along

Wednesdays @ 11:00 am

November Birthday Bash

Tuesday, Nov. 6 @ 12:00 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

Friday mornings

Casino Gambling Trip

Friday, Nov. 30 @ 11:00 am

NOVEMBER BIRTHDAYS

James McKee	11-3
Warren Hanford	11-6
Natalie Gralnick.....	11-10
Joe Dardis.....	11-11
Mae Joseph.....	11-16
Bea Epstien.....	11-20
Arlene Tagg.....	11-27
Sy Feldman.....	11-20

CULTURAL EVENTS



MAMMA MIA PALACE THEATER

Thursday, Nov. 1 @ 9:00 am

A smashing hit-feel good musical production of *Mamma Mia* is the story-telling magic of pop-hit songs propels this enchanting tale of love, laughter, family and friendship...which concludes with a trip down the aisle that you'll never forget! The cost is \$20 per person. See Rose to sign up and pay.

BABE'S IN TOYLAND

Friday, Nov 9 @12 noon

The Dancing Wheels Company & School present their beloved production of *Babes in Toyland*! This re-imagined holiday classic is full of love, laughter, and hijinks. It is sure to wow audiences of all ages! Senior Matinee- \$5 See Rose to sign up and pay.



GREATER CLEVELAND VOLUNTEER PLAYERS

Monday, Nov 19 @1:00

Perform a *new* selection of short humorous skits. Sure to be filled with laughs.

SHOPPING SHOPPING AND MORE SHOPPING EVENTS

This month in addition to our regular shopping we will feature a different craft - vendor in the lobby on Tuesdays

Tuesday Nov. 6 @11:00-1:00

Head Art Works

Tuesday Nov 13 @2:00- 4:00

Stephanie's Creations

Tuesday Nov 20 @10:00-12:00

Life Works

Tuesday Nov 27 @1:00-3:00

Avon

Thursday Nov 29 @10:00-11:00

AT— Beachwood Mall

Gates Mills Club
6759 Mayfield Road
Mayfield Heights, OH 44124
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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

