

The Senior Gazette



FIBER 101

Simply adding fiber to your diet can conquer several of the most common and serious diseases. Fiber is a type of carb that your body can't digest and it plays an important role in fighting disease. Fiber lowers the risk of heart disease, Type 2 diabetes, and colon cancer by 15-30 percent. You should have at least 25-29 grams of fiber from foods per day. Fiber supplements lack vitamins and minerals and you should consult your doctor before taking them. Foods rich in fiber include: nuts, chickpeas, apples, dried fruits, black beans, peas, berries, prunes, squash, unsalted peanut butter, spinach, collard greens, and avocado.

Maybe those millennials are on to something – a little avocado toast in the morning is just what you need!

Upcoming Lunch & Learns:

- 12:00pm 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!

June 12: Dine & Dance at Canterbury in Twinsburg at 2:00:

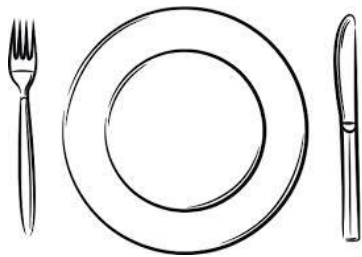
Go back to the 60's with food, drinks, & raffle baskets!

June 27: Sponsored by Independence Village at the RAC:

Topic to be announced

SENIORS LUNCH & DINNER 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**



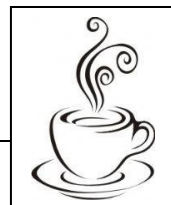
BREAKFAST at 10:30am:

Thursday, June 6: Little City Grille in Kent

LUNCH at 12:30pm:

