



# Club Talk

GMC  
GATES MILLS CLUB  
*Active Senior Living*  
Monthly Newsletter

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

January  
2020

## ***JANUARY is for JOINING...***

While the holidays just ended were a bit more rushed than usual due to the short period of time between Thanksgiving and Christmas this past year, January almost always seems a bit of a let down. It's like we've used up all our good wishes and happy feelings. Now the 'daily grind' starts again...for another year.

Maybe 2020 will be different. Maybe it will bring happy changes and good health and fun times. The fun could start as early as Sunday, Jan. 5th as resident Carolyn Smith hosts another Epiphany Party complete with potluck food and jam session. Last year it lasted a good 2+ hours! Another day in January we're attempting to cook smores' and cocoa without a firepit (who wants to stand around outside in the snow). And another Sunday we have a pianist (Fred Schneider) returning with jazz and easy listening music to break up the weekend monotony.

Throughout the month we have craft classes, birthday bashes, several outings (some including lunch), sing-alongs, bingo games and movies galore. Our exercise classes happens every weekday (and twice on Wednesdays) and are designed to get us off the couch and moving again. And we're 'redesigning' our walking club for 2020. We can use January to find what works for us to get us beyond the doldrums of winter!

One of the hardest things to do though,

is admit we may need some assistance with what was usually easy to do in the past. That's why being at GMC means you don't have to lean on loved ones more just to get by each day. You can keep them in the "enjoy 'em" category while you let staff here help you. The holidays can sometimes be an eye-opener for loved ones who see their parent or grandparent needing more help and they aren't available to give it. Although GMC can't offer care services like 24-hour companion care or skilled nursing beyond certain things, we can help with custodial care. Don't be afraid to ask. GMC is less expensive than most all other assisted livings for a reason! And Medicaid Waiver assistance is possible to those who have qualified. So don't let January bring you down. Join in where you can; join up if you need; and make 2020 a better year that it could have been otherwise! It really is in your hands.



To learn more  
call 440-461-2010  
or visit our Website at  
[www.GatesMillsClub.com](http://www.GatesMillsClub.com).



# HEALTHY HAPPENINGS

## EXERCISE CLASSES:

- Prime Fitness or Drum Class with Pia  
Alternating Mondays @ 10 am
- Tai Chi w/ Denise Jan. 14 & 28 @ 10 am
- Low Impact Exercise Wed./Fri. @ 10 am
- Meditation Class or Low Impact Class  
Alternating Thurs @ 10 am
- Motion with Melanie  
Weds. @ 1 pm
- Brain Aerobics w Lori  
Tues. Jan. 7 & 21 @ 10 am
- Wellness Clinic: Wed. @ 12 pm -1 pm

## LIFELONG LEARNING

### Keep the Grey Cells Growing with:

Sat/Sun @ 2 or 3 pm. . . . . Cards & Games  
 Most Mondays @ 1pm . . . . . Bingo  
 Mon/Wed/Fri @ 6:30 pm . . . . . Bingo  
 Travelogue anyone? Let Lovev know if you want to see any travel DVDs.

## RESIDENTS MEETING W VICKIE & MAYOR DI CICCIO

Thursday, Jan. 9th @ 3:00 pm



### JANUARY BIRTHDAYS

Nancy Johnson.....Jan. 03  
 Janet Dolan .....Jan. 09  
 Margaret Mauer .....Jan. 15  
 Anneliese Duffett .....Jan. 21

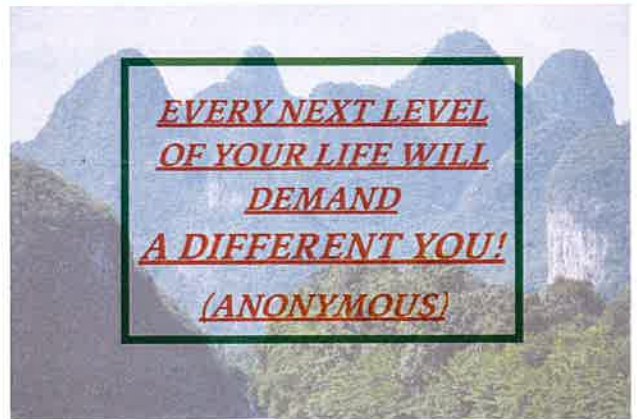
## LUNCH BUNCH

### PICCOLO'S

Friday, Jan. 03 @ 11:00 am  
 The food is more Italian than Little Italy! Bring your taste buds, but be sure to sign up in the mail room first to go.

### OAK & EMBERS TAVERN

Friday, Jan. 24 @ 11:00 am  
 We head to this laid-back brick-walled tavern by request for a bit of southern comfort food. Sign up in the mail room to go.



## SMORES' AND MORE

Tuesday, Jan. 07 @ 1:00 pm

We'll try out a way to cook smores' without a firepit! Come join in the fun.

## CRAFT CLASS

Tuesday, Jan. 21 @ 1:30 pm  
 Tuesday, Jan. 28 @ 1:00pm

To find out what the craft is this month, plan to attend these classes!



## **--ODDS AND ENDS--**

### **Sunday Church Services**

Most Sundays at 10:00 am

### **On-Site Catholic Mass**

Mass - Friday Jan. 31 @ 2:00 pm  
(it may be the Friday before...)

### **Non-Denominational Service**

Saturdays, Jan. 04 & 18 @ 12 noon



### **Coffee Coterie**

Most Mondays @ 11 am

### **Sing-Along**

Most Thursdays @ 11:00 am

### **January Birthday Bash**

w/ Damian Fontaine  
Tuesday, Jan. 14 @ 1:00 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, Jan. 21 @ 11:00 am

### **MUSIC BY FRED SCHNEIDER, PIANIST**

**Sunday, Jan. 19 @ 5:00 pm**



He's entertained at the Ritz Carlton downtown as well as the Sky Bar in Mentor for many years, and he's performed for us at GMC. Now Fred returns to entertain us!

Come on down to the dining room and

*let him entertain you...*



### **CAROLYN'S EPIPHANY PARTY**

**Sunday, Jan. 05  
@ 5:00 pm**

Once again resident Carolyn Smith & family will be hosting an Epiphany Party on near the 12th day of Christmas. A jam session and sing-along brings the fun. Residents are encouraged to bring their favorite refreshments although coffee and punch will be provided. In the spirit of giving, a (cash or check) donation box will be there for the *Abundance Pantry at Forest Hills Church* which serves more than 300 families a month in the Cleveland area. So call Carolyn for more information if needed, but come down at 5pm to enjoy the festivities!



### **EVELYN WRIGHT QUARTET**

**Monday, Jan. 20  
@ 11:30 am**

The Evelyn Wright Quartet performs a varied concert of blues, jazz, gospel and songs from the Great American Songbook in a free one hour concert in honor of the Rev. Dr. Martin Luther King Jr. Joe Hunter (piano), Daris Adkens (guitar), George Lee (bass), and special guest Kevin Richards (guitar) perform with Evelyn in the Maltz Museum's intimate 70 seat theater. The GMC bus will depart at 12 noon as there are no reserved seats in the theater.



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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

