



Club Talk



GATES MILLS CLUB

Active Senior Living

Monthly Newsletter

6759 Mayfield Road, Mayfield Heights, OH 44124

(440) 461-2010

www.GatesMillsClub.com

March
2020

HAPPY St PATRICK'S DAY!

Spring always brings changes. Weather starts warming up. NBA, MLB and NFL all are switching up coaches and players for the final or upcoming season games. A lot of orange cones and barriers start to reappear on roads and highways. Primaries and political rallies pop up with increasing frequency.

For the most part, we welcome the changes because we get tired of winter weather, tired of being indoors, and tired of the aches and pains brought on by cold temperatures. We yearn for the sound of birds and lawnmowers. What will we do with the changes we see in March?

It could be a good time to switch things up in your day-to-day lifestyle. Do something you haven't done - or haven't done lately. Sign up for an outing like the lunch bunches or the Mayfield Heights Golden Age Club gatherings. Come to a Coffee Coterie for a cuppa joe and conversation, or participate in an exercise class. We have them every weekday, and again on Wed. afternoon! Our craft classes and baking classes are fun and can be done by even the least 'crafty' of us. Or start being an armchair traveler or a student with our Sunday afternoon "travels" and "classes." This month we will gain more in-depth knowledge about some of the *Masterpieces in the Louvre*, and that can help

us understand art better as we head to the Cleveland Museum of Art later in the month. Bring about your own changes by doing something different in March. Break out of the winter doldrums!

An issue we want you to focus on, in light of the coronavirus (Covid-19) outbreak, is that it is a good time to consider renewing your flu shot. If you had it last Sept/Oct, that is good. But it wears off after a few months. Although it doesn't specifically protect against the Covid-19, it can enhance your immune system. And any enhancement of an immune system (especially in older adults who already have health issues), will always help ward off any infectious viruses. So when you see your doctor, ask about it. If enough residents request it here at GMC, we can set up another "flu shot day." In the meantime, continue to keep hugs and handshakes to a minimum, wash your hands with soap and water often, and stay in if you are feeling symptoms of any illness. Let's keep our risk level in the USA and at GMC low!

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 Mar. 10 & 24 @ 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. Mar. 03 & 17 @ 10:00 am
- Wellness Clinic: Wed. @ 12 pm -1 pm
- Dr. Shane, Podiatrist: Mar. 11&18

LIFELONG LEARNING

Keep the Grey Cells Growing with:

Sat/Sun @ 2 or 3 pm. Cards & Games
Mondays @ 1pm . & 6:30pm.Bingo
Wed. @ 6:30 pmBingo

SUNDAYS:

Travelogue: *Scenic Walks Around the World*
Great Courses Learning: *Masterpieces of the Louvre.*



ST. PATRICK'S HAPPY HOUR
Tuesday, Mar. 17
@ 3:00 pm

Start with a bit of the Irish music at our Happy Hour. Add in a bit of green beer (alcoholic or non-alcoholic), and lots of conversation, and it's sure to be a fun time!
Then our dinner afterward will feature standard Irish fare to tempt your tastebuds.

LUNCH BUNCH



MULDOON'S SALOON & EATERY

Friday, Mar. 06
@ 11:00 am

What better way to open the month of all things Irish than to head to Muldoon's Eatery where they will feature many Irish ales and craft beers to accompany wraps, melts, and other menu choices.

FLANNERY'S PUB

Friday, Mar. 20
@ 11:00 am



We continue an Irish theme with a visit to this large Irish-American pub where fish and chips or chicken cottage pie are available.

THE HARP RESTAURANT

Friday, Mar. 27
@ 11:00 am



And we'll conclude the month with a visit to this iconic Ohio City landmark that offers a mix of traditional Irish and contemporary American cuisine.

COOKIE BAKE FOR OUR EMT'S

Thursday, Mar. 05 @ 2:00 pm

The paramedics of Mayfield Heights have been very good to us! Now we can show them a little love in return -by baking cookies to take to them. Many hands make easy work of the task, so be sure to come on down! Appreciating those who help us is always a good thing.



--ODDS AND ENDS--

Sunday Church Services

Most Sundays at 10:00 am

On-Site Catholic Mass

Mass - Friday Mar. 27 @ 2:00 pm

Non-Denominational Service

Saturdays, Mar. 07 & 21 @ 12 pm



Coffee Coterie

Most Mondays @ 11 am

Sing-Along

Most Thursdays @ 11:00 am

March Birthday Bash

w/ Fred Barringer, guitarist & vocalist

Wednesday, Mar. 10th @ 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 @ 10:00 am

Thistledown Casino

Friday, Mar. 13 @ 11:00 am

MARCH BIRTHDAYS

Mary Anne Delsander	03/01
Sally Crowley	03/07
Rosemarie Pierman	03/11
Richard Mecaskey.....	03/11
Alona Warner.....	03/12
Lydia Bellante.....	03/13
Gary Buckland.....	03/16
Joyce Desatrik.....	03/17
Patricia Cullen.....	03/17
Mary Jo Hoffner.....	03/19
Salli Ritari.....	03/29
Sandy Evangelisti.....	03/30

MUSEUM MASTERPIECES OF THE LOUVRE

Sundays, March 08, 15, 22, 29 @ 1:00 pm

Do you dream of exploring the masterpieces of the Louvre Museum in Paris? Whether you're dreaming of a trip there or simply playing the role of armchair art critic, you'll enjoy the pleasures that await you in this tour of France's greatest treasures. Led by Professor Richard Brettell; Great Courses Learning.

CLEVELAND MUSEUM OF ART

Tuesday, Mar. 31

@ 11:30 am



There are multiple galleries at the Cleveland Museum of Art that are worth the trip in to view. But we'll only select one or two and keep this trip manageable. The entry is FREE, but if you want to stop and get a small bite to eat at their café, please bring a bit of cash or a card. Sign up in the mail room to go.

CRAFTS AND COOKING



Tues., Mar. 3.....Leprachaun Hat Making

Wed., Mar. 11.....Flower Pot Painting

Tues., Mar. 24....Shamrock Pretzel Making

Tues., Mar. 31.....Flower Bonnets

We mix St. Patrick's with Spring this month in our craft and cooking classes. Sign up in the mail room so that Lovev knows how many supplies to get ahead of time!

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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
DON: Natalie Barbastefano, RNP
Maintenance Director: Anthony Loparo
Activities Director: Lovev Jones
Food Service Director: Stacey Williams
Front Desk Manager: Jennifer Hummer

