

January 2020

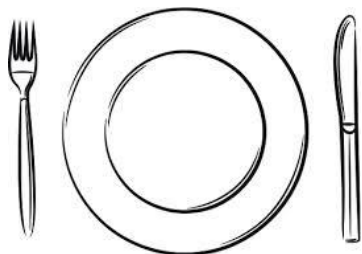
The Senior Gazette



Do you make New Year's resolutions? A resolution is a firm decision to do or not to do something. It really isn't necessary to latch the idea onto one date each year but it's a good kick-off for people...whether they follow through or not is another story. You can make a resolution any time of the year you want! Feeling cooped up? Get out more and socialize! Are you bored? Head to the local library and roam around and find a good book to read, a book on tape, or a movie! Need to get your blood pumping? Stop at the RAC and go at your own pace on the walking track or take advantage of the incredible warm-water pool to help with those achy joints! Volunteer at an animal shelter and make some doggies and kitties very happy! Reminiscing about a hobby you were once fabulous at? Bring it back into your life! Like listening to music? Local schools are always having band and choir concerts! Do you feel the need to declutter in your house? Go through those closets and donate clothes to a local shelter or thrift store! Start a journal – there are many stories inside of you, write them down or record yourself and pass them on! Go get an ice cream cone – great way to feel like a kid again! Challenge your brain with crossword puzzles or Sudoku! Revive an old friendship! Start a new habit of complimenting yourself every day – you deserve it! It might feel silly at first, but once you start doing it you'll feel better! Whatever your resolution is – today or next month – just get started!

SENIORS GROUP MEALS OUT!

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**



BREAKFAST CLUB at 10:00am:

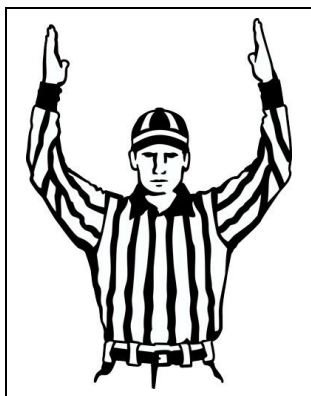
January 29: Nicky & Smitty's in Aurora

LUNCH BUNCH at 12:30pm:

January 15: Blasiole's Pizza in Streetsboro

January 20 is Martin Luther King Jr. Day of Service

This federal holiday is designated as a national day of service to encourage all Americans to volunteer to improve their communities. It is "a day on, not a day off". You can volunteer reading to children at a library or elementary school, become a foster grandparent for youth with needs, assist other seniors who have difficulty with daily tasks. Contact Family & Community Services at 330-677-3939 for more information.



It's a **SOUP** er **B**owl **P**arty!
Friday, **J**anuary **31** **12:00**pm
We'll serve soup & sandwiches for lunch!
Bring a few quarters if you want to buy
football squares for the **S**uper **B**owl game!

Have fun with these January Days of Observance!

1/5: National Whipped Cream Day

1/9: National Apricot Day

1/12: National Pharmacist Day

1/15: National Strawberry Ice Cream Day

1/18: Winnie the Pooh Day

1/22: National Polka Dot Day

1/27: National Chocolate Cake Day

1/29: National Puzzle Day

Join us for a Valentine's Day Brunch!

Friday, February 14, 2020

11:00am



A little bit of breakfast, A little bit of lunch,
A whole lotta love!

RSVP at the RAC Counter

Chair Volleyball 2019: Third Monday of each month at 1:30pm!

Alternating locations. (Jan: RAC; Feb: Atrium; Mar: RAC; etc.)



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

Upcoming day games at 10:30am: 1/8; 2/5

Upcoming night games at 6:30pm: 1/21; 2/18



COFFEE & CONVERSATION

Monday, January 27 at 10:00am in the multi-purpose room at the RAC

Stop by for a coffee and some morning pastry and
see what's coming up in 2020!

Contact Stacey with any questions or comments – 330-562-1234 or stask@reminderville.com