

Medina Community Recreation Center 55 and Better Guest Lecture Series

December through May 2019

Welcome to the Medina Community Recreation Center 55 and Better Group. Mark your calendars way ahead of time for all of these great free programs. And make sure you tell your friends, everyone is invited! No need to make a reservation a head of time.

The programs are all held at the Medina Recreation Center in community rooms B/C, just off the lobby. Our address is 855 Weymouth Road, Medina, Ohio. Once again, our coffee/tea is sponsored by **Medina McDonald's**. If you are a member, you can walk before or after the program. Non-members can walk before the program for just \$1. Our guest speakers begin at **10:30am** and run approximately **1** hour. Depending on the date, **Life Care Center of Medina, Willowood Care Center, Evergreen by Sanctuary, Brookdale Senior Living Medina North and South, Medina Meadows Rehabilitation and Nursing Centre, The Echelon of Medina, Danbury Senior Living, and Western Reserve Masonic Community** will be sponsoring a luncheon after the speaker from 11:30 to 12:30pm. See below for those dates. Have a question...give **Susan Becks a call at 330-721-6934.**

THE TOPICS FOR WINTER/SPRING ARE: (topics are subject to change)

January 18 – AGING GRACEFULLY WITH A HEALTHY BRAIN — 5 Things You Must Know! - Kathryn Eyring - Senior Wellness Advocate and Host of Aging Gracefully TV– We all know how important it is to use our body and mind to keep healthy and strong. Find out what you can do to help keep your brain in the best shape possible! **(Lunch Provided by Elmcroft of Medina)**

January 25 –SO YOU WANT TO STAY ACTIVE? – Important Steps you Can Take To Keep Feeling Younger – Debrae Barenfeld – Personal Trainer – Deb has helped so many people regain their strength and stay active and healthy. Wear your comfortable clothes and shoes and be ready to move a bit. She will show us exercises we can do at home! **(Lunch provided Evergreen by Sanctuary)**

February 1– EVERYTHING YOU WANTED TO KNOW ABOUT MEDINA COUNTY AND MORE! – Bill Hutson - Medina County Commissioner–We all know how awesome Medina County is but there is so much behind the scenes that we never get to see or hear about. Bill Hutson is excited to talk with us and answer any questions that you may have. **(Lunch provided by Life Care Center of Medina)**

February 22 –- WHAT A WORLD IT WOULD BE IF YOU COULD SEE WHAT I SEE! – Tom Sawyer and Alicia Howerton from Cleveland Sight Center – Join us for this interactive and informative session on the many ways that those with impaired sight can continue living full lives. Whether you are sight impaired, know someone who is or want to learn about the advances in technology...this lecture is for you! **(Lunch provided by Willowood Care Center)**

March 1- BUCKEYE TRIVIA – Fun, Weird, and Fantastical Facts about the Great State of Ohio! - Suzanne Sparks - Brookdale Senior Living –Brought to by Medina County Senior Services Network - You won't want to miss this fun program! Not only will we play a Family Feud sort of Trivia Game in groups but you will learn many new things about our great state! **(Lunch provided by Brookdale Senior Living Medina South and North)**

(MORE ON BACK)

March 15 – YOUR MEDINA COUNTY AUDITOR OFFICE– What They Can Do For You! – Mike Kovach – Medina County Auditor - Come and meet your Medina County Auditor and learn all of the important things his office does to make our county great! **(Lunch provided by Western Reserve Masonic Community)**

April 12 – BEYOND THE STOREFRONT PART 2 – The History of the Medina Public Square & Historic District – Bob Hyde – Historian - Back by popular demand and continuing from where he left off in the Fall, Bob Hyde will amaze you with the amount of information he has on the history of Medina. **(Lunch provided by Danbury Senior Living)**

April 19 – PREPARING YOUR GARDEN FOR THE SPRING – Soil Prep, Soil Testing, Site Selection and More! – Suzanne Vanpeurse and Barb Buser – Master Gardener Volunteers from the OSU Extension – We are so lucky to have the OSU Extension office here in Medina and even luckier to have them come and tell us important information to help us make our gardens produce great flowers and vegetables. Bring lots of questions! **(Lunch provided by Willowood Care Center)**

May 3 - STATE OF THE CITY OF MEDINA – Mayor Dennis Hanwell
Come and hear the great news of how the wonderful City of Medina is doing directly from our Mayor. There will be plenty of time for questions and answers. **(Lunch provided by Echelon of Medina)**

May 17 – VETERANS ON DISPLAY – A Memorial Day Tribute by MAPS Air Museum – Reed Kimball – Director of Education MAPS Air Museum – If you have never visited the MAPS Air Museum in Green, Ohio, you are in for a treat. Reed will tell us some great stories of heroes that are on display in the museum and remind us of the importance of Memorial Day and why we need to preserve the past. **(Lunch provided by Life Care Center of Medina)**

AND

**STAY AFTERWARDS FOR SOME END OF THE YEAR FUN – WE WILL PLAY BINGO
AND HAVE PRIZES TO WIN!**

Look for the FALL /WINTER 2019 Newsletter to come out by MAY 17, 2019

**The Goal of the 55 and Better Club is to Exercise the Body,
Educate the Mind and Make New Friends!**