



# Club Talk

  
GATES MILLS CLUB  
*Active Senior Living*  
Monthly Newsletter

6759 Mayfield Road, Mayfield Heights, OH 44124  
(440) 461-2010  
[www.GatesMillsClub.com](http://www.GatesMillsClub.com)

April  
2019

## The Charm of Spring with Hearts that Sing

Ella Fitzgerald sang a song with Louis Armstrong called *April In Paris* that talks about the charm of spring and how hearts can sing in Paris in April. Maybe we need to listen to the song so it can help us to find the charm of spring and let our hearts sing at GMC since we plan to travel to Paris and other parts of France this month in our travelogue! Our chefs are planning a lovely French cuisine dinner, and later our Lunch Bunch crowd will head to *L'Albatros Brasserie* in Cleveland for contemporary French creations. Several of our evening movies will have either a French location or French theme to keep up the charm through April.

But if you find you are 'French-weary,' then be sure to come to the *Raptor Encounter* for a bit more robust adventure. Or you can pop in to our Birthday Bash with a new duo bringing their keyboard and vocal talents for our enjoyment.

Rose likes her coffee klatches with residents, but she's changing it up this month with a 'klatch' on National Grilled Cheese Day called *Small Bites-Small Talk with Rose*. Come find out how she's changing things up! And the

Easter Bunny should appreciate the Easter Craft in Craft Class this month since there will be eggs, peeps and a nest or two.

Our Route 66 Walkers are making progress walking the entire westward trek this year, and all our weekday exercise classes are full. So residents are actively getting ready for Spring.

March was full of activity (almost too full!) and the fun can be viewed on our Facebook pages. Go take a look and see if you or a loved one is smiling for the cameras...but I have to warn you that a few had some crazy gear on!

We definitely like to have fun here. If you already live here, you know what I am talking about. If you don't live here...then use this Spring to come in and get acquainted with us. In addition to all the fun, all the food, and all the freedom, residents can now get that extra help needed through our licensed assisted living services.

May the charm of Spring make your heart sing - in April!

For more information:  
[www.GatesMillsClub.com](http://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:** April 3rd
- **Ear Cleaning :** April 4th
- **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



## TRAVELOGUE: VIVÉ la FRANCE

**Thurs., Apr. 11th  
at 12:00 noon**

What better to do in April than visit France in the springtime! We'll meet in

Showtime Cinema to armchair travel there & see the highlights of Paris; then its on to see Provence, Normandy and the French Riviera - if time permits.

## LUNCH BUNCH

# L'ALBATROS

BRASSERIE • BAR

**Friday, April 19 at 11:00 am**

L'Albatros is a chic brasserie, amid the setting of a rustic 1800's carriage house, located in the heart of University Circle. Chef Zack Bruell brings a refreshing twist to classic French cuisine such as Hanger Steak & Frites with Bearnaise Sauce, Bouillabaise, & Duck Confit. Sign up in the mail room to go.

## Firehouse Grille & Pub

**Tuesday, April 30 @ 12:00 pm**

Known for American fare. Sign up in the mail room to go.



## GMC'S FRENCH CUISINE DINNER

**Thurs. April 11th; 4-6pm**

After traveling to France in our travelogue this month, you'll be treated to a special dinner that evening with French Cuisine.  
Bon Appétit!



## APRIL BIRTHDAYS

- Twiley Kemp.....Apr. 04
- Suzanne Spaulding.....Apr. 05
- Sally Herman.....Apr. 05
- Jean Synor.....Apr. 12
- Jewel Denton.....Apr. 12
- Pearlie Robinson.....Apr. 18
- Florence Dunlap.....Apr. 18
- Laddy Ospanik.....Apr. 22
- Alberta Boger.....Apr. 28

## --ODDS AND ENDS--

### Sunday Church Services

Most Sundays at 10:00 am

### On-Site Catholic Mass

Mass - Friday, April 26 @ 2:00 pm

### Bible Readings

Wednesdays at 12:00 noon

### Sing-Along

Thursdays @ 11:00 am

### April Birthday Bash

Tuesday, April 9 @ 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

Kohls & Drug Mart: Tues. Apr.16

### Banking

Most Friday mornings

### Casino Gambling Trip

Friday, April 26 @ 11:00 am

### Craft Class

Monday, April 15 @ 11:00 am

## BIRTHDAY BASH

Tuesday, Apr. 9

@ 12 pm

Darren & Kristen

Lambert



Darren and Kristen both sing and play keyboard while performing a variety of music. They love being able to perform a little bit of everything so that everyone will enjoy songs that they don't hear all the time. Some of the songs they perform are "Side By Side," "It Had To Be You," "Volare," by Dean Martin, "Love And Marriage" by Frank Sinatra, "Come On A My House" by Rosemary Clooney, "Botch A Me " by Rosemary Clooney and "Rock N Roll Waltz" by Kay Starr. They also love playing polka's and waltz's which sometimes gets people up and dancing, and sometimes singing!

## Mayfield City Schools

### Musical Production of

**SHREK,  
THE MUSICAL**

**Thursday, Apr. 4th**

**@ 7:00 pm**



Mayfield City Schools, Hillcrest Rotary and The Mayfield Heights Commission on Aging will once again offer an evening out for senior adults, Thursday April 4th at 7:00 pm. Admission is FREE and transportation will be provided to pick up and return our residents to GMC. Refreshments will be served before and after the show, courtesy of Mayfield Schools. The pick-up time will be 5:45 pm. and is subject to change. Sign up in the mail room to go.

## "RAPTOR ENCOUNTER"

**Friday, Apr. 5 @ 1:00 pm**



Northeast Ohio is blessed to have several raptor species and Lake Metroparks has developed a unique program about this that is not only educational, but fun. Using live Ohio hawks, owls, falcons and vultures, this program engages you in the lives of raptors. Learn the natural history of these birds and their survival stories.



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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  
Resident Svcs Mgr: Angela Ingram  
Maintenance Director: Anthony Loparo  
Activities Director: Rose Cinovec  
Food Service Director: Stacey Williams  
Front Desk Manager: Jennifer Hummer

