

# The Senior Gazette



*Double, double toil and trouble,  
fire burn and cauldron bubble.*

*Witches brew and bat wing stew,*

*come taste our punch and cupcakes, too.*

*Disguise yourself and join our bunch,*

*come around at noon and enjoy some lunch.*

*Don't forget your mask or your broom because Halloween is coming soon!*

Thursday, October 31 12:00 at the RAC

Seniors Spooktacular Lunch

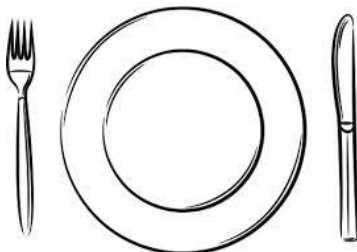
Sponsored by Canterbury in Twinsburg

\*Special raffle for those who show up in costume!  
You must RSVP at the RAC



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

Thursday, October 24: IHOP in Streetsboro

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

Thursday, October 10: Chili's in Macedonia

Thursday, November 7: Angelo's in Aurora

### **DINNER at 6:00pm: (NEW TIME!)**

Wednesday, November 20 at El Chile Bravo in  
Reminderville

# Annual Reminderville Seniors Spaghetti Dinner!

Hosted, prepared, & served by the Reminderville Fire Department

Monday, October 21 6:00pm

Dinner at the fire station! 3382 Glenwood Blvd

RSVP to Stacey 330-562-1234



"Eat less and exercise more? That's the most ridiculous fad diet I've heard of yet!"

## Don't miss out on all of the great things the RAC offers!

Seniors Yoga: for better balance and posture!

Silver Sneakers Splash & Aqua Arthritis: helps joint pain!

Chair Volleyball: these players are serious...ly having fun!

Silver Classic: great for range of motion!

Silver Strength Elite: increase muscle strength!

Check out the walking track – go at your own pace by yourself or with a friend!

Warm-water pool available every day of the week!

Ask about the low-impact machines that help with building up arm strength and working out those knee problems!

## Upcoming Lunch & Learns:

- 12:00pm in the multi-purpose room -

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

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

**October 2: Block Party at Stratford in Glenwillow 11:30-1:30**

**October 18: Sponsored by Heartland in Twinsburg at the RAC**

*APPLE-PALOOZA!*

**November 13: Sponsored by American House at the RAC**

*Topic to be announced...*

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

Alternating locations. (Oct: Atrium; Nov: RAC; Dec: Atrium)



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

**Upcoming day games at 10:30am:** 10/9; 11/6

**Upcoming night games at 6:30pm:** 10/23; 11/18



## **COFFEE & CONVERSATION with STACEY**

Monday, October 28 at 10:00am in the multi-purpose room at the RAC

Coffee, pastries, casual conversation – stop on by!

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