



Club Talk



GATES MILLS CLUB

Active Senior Living

Monthly Newsletter

6739 Mayfield Road, Mayfield Heights, OH 44124
(440) 461-2010
www.GatesMillsClub.com

August
2019

SUMMER SUN & FUN

Not surprising that August is a National Month of (name your food) since gardens are usually producing well and folks are out and about at all kinds of food-centered gatherings. Despite the cold spring and too much rain, the heat arrived and the weeds have certainly shot up! Some weeds are edible, probably more of them than we want to know about. While our chef manager creates the menus, our calendar this month still features a few food items that we hope she'll see and serve...watermelon, root beer floats, lemonade, peaches, blueberries, brownies, panini's, goat cheese, etc.. Mmmmm....

We have a few food-centered gatherings of our own in August, come to think of it. Take our Coffee Coterie and Happy Hour with munchies, our lunch bunches out to fantastic restaurants like *Pier W* and *Dickie's*, and a trip to a winery, plus a park trip with ice cream...and a trip to *Graeter's Ice Cream* for a fancier bit of the stuff. We'll all probably put on 5 lbs this month!

Although we don't do therapeutic diets at GMC, we do offer choices for those with special diets like salt or sugar restrictions. We don't add salt to our cooking, and we do offer alternatives for those who need sugar substitutes. Our menus change from day to day and offer more than just one item and one alternate. Rarely is there a day when one can't find ANYTHING on the menu they are able

to eat. Our chefs like it when residents bring them their favorite recipes to try, although that hasn't happened in a while. Apparently residents are content to wait and see what our chef manager comes up with. This all just means food is important to us all at GMC.

One item we see more of in the summer are specialty salads because gardens are in full swing producing fresh produce for us. It's a strange thing though: Despite the popularity of salads, fewer residents eat actual vegetables with their other main entrées than would be expected considering our residents are yesterday's parents who promoted vegetable-eating with their own kids! Ha Ha

The long and short of August is that we all can eat well this month in all kinds of ways. So order those salads and fresh fruits, and let's make it a healthy month. Thank goodness for summer sun and fun!



To learn more about
-Gates Mills Club-
call 440-461-2010 or visit our Website at
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HEALTHY HAPPENINGS

EXERCISE CLASSES:

- **Prime Fitness or Drum Class with Pia**
Alternating Mondays @ 10:00 am
- **Tai Chi w/ Denise** Alt. Tuesdays @ 10am
- **Low Impact Exercise**
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:** Aug. 14 & 21

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

CREATIVE CORNER CRAFTS

SCRAPBOOKING: Create a special kind of scrapbook that others can enjoy while waiting in the lobby or to get their hair done...be sure to attend the Coffee Coterie on Mondays to find out more!

TIME CAPSULE: Ever thought about leaving a special 'time capsule' for your family? Now's the time to create one ...on Tuesday, Aug. 20th at 12 noon in the Activity Room!

LUNCH BUNCH



PIER W
Friday, Aug. 09
@ 11:00 am

This landmark restaurant sports architecture designed to resemble the hull of a cruise ship. They feature fresh seafood and the finest prime meats and seasonal dishes. Sign up in the mail room to go.

DICKIE'S
BARBECUE PIT
Tuesday, Aug. 27
@ 11:30 am



Been a while since you had some barbecue? Then sign up to go with our lunch bunchers to Dickie's for your choice of chicken, pork, or beef (or all 3!) with all the sides. We head there in August!

Eat More Vegetables!



THORN CREEK WINERY

Friday, Aug. 16
@ 11:00 am

Thorn Creek Winery in Aurora is a celebration of fine wines, expressive landscapes, and enlightening conversations. The gardens and gathering spaces have been designed to enhance the enjoyment of wine and food as you share with your friends and neighbors from GMC. Bring money in case you want to bring a bottle back and/or to pay for your lunch. Sign up in the mail room to go.

--ODDS AND ENDS--

Sunday Church Services

Most Sundays at 10:00 am

On-Site Catholic Mass

Mass - Friday Aug. 23 @ 2:00 pm

Bible Readings

Wednesdays @ 12:00 noon

Sing-Along

Most Wednesdays @ 11:00 am

August Birthday Bash

w/ Greg Pascura

Tuesday, Aug. 13 @ 1:00 pm

Happy Hour

Friday, Aug. 30 @ 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, Aug. 06 @ 12:00 pm

GRAETER'S ICE CREAM

Fri., Aug. 02

@ 1:00 pm



This regional ice cream chain based in Cincinnati was founded in 1870 by Louis C. Graeter. The company has since expanded to 50 retail locations selling ice cream, candy and baked goods. We'll head to the one in Beachwood to experience a truly decorative and tasty delight! Sign up in the mail room to go.



COFFEE COTERIE

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

Let's share a cup and conversation in the Activity Room every Monday in August. Lovev has a special craft - a scrapbook (but not your usual kind) - to make in this activity. So be sure to come on down!

GAZEBO CONCERT: FREE!

Rat Pack Duo

Wed., Aug. 21

@ 11:30 am

Frank and Dean Band are back to offer their brand of music that captures the fun of the Rat Pack era...hence the name Frank and Dean. Combining timeless music and fan friendly comedy, Frank and Dean make it time to remember.

Refreshments available for a price.

AUGUST BIRTHDAYS



Marjorie Malcolm.....	Aug. 03
Carol Schaefer.....	Aug. 05
Mary Puskas.....	Aug. 07
Joe Bauer.....	Aug. 12
Sally Phillips.....	Aug. 13
Ruth Wicks.....	Aug. 13
Fran Parisi.....	Aug. 15
Anne Baird.....	Aug. 18
Arlene McGaughey.....	Aug. 20
Roz Nigoff.....	Aug. 21
Helen Raposelli.....	Aug. 21
Lillian Knudson.....	Aug. 21
Linda Omura.....	Aug. 28
Sang Miles.....	Aug. 29
Donna Hanford.....	Aug. 29
Bettie Beck.....	Aug. 30

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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
Nurse: Natalie B.-Acting DON
Maintenance Director: Anthony Loparo
Activities Director: Lovev Jones
Food Service Director: Stacey Williams
Front Desk Manager: Jennifer Hummer

