



Club Talk

GMC
GATES MILLS CLUB
Active Senior Living

Monthly Newsletter

6799 Mayfield Road, Mayfield Heights, OH 44124
(440) 461-2010
www.GatesMillsClub.com

July
2019



THIS July is Special!



To most folks, July speaks of summer outings, parties in the backyard, picnics in the park, and vacations. It brings us America's birthday celebration with all the hoopla and fireworks. But THIS July...is even more special.

THIS July we will celebrate America's Declaration of Independence with three special documentaries of three *modern* presidents who had a huge influence on our culture: Kennedy, Reagan, and Obama.

Kennedy envisioned space exploration; Reagan brought a symbol of communism down; and Obama shed light on the promise of equality. All of our presidents have done much to improve our lot in life in America, but these three stand out in modern memory for their outsized influence decades after their service.

THIS July we also celebrate the 50th Anniversary of the first Apollo moon landing! In 1969 it was avidly watched by people around the globe. Our residents are of the generation that put men on the moon, and it is fitting to recognize the wonder of what this generation accomplished as we head to the Gates Mills Library to learn more about Apollo's legacy and show various Apollo movies in our movie theater.

THIS July we'll take in a noon-time concert on Wednesday, July 10th at the Mayfield Gazebo. It features the music of this special

generation courtesy of *Nick Puin* as he performs from The Great American Songbook: music from Frank Sinatra, Tony Bennett, Ella Fitzgerald, Mel Torme and Sarah Vaughn.

THIS July we will also enjoy the music of Fleetwood Mac via a performance by *Rumours* on Thursday evening, July 18th at the Mayfield Gazebo. Later, we'll have a guitarist at our Birthday Bash (Diane Ramos) and some happy music at our Happy Hour.

THIS July is also about summer food -- like snow cones and fruit smoothies, special coffee gatherings called coteriés, and a special shopping trip to Trader Joe's Grocery Store. We'll partake of All American food both at GMC and at the places our Lunch Bunch goes to this month. We'll even find some American wines made right here in NE Ohio at Sarah's Vineyard.

If you are part of THIS generation who contributed so much to our American way of life, we hope you choose to join in on all the wonder to be found at GMC by celebrating THIS July with us!

***God Bless All of You and May God
Continue to Bless America!***

To learn more about Gates Mills Club—call 440-461-2010 or visit our Website at www.GatesMillsClub.com.



HEALTHY HAPPENINGS

EXERCISE CLASSES:

- **Prime Fitness or Drum Class with Pia**
Alternating Mondays @ 10:00 am
- **Tai Chi w/ Denise or Brain Aerobics w/Lori** Alt. 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**
On hold for summer
- **Wellness Clinic:** Wed. @ 12pm-1pm
- **Dr. Shane, Podiatrist:** TBD

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



JULY BIRTHDAYS

Audree Cain.....July 06
Janet Clarke.....July 07
Art Walton.....July 10
Carolyn Smith.....July 12
Barbara Arnold.....July 14
Marilyn Polster.....July 18
Sandy Martin.....July 20
Rolf Camnitzer.....July 21
Terri Caristo.....July 23
Gerry Contaldo.....July 23
John Tompkins, Sr.....July 31

LUNCH BUNCH



YOURS TRULY RESTAURANT
Friday, July 12
@ 11:00 am

Where better to eat All American food during the month of July than at this place! Sign up in the mail room to go.

SHOOTERS WATERFRONT CAFE



Tuesday, July 30
@ 11:30 am

Here's another All American eatery, this one situated on the waterfront in The Flats of Cleveland. You can watch the river traffic as you eat. Sign up in the mail room to go.

HAPPY INDEPENDENCE DAY TO ALL AMERICANS!



SARAH'S VINEYARD

Friday, July 26
@ 11:00 am

Our first winery trip of 2019 will be to Sarah's Vineyard where they feature a Tasting Room for trying their wines straight from a barrel. Afterward, we'll pause to eat a light afternoon lunch (salads, sandwiches, sweets) as we admire the vineyard. You may want to bring home a bottle of your favorite Red Zinfandel, Merlot, Sangiovese, or Reisling. Bring money!

--ODDS AND ENDS--

Sunday Church Services

Most Sundays at 10:00 am

On-Site Catholic Mass

Mass - Friday July 26 @ 2:00 pm

Bible Readings

Wednesdays @ 12:00 noon

Sing-Along

Most Wednesdays @ 11:00 am

July Birthday Bash

Tuesday, July 16 @ 1:00 pm

Happy Hour

Thursday, July 25 @ 3:00 pm

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

Tuesday, July 09 @ 12:00 pm

Card Making with Kay

Tuesday, July 30 @ 12:00 pm

PICNIC AT EUCLID BEACH

Friday, July 19

@ 12:00 pm

Weather and midges permitting, we'll head back to the Euclid Beach park with a box lunch (\$7 per person) supplied by our own chefs. Then we'll sit and watch Lake Erie and just enjoy the afternoon remembering our days as children or adults here. Sign up with Lovev to pay by check and go...



COFFEE COTERIE

**All Mondays
in July
@ 11:00 am**

Coterie: a collection of individuals with a common interest. Yup, that describes many of us who like coffee or tea. So let's share a cup and conversation in the Activity Room every Monday in July at 11am. If we get too big for the room and it's warm enough outside, we'll move to the patio.



SUMMER SMOOTHIES

**Tuesday, July 09
@ 1:00 pm**

July will be hot (we hope) and thus great weather for a cold fruit smoothie! Join your neighbors on the patio for some conversation and a refreshing drink. Should be a day for cooling off...

SNOW CONES

**Friday, July 05
@ 2:00 pm**



Remember the lazy days of summer as a kid when we waited by the snack bar at the beach for a snow cone? Well, bring those memories back by coming to the patio and you'll get to choose between 6 flavors or combination of flavors! We have to eat fast so it doesn't melt, possibly get brain freeze, and then drink the liquid at the bottom...Mmm Mmmm good!



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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
Nurses: Dale, Donna and Carlaetta
Maintenance Director: Anthony Loparo
Activities Director: Lovev Jones
Food Service Director: Stacey Williams
Front Desk Manager: Jennifer Hummer

