



Club Talk



GATES MILLS CLUB

Active Senior Living

Monthly Newsletter

6739 Mayfield Road, Mayfield Heights, OH 44124

(440) 461-2010

www.GatesMillsClub.com

September
2019

CELEBRATE, REFLECT, PIVOT!

September is a pivotal month. We're partly summer and partly autumn. We're partly baseball and partly football. School is back in session everywhere, and traffic increases as a result. Parents and college kids are rushing for last minute school deals but are pressured in stores to remember the upcoming holidays. Seniors are just trying to stay out of the fray while going about their day with trips to doctors and stores and such.

Then you bring in two very diverse holidays: Labor Day - a time of celebrating the American Worker who built our nation from the ground up, and 9/11 Remembrance Day - a time to stop and reflect on lives lost to idiocy and to look for opportunities to change things for the better.

GMC has, on a smaller scale, been trying to change things for the better by adding licensed assisted living to our amenities for residents, and then by getting approval to accept Medicaid Waiver for residents who run out of funds permanently. We're still in our infancy, so to speak, and we keep looking for opportunities to change things for the better.

For example, St. Francis Catholic Church holds weekly services at GMC, and we have finally found a non-denominational pastor (Pastor Lorenzo Rose) to hold Protestant services as well. We have various exercise classes Monday through Friday, but we change them up to different kinds at different

times to keep things interesting. Seniors seem to love social gatherings on a low key level, so we've hosted various small parties, klatches, and happy hours over the years. Our outings are probably some of the best around for assisted living! Our caregivers help out in activities when they aren't giving gentle care to residents, and activities folks help out with marketing and front desk work. Front desk staff assisted with maintenance with tasks when a maintenance technician recently broke a bone and was out for a while. Teamwork is an ongoing effort at GMC with almost all staff helping in other departments in some way as the opportunity arrives.

This teamwork is one example of today's American Worker in action and how we can make things better by starting in our small corner. Our new assisted living may be in its infancy but it presents so many opportunities to make things better for our senior population while also presenting a micro-example of the American Worker in action today.

As we pivot throughout September, let's pause to reflect and celebrate, and thank our team - all GMC workers - for making our new Assisted Living services work!

To learn more
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** Sept. 3 & 10 @ 10am
- **Low Impact Exercise** Wed./Fri. 10:00 am
- **Meditation Class or Low Impact Class**
Alternating Thurs @ 10:00 am
- **Motion with Melanie**
Weds. @ 1:00 pm
- **Brain Aerobics w Lori**
Tues. Sept. 17 @ 10am & 24 @ 1:30pm
- **Wellness Clinic:** Wed. @ 12pm-1pm
- **Dr. Shane, Podiatrist:** N/A for Sept.
- **Holly's Hearing:** Thurs. Sept. 19 @ 1pm

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



WHO DOESN'T LOVE ICE CREAM?
Tuesday, Sep. 03
@ 12:00 pm

Since we have more folks that love ice cream than we do room on our bus...you are in for a treat. We are bringing *East Coast Custard* to you! Their catering truck will be here serving cups and cones and sundaes with their famous custard. Different flavors available. Only \$5.00 each, PREPAID. See Lovev for details.

LUNCH BUNCH



EAST 55TH
on the LAKE
Friday, Sep. 06
@ 11:00 am

With a view of yachts and lake, this little eatery is a delight offering a light lunch for a light price. Sign up in the mail room to go.

FLATIRON RESTAURANT
Tuesday, Sep. 27
@ 11:00 am



Established in the 1800s as a hotel to serve longshoremen, sailors and the Irish community, the Flatiron lost its top two floors to a fire; but it evolved after that into an Irish Pub with specials on a daily basis. This downtown eatery will delight you.

MEN'S OUTING



SLYMAN'S
Friday, Sep. 13
@ 11:00 am

With more men in the building, we are starting a "Mens Outing" again - this time to Slyman's Café where the corned beef sandwiches are a thing to behold! So much corned beef! If we don't have a full bus of men, we'll allow ladies to join because we know this is a favorite for many!

National Assisted Living Week:
Sept. 8-14

--ODDS AND ENDS--

Sunday Church Services

Most Sundays at 10:00 am

On-Site Catholic Mass

Mass - Friday Sep. 27 @ 2:00 pm

Protestant Service

Sat. Sep. 7 & 21 @ 12noon

Bible Readings

Wednesdays @ 12:00 noon

Sing-Along

Most Wednesdays @ 11:00 am

September Birthday Bash

w/ Mike Goldstein

Tuesday, Sep.17 @ 1:00 pm

Happy Hour

Friday, Sep. 20 @ 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, Sep. 24 @ 12:00 pm

SEPTEMBER BIRTHDAYS



Bill Lewin.....	Sep. 02
Mary Ann Kabat.....	Sep. 07
Kay Clifford	Sep. 16
Michael Nero	Sep. 16
Louis Morello	Sep. 21
Etola Pratt	Sep. 22
Edna Deal	Sep. 27



COFFEE COTERIE

All Mondays in Sept.

@ 11:00 am

Life is full of stories, and sharing them helps create friendships. Bring a story and share a cup with a neighbor...and maybe you'll have a new friend by the end of the hour!

NAUTICA QUEEN

Tues., Sep. 10

@ 11:00 am



Set sail with us for a lunch cruise on Cleveland's favorite cruise dining ship. What better way to view the Cleveland downtown than from a ship on Lake Erie as we select a delectable lunch cooked fresh onboard. It usually includes the chef's 'catch of the day' among other entrees, sides, and desserts. Cost is \$27 per person and includes lunch. Sign up and pay at the front desk to go; the bus is sure to have a wait list!

CREATIVE CORNER CRAFTS

INDOOR PLANTS with SHERRY:

Tues. Sep. 24 at 12:00 noon

You don't have to have a green thumb to pot a plant that needs very little attention.

COOKIES WITH LOVEV:

Thur. Sep. 26 at 11:30 am

Bring your inner baker alive by baking cookies and sharing them with others.

PAPARAZZI JEWELRY:

Mon. Sept. 16 at 12:00 noon

Special designs - and all for only \$5 each!

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Mission Statement

Gates Mills Club is an Active Senior Living Community in Mayfield Heights that is providing 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
Acting DON: Natalie Barbastefano, RNP
Maintenance Director: Anthony Loparo
Activities Director: Lovev Jones
Food Service Director: Stacey Williams
Front Desk Manager: Jennifer Hummer

