



Senior Life

October Schedule and Descriptions

Sign up online with Rec Desk through the “Senior Life” tab on the MH city website or in person at the front desk

Tuesday, October 5, 2021 - (In Room C, unless otherwise specified)

8:45AM – Yoga with Cyndi: Join Cyndi for Chair Yoga, which is one of the gentlest forms of yoga available. Participants perform postures and breathing exercises with the aid of a chair (sitting & standing). Students can experience the many benefits of yoga without having to get up or down from the floor. Benefits include increased balance, strength, flexibility, range of motion, and stress reduction. Props such as exercise stretch bands will be utilized. This class is one hour long and is open to all individuals 55 and over. Please wear comfortable clothing and bring water.

10AM – Bagels & Bingo (Parkside Villa) [#6021.421]: Join us for games of Bingo while enjoying coffee and bagels. Fun prizes provided!

11:30AM – Lunch & Learn (Dedicated Sr. Med Ctr.) [#6021.437]: Stability & Fall Prevention--- An educational and active-oriented session designed to help decrease the risk of falls in older adulthood by teaching skills and functional movement patterns useful for everyday activities. Join us to learn and experience simple techniques to enhance your balance. Improved balance increases stability which may help prevent falls. All participants will receive a handout with instructions for the movements, a promo bag and light refreshments! Instructor: Vicki Yannie, MS, SilverSneakers Certified Instructor, Membership Growth Consultant, Dedicated Senior Medical Center

1PM – Senior Life Dance (Altenheim): Come solo or partnered for some dancing and FREE cookies with tea and coffee!

Thursday, October 7, 2021 - (In the classroom, unless otherwise specified)

8AM – Fitness with Laurie

12PM-2PM – OktoberClamFest (Outdoor Pavilions) [#6021.422]

Tuesday, October 12, 2021 - (In Room C, unless otherwise specified)

8:45AM – Yoga with Cyndi: Join Cyndi for Chair Yoga, which is one of the gentlest forms of yoga available. Participants perform postures and breathing exercises with the aid of a chair (sitting & standing). Students can experience the many benefits of yoga without having to get up or down from the floor. Benefits include increased balance, strength, flexibility, range of motion, and stress reduction. Props such as exercise stretch bands will be utilized. This class is one hour long and is open to all individuals 55 and over. Please wear comfortable clothing and bring water.

10AM – Craft Time (Altenheim) [#6021.423]: This craft time will feature a Halloween theme made out of wine bottles.



11:30AM – Lunch & Learn (O’Neill Healthcare) [#6021.424]

1PM – Me and My (Adult) Kid (West Side Elder Law) [#6021.425]

Thursday, October 14, 2021 - (In the classroom, unless otherwise specified)

8AM – Fitness with Laurie

10AM – MH Library [#6021.426]: Join us for an overview of free resources available to you with your Cuyahoga County Public Library card. This month we will be looking at our streaming music resources, including hoopla (for popular music) and Naxos Music Library (for classical music).

11:30AM – Lunch & Learn (KW Elevate) [#6021.427]: A light lunch will be provided

7PM – Beatles in Cleveland (Dave Schwensen) [#6021.450]: You’re invited to this Senior Life At Night program! Nationally- renowned speaker, Dave Schwensen brings his multi-media "Beatles in Cleveland" talk to Middleburg Hts. for the first time! Relive the excitement of Beatlemania as John, Paul, George and Ringo visit Cleveland for two of the wildest, out of control concerts in Beatles – and rock ‘n’ roll – history. Author Dave Schwensen will take you behind the scenes and on stage with The Fab Four through insider stories, rare concert films, never-before published photos and memorabilia. The evening’s highlights include films of The Beatles riotous concerts at Cleveland Public Hall in 1964 and Municipal Stadium in 1966. Books and concert t-shirts will be available for purchase and author signing at a special library discount price following the program. For more information, visit <https://beatlessheastadium.com/index.php/beatles-in-cleveland/>

Tuesday, October 19, 2021 - (In Room C, unless otherwise specified)

8:45AM – Yoga with Cyndi: Join Cyndi for Chair Yoga, which is one of the gentlest forms of yoga available. Participants perform postures and breathing exercises with the aid of a chair (sitting & standing). Students can experience the many benefits of yoga without having to get up or down from the floor. Benefits include increased balance, strength, flexibility, range of motion, and stress reduction. Props such as exercise stretch bands will be utilized. This class is one hour long and is open to all individuals 55 and over. Please wear comfortable clothing and bring water.

