

# MONTHLY MINUTE

## SENIOR PROGRAMS & ACTIVITIES

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*Artist Mikhail Bratslavsky hosted a gallery tour during the My Art Through The Ages exhibit in August.*

### SEPTEMBER SENIOR DAY OUT - DIANNE PALMER & MIKE ELKINS (VOCALIST & PIANIST)

THURS, SEPTEMBER 21 AT THE BEACHWOOD COMMUNITY CENTER  
BLOOD PRESSURE SCREENING - 11:45 AM, DOORS OPEN - 12 PM, PROGRAM - 1 PM  
COST: RESIDENTS - \$13 | NON-RESIDENTS - \$16 | PROGRAM ONLY - \$5

Dianne Palmer (vocalist) returns to bring her new show, "Standard Cocktails" straight to your heart and to our afternoon. Get ready for a feel-good time! Featuring the talented Mike Elkins at the piano.

Meal choices include vegetable chili with a side garden salad, bread and butter or a tuna tarragon sandwich. All entrees are served with beverage, dessert and autumnal mocktail. Register by September 13.

**What's coming up in October?** A trip down memory lane! Join FLASHBAXX for the music of the 60s and 70s on October 26. Meal choices include a tomato mozzarella fresco sandwich or a chicken salad sandwich. Register by October 18.

### TECHNOLOGY & YOU - OCTOBER CLASSES

MONDAYS, OCTOBER 2-16, 11 AM, BEACHWOOD COMMUNITY CENTER

Explore and learn about the latest technology in a free, hands-on experience. New topics each week with HChoices Classes! RSVP by the Tuesday prior to each session.

- **October 2, Tech Zoo:** Interact with cool new tech creatures like smart home devices and tablets that can make everyday life safer, more convenient and more social.
- **October 9, Gateway to Virtual Independence:** Bring your internet ready device for a test drive covering email and internet use.
- **October 16, Unlock the Potential of AI:** Explore artificial intelligence (AI) and discover how it can enhance your daily life including voice assistants and smart home devices.

### BEGINNER MAHJ LESSONS

MON, OCT. 2-30, 12:30-2:30 PM  
BEACHWOOD COMMUNITY CENTER

Is your Mother's mahj set collecting dust? Do you know that "BAM! & CRACK!" are not just terms in the comic strips but also part of the game of Mahj? This class is only for beginners. Bring your official National Mah Jongg League 2023 card (hands and rules) or purchase a card (\$15) from instructor at first class. Residents are \$40, non-residents are \$48. Register by Sept. 27.

### CARDIO DRUMMING

THURS, OCT. 5-NOV. 2, 6:30-7:30 PM  
BEACHWOOD COMMUNITY CENTER

Come see and feel what drumsticks (wooden!) can do for you! With the help of music and positive vibes, you will get an all-body workout for all fitness levels. Bring a water bottle, an open mind and a 65-inch diameter exercise ball to class. Drumsticks and bucket provided. Free demo on Sept. 14 at 6:30 PM. No class Oct. 19. Residents are \$42, non-residents are \$50. Register by Sept. 28.

### QUINTEALIA'S TEA PARLOR

TUES, OCT. 17, 10:30 AM  
DEPART FROM COMMUNITY CENTER

We are on the road to Burton to enjoy a Queen Elizabeth's Tribute Tea at Quintealia's. This beautifully decorated antique furnished historical home is just the spot to relax, take in the season along with an array of savory, sweet treats and heartwarming tea. Residents are \$68, non-residents are \$82. The registration and refund deadline is Thur, Sept. 14.

# SEPTEMBER CALENDAR



SS: SilverSneakers Class

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>How To Play Rummikub &amp; Canasta!</b></p> <p>Join us on the following dates to learn with the help of seasoned players. Bring a set/cards if you have them!</p> <p>Sept. 11, 14, 25, 28</p>		<p><b>START READING: Literary Lunch</b></p> <p><b>October Book Discussion</b></p> <p>October 27, Noon</p> <p><i>The Making of Another Motion Picture Masterpiece</i></p> <p>by Tom Hanks</p>		<p><b>1</b></p> <p>9:15AM - Fun w/ Fitness</p>
<p><b>4</b></p> <p>CLOSED</p> <p>Labor Day</p>	<p><b>5</b></p> <p>10AM - SS Classic</p> <p>11AM - SS Yoga/Tai-Chi</p> <p>12PM - Lunch Bunch, Tijuana's Street Tacos</p> <p>12:30PM - Duplicate Bridge</p> <p>1PM - Drawing Class</p> <p>2PM - Bunco</p>	<p><b>6</b></p> <p>9:15AM - Fun w/ Fitness</p> <p>12:30PM - Mahj/Canasta</p> <p>12:30PM - Party Bridge</p>	<p><b>7</b></p> <p>10AM - SS Classic</p> <p>11AM - SS Yoga/Tai-Chi</p> <p>1PM - Movie, <i>A Man Called Otto</i></p>	<p><b>8</b></p> <p>9:15AM - Fun w/ Fitness</p> <p>Sept. 10: 9AM - Free Shred Day</p>
<p><b>11</b></p> <p>9:15AM - Fun w/ Fitness</p> <p>10AM - Happy Hookers</p> <p>12:30PM - Mahj/Canasta</p> <p>12:30PM - How To Play Rummikub/Canasta</p>	<p><b>12</b></p> <p>10AM - SS Classic</p> <p>11AM - SS Yoga/Tai-Chi</p> <p>12:30PM - Duplicate Bridge</p> <p>1PM - Drawing Class</p> <p>2PM - Bunco</p>	<p><b>13</b></p> <p>9:15AM - Fun w/ Fitness</p> <p>10:30AM - Facts on Fair Housing Laws</p> <p>12:30PM - Mahj/Canasta</p> <p>12:30PM - Party Bridge</p>	<p><b>14</b></p> <p>Deadline: <i>Quintealia's Tea Parlor</i> (10/17)</p> <p>TREE-riffic Art Exhibit Opens</p> <p>12:30PM - How To Play Rummikub/Canasta</p> <p>1PM - Trivia Challenge</p> <p>6:30PM - Free Cardio Drumming Demo</p>	<p><b>15</b></p> <p>9:15AM - Fun w/ Fitness</p> <p>Sept. 17: 10AM - Tai-Chi in the Park (6 week class)</p>
<p><b>18</b></p> <p>9:15AM - Fun w/ Fitness</p> <p>10AM - Happy Hookers</p> <p>12:30PM - Mahj/Canasta</p>	<p><b>19</b></p> <p>4PM - TREE-riffic Artists' Reception</p>	<p><b>20</b></p> <p>No Activities</p> <p><b>Beachwood is hosting the Tree City USA annual awards program!</b></p> <p><b>An honor for our city!</b></p>	<p><b>21</b></p> <p>12PM - Senior Day Out, Dianne Palmer &amp; Mike Elkins (Register by 9/13)</p>	<p><b>22</b></p> <p>9:15AM - Fun w/ Fitness</p> <p>12PM - Literary Lunch Club, <i>Lessons in Chemistry</i></p>
<p><b>25</b></p> <p>9:15AM - Fun w/ Fitness</p> <p>10AM - Happy Hookers</p> <p>12:30PM - Mahj/Canasta</p> <p>12:30PM - How To Play Rummikub/Canasta</p>	<p><b>26</b></p> <p>10AM - SS Classic</p> <p>11AM - SS Yoga/Tai-Chi</p> <p>12:30PM - Duplicate Bridge</p> <p>1PM - Drawing Class</p> <p>2PM - Bunco</p>	<p><b>27</b></p> <p>9:15AM - Fun w/ Fitness</p> <p>12:30PM - Mahj/Canasta</p> <p>12:30PM - Party Bridge</p> <p>5PM - Supper Club, Arrabbiata's Italian</p>	<p><b>28</b></p> <p>10AM - SS Classic</p> <p>11AM - SS Yoga/Tai-Chi</p> <p>12:30PM - How To Play Rummikub/Canasta</p>	<p><b>29</b></p> <p>9:15AM - Fun w/ Fitness</p> <p>Sept. 30: 10AM - Yoga in the Park (4 week class)</p>

**How To Register:** Visit us online at [BeachwoodRec.com](http://BeachwoodRec.com), in-person at City Hall (25325 Fairmount Blvd), or call the Community Services Department at 216.292.1970.

## FALL INTO FITNESS IN BEACHWOOD!

Fitness is always important but finding new ways to stay active during the fall and winter months can be a challenge. We're here to help with a variety of opportunities for all fitness levels. Don't be afraid to jump in! We all start somewhere.

- **Fun with Fitness, Mon/Wed/Fri, 9:15 AM:** Instructor Beth Parnin will lead you through low impact aerobics, chair exercises, hand held weights, stretching and more. Only \$45 for a 10-class scan card.
- **SilverSneakers Classic, Tues/Thurs, 10 AM:** Instructor Tim Carney will guide you through exercises to increase strength and range of motion for daily living. Free with a SilverSneakers membership or get a 10-class punch card for \$40.
- **SilverSneakers Yoga-Tai-Chi, Tues/Thurs, 11 AM:** Instructor Tim Carney will utilize both standing and seated poses designed for seniors. Increase your flexibility and balance! Free with a SilverSneakers membership or get a 10-class punch card for \$40.

## YOGA & TAI-CHI IN THE PARK

- **Yoga in the Park, Sat, Sept. 30-Oct. 21, 10 AM, City Park West Pavilion:** Connect your body, breath and mind outdoors among the beautiful fall colors. Led by Julie Konrad. Open to all ages. Residents are \$30, non-residents are \$36 for 4 weeks.
- **Tai-Chi in the Park, Sun, Sept. 17-Oct. 22, 10 AM, City Park West Pavilion:** All the benefits of Tai-Chi in an outdoor setting led by Jennifer Stepien. Relax your body, improve your balance and build your core. Wear loose clothing and tennis shoes. All ages welcome. Residents are \$44, non-residents are \$53 for 6 weeks.