

April 2019

# The Senior Gazette



If you thought technology was just for teenagers, think again! Seniors are making their mark in the world of technology. As of 2016, research showed that 42% of all senior citizens owned a smart phone. There are many apps you can download for free on a smart phone that can help with daily tasks and keeping in touch including:

**AARP** (no cost): Provides a calendar of local events in your area as well as discounts that are available with your AARP membership.

**Epicurious** (no cost): Offers thousands of recipes for you to try. Never get bored in the kitchen again! Set up a pot-luck with your friends, everyone brings a new recipe!

**Be My Eyes** (no cost): This app not only illuminates magazines, newspapers, and restaurant menus, it also magnifies them!

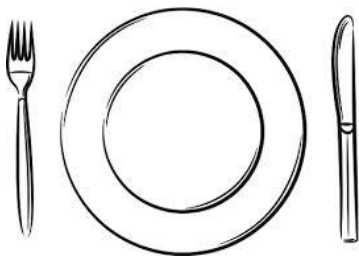
**WordBrain** (no cost): Word puzzles can help delay the onset of dementia and Alzheimer's disease. This app will keep your mind active!

**Librivox Audio Books** (no cost): This app has thousands of books available to listen to. This is a great alternative for those who want to keep up with their "reading" but may not be able to do so the old-fashioned way.

**Skype** (no cost): This video chat is a great way to stay connected with loved ones. You can see the person you're talking to so checking in with those far away is easy.

## **SENIORS BREAKFAST & LUNCH GROUP!**

This is a great way to visit with friends and make new ones! Come on out and join us at various locations! **RSVP to the Reminderville Athletic Club by the Monday before** so we can get a headcount for the restaurant. Meals & transportation are on your own. Hope to see you there! **RAC: 234-212-9773**



### **LUNCH at 12:30pm:**

Thursday, April 11: Imperial Wok in Solon

Wednesday, May 8: Cal's Restaurant in Garrettsville

### **BREAKFAST at 10:30am:**

Wednesday, April 17: The Village Diner in Orange

Anthem Medicare Open Q & A session with Bob Voelker at the RAC:  
Tuesday, April 9 and Tuesday, April 23 at 1:00pm-2:00pm



## **SPECIAL LUNCH EVENT APRIL 26!**

### **TOP CHEF: REMINDERVILLE EDITION!**

We're having a cooking competition!

Do you have a recipe you always get compliments on?

Something you are always asked to bring? A family-treasured recipe?

Judged categories are appetizer, side dish, and dessert! Prizes for winners!

One submission per person.

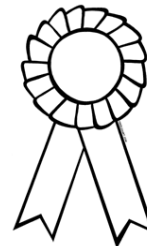
If you would like to enter, please do so when you register.

You do not have to enter to join us for lunch.

Pizza & beverages will be supplied!

Limited seats so register at the RAC front desk or call 234-212-9773

Sponsored by Heartland of Twinsburg and Elmcroft



**Thursday,  
April 25  
3:00pm**



## **NAME THAT TUNE!**

Join in on the fun at the RAC playing this classic game!

Refreshments will be served and prizes will be won!

Sponsored by Stratford Care & Rehabilitation

### **Upcoming Lunch & Learns:**

- 12pm in the multi-purpose room (unless noted below) -

**Must register at RAC or call 234-212-9773!**

*\*Join us for a presentation while enjoying a complimentary lunch!*

**May 9: Sponsored by Stratford Care & Rehabilitation at the RAC:**

*MUSIC & YOUR HEALTH*

**May 21: Lunch & Around the World Trivia at Stratford**

*7000 Cochran Road in Glenwillow*

**Chair Volleyball 2018: Third Monday of each month at 1:30pm!**

Alternating locations. (April: Atrium; May: RAC; June: Atrium; etc.)



### **B-I-N-G-O at the RAC!**

**Upcoming day games at 10:30am:** 4/9; 5/15

**Upcoming night games at 6:30pm:** 4/22; 5/20



### **COFFEE & CONVERSATION with STACEY**

Monday, April 29 at 10:00am in the multi-purpose room at the RAC

This is a great way to be social in a casual setting! Join us & share what you would like to do, new places to eat, topics for Lunch & Learns, etc!

Contact Stacey with any questions or comments – 330-562-1234 or [stask@reminderville.com](mailto:stask@reminderville.com)