

Join a 55+ Groups

Returning in July

Mah Jongg - Mondays & Wednesdays, 1pm-3:30pm

Pinochle - Tuesdays, 1pm-3:30pm

Sew Chatty – 1st & 3rd Thursdays of the month 10am-2pm

** Walking Group—Thursdays, 9:00am-10:30am*

Interested in starting a group? Call the 440-639-4650 and let's talk about it!

**Location varies, so please call for details*

DO YOU LIKE TO READ?

Check out Concord Township's *Little Free Libraries*, located near the entrance to the Old Stone School at 7125 Ravenna Road and at the entrance of the Concord Community Center at 7671 Auburn Road.

Mentor Library — <https://www.mentorpl.org/>

Morley Library — <https://www.morleylibrary.org/>

CONCORD TOWNSHIP RECREATION DEPARTMENT

Don't forget to share
your birthday
with us!

Concord Community Center

7671 Auburn Road

Concord Township, OH 44077

440-639-4650

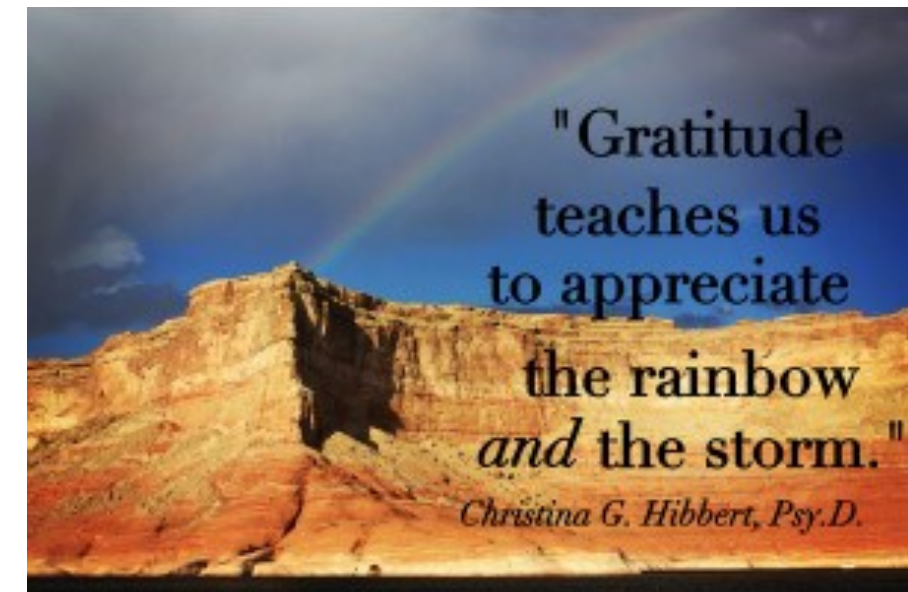
Recreation Director: Debra L. Bechel-Esker

Recreation Administrative Assistant: Rachel Lamb

Recreation Office Assistant: Susie Cobb

Recreation Office Assistant: Star Bruno

**Concord Township
55+ Social Group
Come Join Us, Virtually!**



June Edition

Concord Township Community Center
7671 Auburn Road
Concord Township, Ohio 44077
(440) 639-4650

Hi friends!! We, at the Recreation Department know this is not how you imagined spending your summer. Rather than focus on the negative, we wanted to give you a newsletter that was full of positive! For those that know us, we miss you dearly! For those friends that are new, we anxiously await welcoming you to the "55+ Family". Please know we are here to help however we can.

We can be reached the following ways:

