



Club Talk



GATES MILLS CLUB

Active Senior Living

Monthly Newsletter

6759 Mayfield Road, Mayfield Heights, OH 44124

(440) 461-2010

www.GatesMillsClub.com

March
2019

THE CHOICES WE MAKE IN LIFE...

From the excess of Mardi Gras to the somber quietude of Lent to the blarney of St. Patrick's Day to the innocence of Spring's birth, March is a month that gives us a changing tableau of choices. Coat or jacket? Time to wear white or not? Give up something for Lent or "give up" your time doing more of something you enjoy or that brings joy to someone else? From beginning to end, the month of March is full of choices.

Might we suggest that you choose to give more (not less) this month by participating in something new? How about choosing to sign up for the upcoming **GMC FISH FRY** lunch? It's open to our residents at the usual lunch-time cost of \$7.00, but we're welcoming visitors as well for the same price. There will be two seatings (11:30 am and 1pm) and registration is required. Just call the front desk to sign up (440-461-2010). It would be a good time to be a goodwill ambassador for GMC to our visitors, and show them what choices are available that promote an independent lifestyle. Everyone here is independent - even those in assisted living - because choice is a byline for us.

As March offers a plethora of choices, so does our monthly activities calendar - outings that involve food, gambling, movies and shopping, plus activities at GMC that bring in entertainment and presentations. Residents are more than spectators. With sing-alongs and travelogues and creative hours for artists and handicrafters, plus the various daily exercise classes for both mind and body, residents choose what they want to participate in. Our Facebook page is a modern day photo album of our "family photos." Residents find new friends and old acquaintances with residency here.

If you're not a resident already and you've weathered winter in a situation that doesn't offer at least as much as you can get here so affordably, then it's time to make another choice - call us and set up a time for a tour. Then choose one of the area's largest apartment homes while they are still available!

Happy St. Patrick's Day!!!

For more information:
www.GatesMillsClub.com
440-461-2010

HEALTHY HAPPENINGS

Exercise Classes:



- Prime Fitness or Drum Class with Pia (alternate)
Mon. 10:00 am
- Tai Chi with Denise or
- Brain Aerobics w/Lori
Alternating Tuesdays 10:00 am
- Low Impact Exercise
Wed./Thurs./Fri. 10:00 am

- Meditation Class: Thurs @ 10:00 am
- Route 66 Walkers: Mon. Wed. @ 3:00 pm
- Dr. Shane, Podiatrist: March 27
- Wellness Clinic: Weds @ 12-1 pm

LIFELONG LEARNING

Keep the Grey Cells Growing with:

Wednesdays @ 11am Hooks N Needles
 Sat/Sun @ 2 or 3 pm. Cards & Games
 Mondays @ 1pm Bingo
 Mon/Wed/Fri @ 6:30 pm Bingo
 Wednesdays @ 12noon Bible Reading
 Tues., Mar. 05 @ 6:30 pm...*Travel New Orleans*
 Thursday, March 28 @ 11:00..... *Travelogue*
 "Ireland"

TRAVELOGUE: IRELAND

Thurs., March 28 @ 11:00 am
 Starting in South Ireland, home of the Blarney Stone and Waterford's crystal factory, we'll head deep into the heart of Ireland where rugged villages have changed little over generations, and on to Belfast and Northern Ireland. What an adventure!



LUNCH BUNCH

Slyman's

Friday, March 1 at 11:00 am

Golden Mountain Chinese Restaurant

Tuesday, March 26 at 12:00 pm

La Mexicana Cantina Restaurant

Friday, March 29 at 11:00 am



GMC FISH FRY

Friday, March 15

Two seatings:
11:30 am or 1:00 pm

The very Irish 'fish and chips' meets Friday Lent at GMC with a mid-day FISH FRY! The cost is \$7 per person and sign-up is necessary as we open this up to seniors in and about the Mayfield area. Resident and visitors can call the front desk to register for either the 11:30 am or a 1:00 pm seating. Invite your friends to come enjoy a meal at GMC!

"Mardi Gras Happy Hour"

Tuesday, March 5 @ 3:00 pm

Fat Tuesday, Carnivale, Mardi Gras', whatever name you call the day before the start of Lent is a day for a bit of indulgence. Thus we'll indulge in a rum cocktail with our neighbors and tablemates before dinner. Time to wear your purple, green and gold! After dinner (at 6:30 pm), take a tour of New Orleans in Showtime Cinema!



--ODDS AND ENDS--

Sunday Church Services

Most Sundays at 10:00 am

On-Site Catholic Mass

Mass - Friday, March 22 @ 2:00 pm

Bible Readings

Wednesdays at 12:00 noon

Sing-Along

Thursdays @ 11:00 am

March Birthday Bash

Tuesday, March 19 @ 12 :00 pm

With Jim Volk, guitarist

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, March 22 @ 11:00 am

Thistledown



MARCH BIRTHDAYS

Mary Ann Delsander.....	Mar.. 01
Sally Crowley.....	Mar. 07
Rosemary Pierman.....	Mar. 11
Lydia Ballante.....	Mar.13
Gary Buckland.....	Mar. 16
Joyce Desatnik.....	Mar. 17
Mary Jo Hoffner.....	Mar. 19
Salli Ritari.....	Mar. 29
Sandy Evangelisti.....	Mar. 30

SUNDAY AT THE OPERA: TOSCA MARCH 24 @ 3:30 PM



This month our Opera Lesson heads to the Royal Opera House in London for an evocative production of Puccini's TOSCA. Carolyn Smith will give tips to help us enjoy this classic melodrama with a happy ending.

AARP Fraud Prevention & Tips Presentation

Thursday, March 14 @ 12:00 pm

Con artists don't care how hard you've worked. They steal billions from Senior Americans like you every year. So AARP is arming you with the tools and resources to fight back in the AARP Fraud Watch Network. Come for a discussion about how to spot and avoid identity theft and fraud so you can protect yourself. Sing up in the mail room.



Chagrin Falls Library- Movie:

Georgia O'Keeffe

Her Life was a Work of Art

Friday, Feb.8 @ 11:30 am

Joan Allen stars as 20th-century painter Georgia O'Keeffe in this biopic that follows the artist's tempestuous relationship with her lover and eventual husband, Alfred Steiglitz (Jeremy Irons), a New York photographer and art promoter. Though their marriage weathers long absences and extramarital affairs, O'Keeffe prefers solitude in New Mexico, where she creates her greatest work.



Gates Mills Club
6759 Mayfield Road
Mayfield Heights, OH 44124
Phone: 440-461-2010
www.gatesmillsclub.com

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: Jennifer Hummer

