



Club Talk



GATES MILLS CLUB

Active Senior Living

Monthly Newsletter

6739 Mayfield Road, Mayfield Heights, OH 44124

(440) 461-2010

www.GatesMillsClub.com

May
2019

MAY IS FOR MEMORIES

Isn't it amazing to see the sunshine and hear the birds that herald the arrival of spring? We all look forward to spending more time outdoors. We begin to plan outings and spend time with family around May's holidays: Mother's Day and Memorial Day. It makes for a busy month.

But May is also a good month for memories...of time spent with your children as they were growing up, or time spent with your own mom as you grew up. Special moments brought back to life from memory have gravitas when shared with someone. This is a good time to "pass it on." Open that photo album and share the stories of those special pictures with a grandchild or close friend. The past is never truly gone as long as someone can recall the memory or remember the story.

The same is true of our veterans who have all passed on. Memorial Day started out as "Decoration Day" and honored soldiers who had died during the Civil War. The first widespread observance of Decoration Day was held on May 30, 1868. Over the years, the day became an occasion to remember the dead in all American Wars, and the name was changed to Memorial Day. Thanks to

the poem *In Flanders Fields* written by a Canadian doctor, and the work of the two "Poppy Ladies" (one in the USA and one in France) during WW1, Memorial Day became a worldwide event. With the sponsorship of the VFW, the poem and those two ladies, the poppy flower became a flower of remembrance on Memorial Day. We have been fortunate to have had many veterans who've made a home at GMC before passing away. And it's our memories of them that will keep them with us for a long time.

Thus, May is made for memories. Let's enjoy the sunshine, pass on stories with our families, and wear our poppies proudly in remembrance of our veterans.

In the meantime, let's make some new memories by participating in this month's activities, making friends with the new residents, and finding ways to enjoy what this month has to offer!

Happy May
Everyone!



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 w Linda
Wed./Thurs./Fri. 10:00 am

- Meditation Class: Thurs @ 10:00 am
- Route 66 Walkers: Mon. Wed. @ 3:00 pm
- Ear Cleaning : Thurs. May 2 1:30-3:00 pm
- Hollvs Hearing Test: Thur., May 23, 1-3 pm
- 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

MAY BIRTHDAYS



Sherry Greenberg.....May 02
 Violet Szabo.....May 04
 Earline Southern.....May 08
 Lilyan Konrad.....May 14
 Paula Ashmore.....May 14
 Mary Frans.....May 17
 Milt Nadler.....May 20
 Mary Leta.....May 23
 Marian Higgins.....May 25
 Mary Zeller.....May 27

LUNCH BUNCH

Peppermint Thai Restaurant

Friday, May 17 @ 11:00 am



Pacific Asian cooking varies according to the country involved. We are learning about Thailand this month, so we will try out the flavorful menu items of lean cuts of meat delicately balanced with vegetables, herbs and spices. Expect no MSG and minimized use of oils and salt. Sign up in the mail room to go.

Mama Catena Vino e' Cucina Friday, May 24 @ 11:00 am

Mama Catena's is a wonderful Italian restaurant with fresh ingredients and pastas paired with perfect sauces. Mama Catena's is definitely as great if not better than any restaurant in little Italy.



In Flanders Fields

By John McCrae, M.D.

*In Flanders fields the poppies blow
 Between the crosses, row on row,
 That mark our place; and in the sky
 The larks, still bravely singing, fly
 Scarce heard amid the guns below.
 We are the Dead. Short days ago
 We lived, felt dawn, saw sunset glow,
 Loved, and were loved, and now we lie
 In Flanders fields.
 Take up our quarrel with the foe:
 To you from failing hands we throw
 The torch; be yours to hold it high.
 If ye break faith with us who die
 We shall not sleep, though poppies grow
 In Flanders fields.*



--ODDS AND ENDS--

Sunday Church Services

Most Sundays at 10:00 am

On-Site Catholic Mass

Mass - Friday, May 24 @ 2:00 pm

Bible Readings

Wednesdays at 12:00 noon

Sing-Along

Thursdays @ 11:00 am

May Birthday Bash

Tuesday, May 28 @ 1:00 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

Most Friday mornings

Casino Gambling Trip

Friday, May 10 @ 11:00 am

Hillcrest Bingo

Tuesday, May 21 @ 11:30 am

ROCKFELLER PARK & GREENHOUSE

Friday, May 3 @ 11:00 am



A Cleveland gem, the Rockefeller Park Greenhouse is a City-owned botanical garden and greenhouse. Situated on four peaceful and lush acres, the Greenhouse features a variety of specialty plant collections, seasonal floral displays, and spectacular theme gardens including the Betty Ott Talking Garden for the Blind. We will end the trip at a GMC favorite: "Piccadilly's Ice Cream." Sign up in the mail room to go and bring \$\$ for ice cream.

MILLION DOLLAR QUARTET

A Tony-Winning Rock 'n' Roll Tribute



Hanna Theater
Tuesday, May 7th
(NOTE: 9:00 am departure
for 10am curtain time)

On December 4, 1956, Johnny Cash, Jerry Lee Lewis, Carl Perkins and Elvis Presley fatefully found themselves together in a Memphis recording studio. The historic rock 'n' roll jam session that resulted was electrifying. Step back in time to experience this irresistible tale of broken promises, secrets and celebrations with powerhouse performances and an incredible score of rock 'n' roll, R&B, and country hits.



TRAVELOGUE: THAILAND

Thurs., May 9
@ 12:00 noon

Known as Siam until 1939, Thailand is the only Southeast Asian country never to have been taken over by a European power. It's known for tropical beaches, opulent royal palaces, ancient ruins and ornate temples displaying figures of Buddha. Come enjoy a journey through this country with your neighbors in our Showtime Cinema.

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

