



# Club Talk



GATES MILLS CLUB

*Active Senior Living*

Monthly Newsletter

6739 Meyfield Road, Meyfield Heights, OH 44124

(440) 461-2010

[www.GatesMillsClub.com](http://www.GatesMillsClub.com)

December  
2018

## OH, WHAT FUN!

The holidays are such a busy time of year and we think we are attending to the needs of our loved ones and ourselves, but we sometimes forget the little things. Taking the time to just sit and enjoy each other's company, maybe just stopping by to have a cup of coffee or tea. It's not all about the presents or fancy meals. It's about remembering the people in our lives: family, friends, loved ones or just being neighborly.

When we're baking all those holiday cookies, or making homemade ornaments or even holiday cards, how about remembering your neighbor or loved one? How they would love to receive a batch of cookies or maybe the little ornament you made and even a holiday card that shows you remember and care. It's just taking the time to do something nice for someone else. You may not think it's anything special, but for those on the receiving end of your visit, phone call or little gift, it's a real big deal.

Are you wondering what you are going to do during the holidays? Visiting a senior community during the holidays is the perfect time to introduce yourself or a loved one to an active alternative to living alone in a big house. The holidays can be very stressful or even lonely for many, but for those who live in an active senior community, these times can be turned into warm, happy times.

At Gates Mills Club, our community is

ready for the Holiday fun! We'll start with *The Daughters of Nia Dancers*, a group of young girls who perform dances to lovely holiday tunes. Add in a trip to Geauga Park with a hot lunch in the nature center followed by a "hawk talk" on the birds of prey that frequent our area in the winter. Don't forget the trip to the Lake County History Center for the *Home for the Holidays*, Lake County's Best Christmas Tradition. For those who'd rather stay warm and toasty, enjoy an "Eggnog Latte" with Rose and chat about your favorite Christmas or Hanukkah memory. It wouldn't be the holiday season without the return of "*Catch the Spirit*" performed by the impressive Garfield United Methodist Choir.

We've saved the best for last – Santa is coming to Gates Mills Club! We'll have refreshments as we are entertained by the *Willoughby Senior Center Singers*, a raffle for prizes, plus attendees can have their picture taken with the Jolly Old Elf himself – Santa Claus! Please call to let us know you are coming. After all, Santa always wants to make sure he has a little something for everyone!

**Merry Christmas and  
Happy Hanukkah to all!**

Learn more about Gates Mills Club-visit our  
Website at [www.GatesMillsClub.com](http://www.GatesMillsClub.com).

(written by Paula Iacovetta)



# 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
- **Wellness Clinic:** Wed. @ 12pm-1pm
- **Dr. Shane, Podiatrist:** None in Dec.

## 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, Dec 6.....*The Artic Ice*  
 Fri., Dec. 14 @ 12:00 pm.....Coloring Fun  
 Fri., Dec. 28 @ 12:00 pm.....Fun with Words

### Eggnog Latte with Rose

Friday, Dec. 21 @ 12:00 p.m.



Sit back, relax, and sip as you enjoy reminiscing about your favorite Christmas or Hanukkah memories. Enjoy an Eggnog Latte and a yummy treat. Be sure to dress festive, maybe even bring a favorite ornament to show and tell why it is so special to you.

## BIRTHDAY BASH

Tuesday, Dec. 4th @ 1:30 p.m.



### *“Steppin Out”*

Take a sentimental journey with this husband and wife duo who have been pleasing audiences for years. They will be playing all your old time favorite holiday tunes on keyboard and saxophone. Don't miss this fun trip down memory lane.

## HOLIDAY CELEBRATIONS:

### Singing and Dancing



### **Dec 1 The Daughters of Nia Dancers**

This group of young girls will perform dances to lovely holiday tunes.

### **Dec 7 “The Golden Notes Christmas Show”** with all those holiday songs.

### **Dec 13 “Catch the Spirit”**

#### **Garfield United Methodist Choir**

Come join this impressive group as they warm our heart with some traditional songs and amaze us with all their talent.

### **Dec 19 Residents Holiday Sing –Along** with Carolyn. Sing or just come listen as others sing our favorite holiday tunes.

## DECEMBER BIRTHDAYS

Judy Bilek.....Dec. 08  
 Dona Basel.....Dec. 12  
 Anna Martin.....Dec. 15  
 Jim Czaplicki.....Dec. 15  
 Marilyn Cabot.....Dec. 16  
 Dan Weintraub.....Dec. 16  
 Marie Morello.....Dec. 18  
 Judy Gianelos.....Dec. 29  
 Helen Cross.....Dec. 30

## --ODDS AND ENDS--

### Sunday Church Services

Most Sundays at 10:00 am

### On-Site Catholic Mass

NO Mass - scheduled this month

### Bible Readings

Wednesdays at 12:00 noon

### Sing-Along

Wednesdays @ 11:00 am  
Holiday Sing-Along Dec.19 @ 11:00 am

### December Birthday Bash

Tuesday, Dec. 4 @ 1:30 pm

### Regular Movies

Thursdays, Saturdays, Sundays @ 6:30 pm  
Saturday Matinees @ 1:00 pm  
Holiday Movie Mondays @ 2:30 pm

### Shopping

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

### Banking

Friday mornings



***Oh, you better watch  
out, better not cry,  
better not pout,  
I'm telling you why,***

**SANTA CLAUS is coming to GMC!**

**Monday, Dec. 10 @ 12-2pm**

Santa will pay a visit to hear what you want for Christmas....or if you can get grandkids and great-grandkids in, to hear them! A photo booth is available to show out-of-town relatives that you did, indeed, whisper in Santa's ear! And the *Willoughby Senior Center Singers* will fill the air with lots of delightful music while you have a taste of punch and snacks. Come have some fun with Santa while the season is upon us!

## DECEMBER OUTINGS

### **Geauga Park-Elderberries: Hawks and Hot Lunch on Dec. 6**



*Elderberry*

Be sure to sign up for this special event at Geauga Park; it includes a free hot lunch in the nature center, followed by a "hawk talk" introducing the birds of prey that frequent our area in winter. Special guests are a rough-legged hawk and short-eared owl, exquisite winter raptors of our region, all courtesy of Lake Metroparks' Kevin Clinton Wildlife Center. (A collaboration with Geauga Department on Aging and University Hospital Geauga Medical Center.)



### **"Home for the Holidays: Lake County's Best Christmas Tradition" on Dec. 14**

Join in on the cheer at the most spectacular display of festive feeling in Lake County. Treat your senses to over 70 beautifully bedazzling trees. Find one-of-a kind gifts & stocking stuffers from both local Ohio crafters as well as in the Mistletoe Marketplace. Hear the pleasing Magical Musical Machines from the unique music box display. Get a belly to rival Santa's as you gorge on the tasty food in the fabulous Food Emporium. Christmas is just one day a year, but the cheer can last as long as you want. Ho-Ho-Ho!

See Rose to sign up as admission is \$7



### **Shopping Events**

Thursday Dec 6 shopping will be moved to Friday Dec 7 at 11 am.

### **Special Event Shopping**

Dec 11 12:30 pm Kohls and Drug Mart  
Dec 13 10 am Beachwood Mall

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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:

