



Club Talk



GATES MILLS CLUB

Active Senior Living

Monthly Newsletter

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

February
2020

ANTICIPATION IS IN THE AIR...

For a very short month, February sure does pack a lot of things in. First there's Super Bowl this year (Feb. 2nd) sharing Groundhog Day with a rodent. The 49ers and the Chiefs will stomp all over each other, but the rodent will be the one to return next year! Then there's Valentine's Day with flowers, chocolates and all kinds of cute handmade cards expressing love for someone. St. Valentine would be proud of how his day has evolved. But then there's our illustrious founding fathers who are honored on Presidents Day for their foresight in creating such a great republic. Yes, we have politicians who love to redirect and confuse our thinking - if we let them, but we are STILL the only country in the world where we have the chance to fulfill our dreams. (Some countries you can't even dream much less attempt to fulfill a dream.) If you aren't exhausted yet, wait...we still have Mardi Gras to celebrate, Lent to bring us back to earth, and Leap Day to end the month on! Whew!

Now all that was just the BIG STUFF... GMC adds in its own "thing" to February and we're positively spinning. There is a little something this month for most everyone. Like to travel but can't anymore? Come "walk" the scenic walks around the world at our Sunday Travelogue.

Like crafts? We have a class each week. Love the outdoors but not winter...come with us to Cleveland Zoo's Rainforest. Get warm while taking in all those sights and sounds of a typical Rainforest. Gamblers can win/lose at Thistledown this month, while our staid residents get happy at the happy hour before our Mardi Gras dinner.

Most ladies enjoy a cup of coffee and chit-chat at the Coffee Coterie on Mondays, while others lend their voices to weekly sing-alongs. Yet others go to the weekday exercise classes so they can burn off the calories they ingest at the Lunch Bunch outings. The usual movies, bingo, card games, and outings for shopping, library runs and banking are countered with entertainment brought in.

You can't possibly do everything, but there is bound to be something you will find that will make this short month a fun, maybe exhausting, one. And that means there will be no time to get the winter blues. Not in February!

To learn more or to become part of GMC:
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 am
- **Tai Chi w/ Denise** Feb. 11 & 25 @ 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. Feb. 10 & 24 @ 1:30 pm
- **Wellness Clinic:** Wed. @ 12 pm -1 pm
- **Dr. Shane, Podiatrist:** Next visit in Mar.

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: *Scenic Walks Around the World*
Sundays at 1:00 pm

BAKING CLASS

Tues., Feb. 26 @ 2:00 pm

It may be the start of Lent, but we can still bake...Rice Krispies® Treats. Fun, easy, and portable. MMMM good!

CRAFT CLASSES

Wed., Feb. 05 @ 2:30 pm

Wed., Feb. 12 @ 2:00 pm

Wed., Feb. 19 @ 2:00 pm

Fri., Feb. 28 @ 1:00 pm

LUNCH BUNCH



TGI FRIDAYS

Friday, Feb. 07
@ 11:00 am

Get your Friday's on—from appealing appetizers to delectable desserts, your favorites are all here. Sign up in the mail room to go.



AUSTIN'S STEAKHOUSE

Friday, Feb. 21 @ 11:00 am

The menu at Austin's features fresh selections of smoked ribs, steak, seafood, burgers, salads, and desserts. Sign up to go before the list gets full!



MARDI GRÁS HAPPY HOUR

Tuesday, Feb. 25th
@ 3:00 pm



Before Lent we all have one more opportunity to really celebrate happy times - on Fat Tuesday. We'll toss a few beads, listen to some good New Orleans jazz from DJ Joel and sip a bit of wine before dinner. Purple, gold and green are the colors if you want to dress the part. You can make your own Mardi Grás mask at craft class on Feb.19th or wear one of the pre-made ones available while they last. Either way, join in on the fun on the final day of Mardi Grás!

--ODDS AND ENDS--

Sunday Church Services

Most Sundays at 10:00 am

On-Site Catholic Mass

Mass - Friday Feb. 28 @ 2:00 pm

Non-Denominational Service

Saturdays, Feb. 01 & 15 @ 12 pm



Coffee Coterie

Most Mondays @ 11 am

Sing-Along

Most Thursdays @ 11:00 am

February Birthday Bash

w/ Fred Schneider, pianist
Wednesday, Feb. 11th @ 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

Thistledown Casino

Friday, Feb. 14 @ 11:00 am

MUSIC BY JOYFUL SOUNDS STUDIO



**Sunday, Feb. 16
@ 2:00 pm**

Piano teacher Joy Wojnarowski and her middle-school private piano students will come to entertain GMC residents. In return, you can give them the chance to brush up on their playing skills and help them feel comfortable playing in front of audiences.



**LA BOHÉME
Sat. Feb. 22 @ 1:00 pm**

The opera, "La Bohème" is about the tragic love story of Mimí & Rodolfo, set in Paris in the year 1830. In Paris, four artsy types shiver in a garret, owing rent. But when one of their number, a musician, earns money, they are all set to buy a meal in a nearby restaurant. Carolyn Smith will be on hand to help give a better understanding of this Metropolitan production.



**RAINFOREST
Tues., Feb. 18th
@ 12:00 pm.**

Winter is a dismal time for those who have to stay mostly indoors. So let's take a few hours and forget about all the cold and snow/ice with a trip to the Rainforest! The drop off point is very near the Rainforest entrance, and there's an elevator inside so we don't have to use the stairs. It's \$5.50 per senior, so put your name on the sign up sheet as there are only 12 seats on the bus! Then go have some indoor WARM fun seeing all the flora and fauna of a Rainforest at the Cleveland Zoo.



FEBRUARY BIRTHDAYS

Edwina Martin	02/02
Thomas Yurko	02/04
William Zigli	02/10
James Bundus	02/15
Robert Poore	02/16
Linda McNeeley	02/20
Hollace Turnage	02/26

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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
Asst. Exec. Director: 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