10AM – Trivia Game Time and Bagels (Westwood Place) [#6021.428]: Get your mind in the Halloween spirit with some Halloween trivia, including interactive commentary throughout. For the second act, enjoy a fun, TV trivia and see what memories arise! Grab coffee and a bagel, sit down and relax, and put your knowledge to the test.

11:30AM – Lunch & Learn (Southern Hills) [#6021.429]: Topic: Diabetes Management. From diagnosis to diet, all you need to know to maintain a healthy, active life with diabetes. We will be discussing the different types of diabetes, how to recognize the signs & symptoms, adjusting your diet to better manage diabetes, and the latest treatment for managing diabetes both inpatient and at home. A light lunch will be provided. Speaker is Angie Dekoning, LPN, Clinical Manager at Southern Hills

1PM – Senior Life Dance (Devoted Health): Come solo or partnered for some dancing and FREE cookies with tea and coffee!

Thursday, October 21, 2021 - (In the classroom, unless otherwise specified)

8AM – Fitness with Laurie

10AM – Craft Time (ProMedica Parma) [#6021.430]: This will be the Mason Jar Lid Pumpkins craft that was moved from September 16th, 2021.



Thursday, October 21, 2021 (continued) - (In the classroom, unless otherwise specified)

11:30AM – Health Talks (Home Instead & HWR) [#6021.431]: Topic: Safety in Medications.

Whether you're settling into your sixties or heading into your nineties, be careful when taking prescription and over-the-counter medicines, herbal preparations, and supplements. Why the special concern? The older you get, the more likely you are to use additional medicines, which can increase the chance of harmful side effects, including interactions. And, as you age, physical changes can affect the way medicines are handled by your body, leading to potential complications. For instance, your liver and kidneys may not work as well, which affects how a drug breaks down and leaves your body.

Snacks will be provided. Speaker is Darlene DiLeonardo, LPN

~~1PM – Bingo (Anthem) [#6021.432]~~

7PM – Growing Up Cleveland (Dennis Sutcliffe) [#6021.433]: You're invited to a Senior Life At Night program! Listen to Dennis Sutcliffe present "Bloody Corner & Beyond---The Prohibition Era Mob Bosses", the bloodiest period in Cleveland History. Try to keep track of the mob hits as rival gangs brutally battle to control the city's rackets. Many of the mob leaders didn't survive the period, a few lived to a ripe old age, and some became respected icons in the community and beyond.

Tuesday, October 26, 2021 - (In Room C, unless otherwise specified)

8:45AM – Yoga with Cyndi: Join Cyndi for Chair Yoga, which is one of the gentlest forms of yoga available. Participants perform postures and breathing exercises with the aid of a chair (sitting & standing). Students can experience the many benefits of yoga without having to get up or down from the floor. Benefits include increased balance, strength, flexibility, range of motion, and stress reduction. Props such as exercise stretch bands will be utilized. This class is one hour long and is open to all individuals 55 and over. Please wear comfortable clothing and bring water.

10AM-12PM – Haunted Health Fair

1PM – Bingo (Devoted Health) [#6021.434]

Thursday, October 28, 2021 - (In the classroom, unless otherwise specified)

8AM – Fitness with Laurie

10AM – Tea Time (Caring Transitions) [#6021.435]: Bring your favorite china cup or coffee mug and enjoy tea, a treat & great conversation with Rachel.

11:30AM – Lunch & a Movie (JKM Insurance & Residence Home Care) [#6021.436]