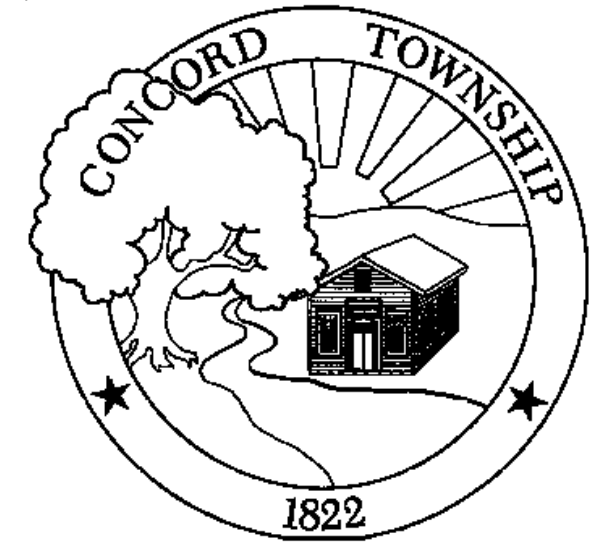
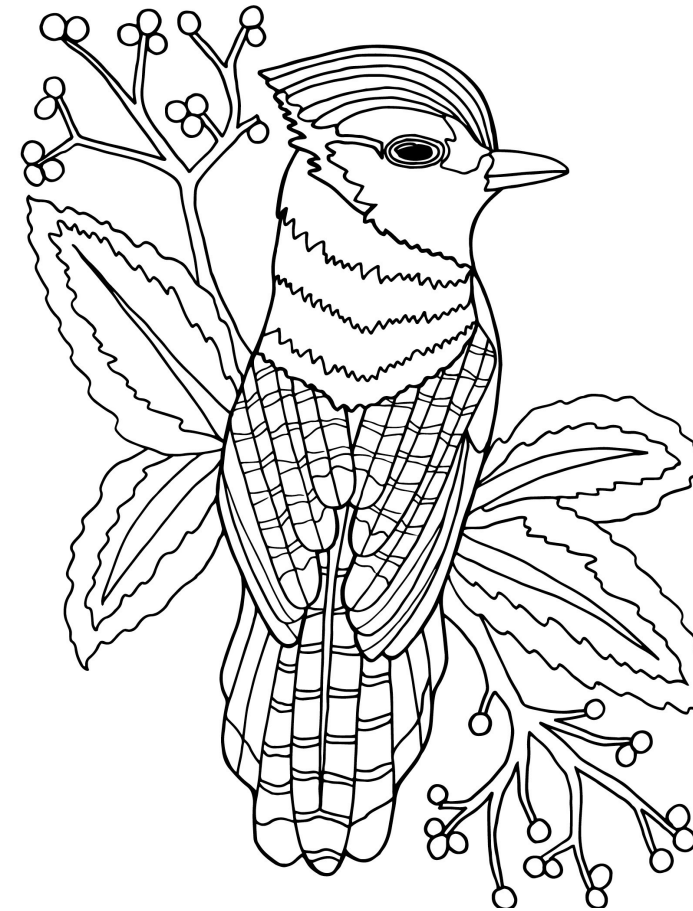
Phone: 440-639-4650

Email: Recreation@concordtwp.com

Missing you all,
Debra Esker
Rachel Lamb
Susie Cobb
Star Bruno



Color Concord!



Websites to check out:

<https://concordtwp.com/departments/recreation/>

<https://wethrivetogether.org/>

<https://sudoku.com/>

<https://www.mylakeoh.com/>

Here are some local parks to enjoy right here in Concord:

- * Concord Woods: 11231 Spear Rd., Painesville, OH 44077
- * Environmental Learning Center: 7250 Alexander Rd., Painesville, OH 44077
- * SKOK Meadow: 12415 Concord Hambden Rd., Painesville, OH 44077
- * Girdled Road Reservation:
 - * North Entrance: 12840 Girdled Rd., Painesville, OH 44077
 - * South Entrance: 12926 Radcliffe Rd., Painesville, OH 44077
- * Old Stone Schoolhouse/Greenway Corridor: 7125 Painesville Ravenna Rd., Painesville, OH 44077



Gratitude Scavenger Hunt - I've read several articles on the power of gratitude in recent years. Studies have shown simply having gratitude for even the smallest of things can improve your general well being, increase resilience, strengthen social relationships, and reduce stress and depression. For example: the sunshine, seeing trees and plants come to life in spring, the sound of birds outside, a rainstorm knowing that water gives life, making a phone call to say hello, making your bed, etc. Simply being grateful for those things help to focus on what is good. Here is your very own "grateful" scavenger hunt. I challenge you to check off as many as you can each day. And when you do them all, do them again! I'm truly grateful for YOU!