Wednesday, June 19: Yours Truly in Hudson

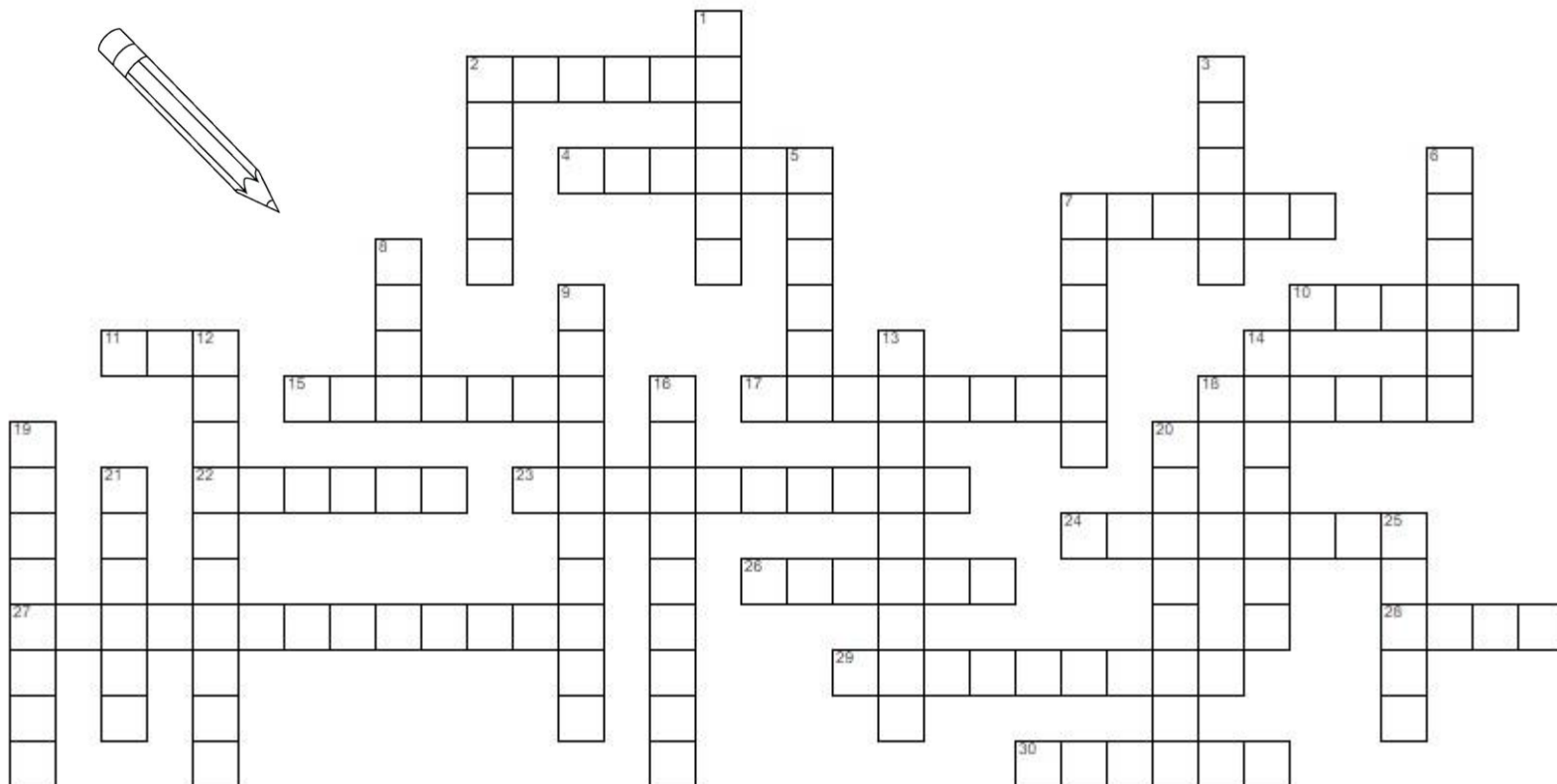
Wednesday, July 17: Café in Stow



COFFEE & CONVERSATION with STACEY

Monday, June 24 at 10:00am in the multi-purpose room at the RAC

Assistant Fire Chief Chad Johns will be there with important forms for you to have at home in case of an emergency!



ACROSS

- 2. Best-selling car of 1977; Chevrolet
- 4. Annual senior event in August at the pavilion; bring a side dish!
- 7. Japanese number placement puzzle
- 10. Two games a month at the RAC; name-o of a dog
- 11. Place to work out and enjoy senior activities
- 15. Dried grapes
- 17. The first state to ratify the 1787 Constitution
- 18. Reptile encased in a bony shell

- 22. Morning love in a cup
- 23. The roller coaster capital of the world
- 24. Ohio's first permanent settlement; named after a queen of France
- 26. The Wright Brothers were from this Ohio city
- 27. A Great Place to Call Home; Village of _____!
- 28. What you do to secure your spot at Lunch & Learns at the RAC
- 29. Ohioan; first American to orbit the earth
- 30. A smooth sea never made a skilled _____

DOWN

- 1. Farmer who spawned the apple industry in Ohio; _____ Appleseed
- 2. First name of the matriarch of the Brady Bunch
- 3. Bird in Village of Reminderville logo
- 5. Monthly _____ & *Conversation* at the RAC
- 6. Internet search engine
- 7. Name of the seniors activities coordinator
- 8. Cleveland oldies radio station
- 9. Clevelander who won four gold medals in 1936 Olympics in Berlin

- 12. First city in Ohio to have a professional Fire Dept
- 13. Ohio's state flower
- 14. Ohio is known as The _____ State
- 16. Food served at the annual senior event hosted by the Fire Dept
- 19. Toasted whole grain oat cereal
- 20. Ohio's state bird
- 21. Season with the longest days and shortest nights
- 25. First city in Ohio to use police cars

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

Alternating locations. (June: Atrium; July: RAC; August: Atrium; etc.)



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

Upcoming day games at 10:30am: 6/11 Canterbury; 7/10

Upcoming night games at 6:30pm: 6/17; 7/22