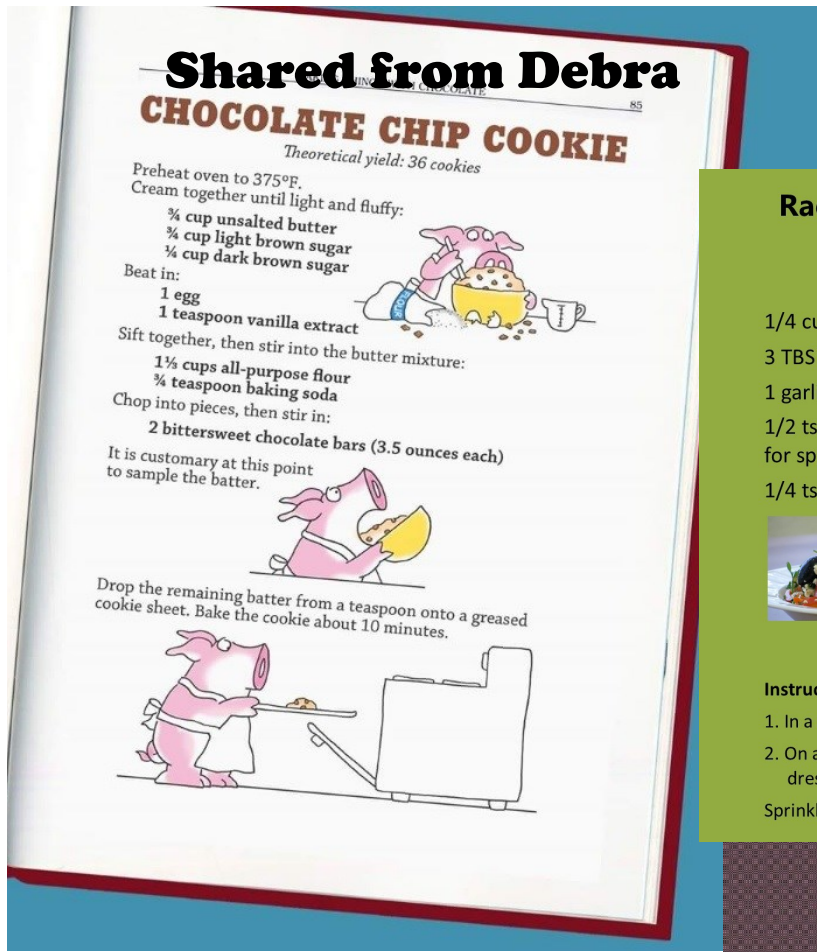
Hydration Tips

- Drink 64 oz. or eight (8) oz. glasses of water a day
- Fresh fruits like watermelon, strawberries, cantaloupe, peaches, oranges and vegetables like cucumber, celery, and bell peppers have a high water content and can help with hydrating.
- Don't love plain water? Cut up a lemon, lime, and/or orange and add it to your plain water for an extra burst of vitamin C with your hydration. Another alternative is coconut water. It's not only refreshing, but it is rich in electrolytes including potassium.
- Need something more substantial? Cottage cheese and plain yogurt both have a high water content AND are a great source of protein.
- Another favorite: SMOOTHIES. Here's a tasty way to hydrate on a warm day: Add 8 oz. pure orange juice, 1/2 cup of Greek yogurt, 1/2 cup strawberries, 1/2 cup of pineapple, a peeled orange and a 1/2 cup of ice to your blender. Blend until smooth. Pour into your favorite glass and enjoy with a straw.



1. Find something outside you enjoy looking at.
2. Find something that is useful to you.
3. Find something that is your favorite color.
4. Find something that makes you happy.
5. Find something that makes you laugh.
6. Find something in the morning that brings you joy.
7. Find a friend or pet that you love spending time with.
8. Find something that tastes good.
9. Find something that you love doing outside.
10. Find something that you are grateful for.

Recipes from Recreation



Rachel's Current Favorite: 15 minute Greek Salad

Ingredients:

Dressing:

- 1/4 cup extra-virgin olive oil
- 3 TBS red wine vinegar
- 1 garlic clove, minced
- 1/2 tsp dried oregano, more for sprinkling
- 1/4 tsp Dijon mustard



Instructions:

- In a small bowl, whisk together all the dressing ingredients.
- On a large platter, arrange all of the salad ingredients. Drizzle the dressing over the salad and gently toss.

Sprinkle mint leaves and season to taste. ENJOY!

Salad:

- 1 English cucumber, chopped into bite sized pieces
- 1 green bell pepper, chopped into bite sized pieces
- 2 cups cherry tomatoes, halved
- 5 oz. feta cheese
- 1/3 cup Kalamata olives
- 1/2 cup red onions sliced thin *
- 1/3 cup mint leaves for garnish*

* I personally don't love onions on my salad, so I leave these out and only sprinkle a few mint leaves on top of my salad.

Recipe for Blessings

Equal parts:

- Friendliness
- Helpfulness
- Laughter
- Happiness
- Joy
- Gentleness
- Patience
- Encouragement
- &
- Love!

Whisk daily!

Serve with warmth, compassion and respect!

Enjoy!

Blessings!

Shared from Susie

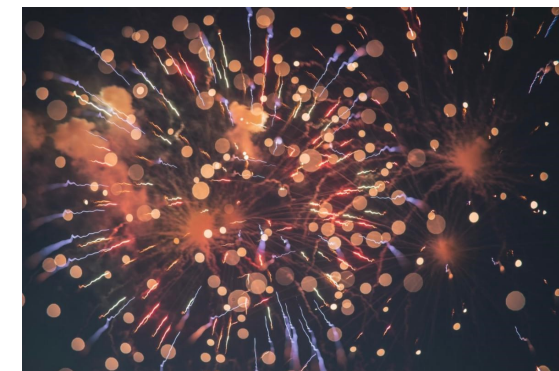


Celebrating Concord Residents!

Notable Concord Residents: Did you know a book is being written about Concord Township history in honor of our upcoming Bicentennial? One of the chapters celebrates 'Notable' residents, and we need your help! We are seeking your recommendation(s) of past or present residents who have made a significant contribution to the development of our township. Send your thoughts to Recreation@concordtwp.com by JULY 31st!



The Concord Township Recreation Department continues to plan for our special Bicentennial Year, coming up in 2022. If you have any old pictures of life in Concord, please consider sharing them with us for possible inclusion in the book. We are also accepting artifacts and other historic documents like books, report cards, bills of sale, and more! Contact the Recreation Department for more information at 440-639-4650.



Citizen of the Year: Nominate someone to be this year's "Citizen of the Year"! Each year, Concord Township recognizes one person who exemplifies dedication to community and the betterment of our township. Do you know of someone worthy of this prestigious honor? Tell us about them! Nomination forms can be found at <https://concordtwp.com/departments/recreation/>.