

Concord Community Center
7671 Auburn Road
Concord Twp., OH 44077

MAIL TO CURRENT RESIDENT OR:

Concord Township 55+ Social Group Come Join Us!!



Join a 55+ Groups

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

Pinochle—Tuesdays, 1pm-3:30pm

** 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*

Recreation Director: Debra L. Bechel-Esker

Recreation Administrative Assistant: Rachel Lamb

Recreation Office Assistant: Susie Cobb

Recreation Office Assistant: Star Bruno

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/>

*Where Can You Find Beauty And
Light Today?*

September - October 2020 Edition

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

Hello my friends! As we move into autumn and get used to our new normal, I hope you've been able to make the best of life. It's been so nice to hear your voices on the phone, run into you at Drug Mart or Sam's Club, or receive mail back at the Community Center from you! Included in this latest edition is a "thankful" leaf. I ask that you write your name on the back of the leaf and something that you are thankful for on the front. (I have found that using a Sharpie marker works best). Once you've completed that, please send the leaf back to me at the Community Center by October 15th in any of the following ways:

- * You can drop it off in our "drop off box" in front of the Center. (It's a black mailbox)
- * You can call us and I will come pick it up from you. Our phone number is 440-639-4650.
- * You can mail it to us. Our address is 7671 Auburn Road Concord Twp., OH 44077



We are going to turn these leaves into a work of art. The more participation, the better. I will be sharing the surprise in November, so stay tuned!

Your friend,

Rachel Lamb

Do you like birthday cards? Please share your birthday with us!

We can be reached the following ways:

Community Center: 440-639-4650

Rachel's office: 440-639-4651

Email: Recreation@concordtwp.com

Mail: 7671 Auburn Road

Concord Twp., OH 44077

Missing you all,

Debra Esker

Rachel Lamb

Susie Cobb

Star Bruno



Photo from the Concord Community Garden

COLOR ME



Websites to check out:

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

<https://wethrivetogether.org/>

<https://sudoku.com/>

<https://cardgames.io/>

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

<-- If you see a class you want to try, call our technology wizard, Susie Cobb and she will get you all set up!



AUTUMN JOKES AND RIDDLES



I appear once in Summer, twice in Autumn, and never in Winter. What am I?

I represent 8 but listed as 10, I have shortened days until time changes again. What am I?

Q: Why did the scarecrow win the Nobel Prize?
A: Because he was out-standing in his field.

Q: What is a tree's least favorite month of the year?
A: Sep-timber!

Q: Why do birds fly south in the fall?
A: Because it's too far to walk.



Answers to August puzzle:

Name	Flower	Vegetable	Class
Debra	Peony	Brussel Sprouts	POUND!
Rachel	Sunflower	Eggplant	Beach Glass
Susie	Rose	Tomato	Painting
Star	Chicory	Pumpkin	Yoga

SAVE THE DATE!

****More details to come in the November-December Newsletter**

November:

November 4th @ 1pm: Trivial Pursuit presented by Renee Lagoni with the KAZ Company. We will observe social distancing, mandated masks, and 10 person limit.

Location: Concord Community Center

November 18th 12pm-1pm: Friendsgiving pies to go. Call to reserve your **FREE** pie. We will have car side pie pick up.

Location: Concord Community Center



December:

December 2nd @ 1pm: Winter craft, 10 person limit. Each person will be set up at their own table and supplies will be provided. Masks are mandated. **Location: Concord Community Center**

December 16th @ 12pm-1pm: Lunch to go. Call to reserve your meal. We will have car side lunch pick up. Be sure to wear your holiday attire because you can be sure the Concord Elves will be dressed up for the event. **Location: Concord Community Center**





Senior Socials:

September 16 @1pm : Remarkable Lake County, speaker Dan Maxson

Please join us at the **Community Center Pavilion** for an outdoor socially distanced senior social. There are picnic tables available for seating. You are welcome to bring your own outdoor folding chair as well. We will enjoy the outdoors as Dan fills us in on some interesting things in Lake County. Stay for an ice cream treat at the end! If the weather isn't cooperating, this event will be moved indoors to the Ellison Room and we will observe social distancing and mask wearing. 10 person limit.

“Fun” Days: Here are some fun national and world celebration days you may not know even existed and ways to celebrate them.

1st—Do you know how to play chess? Find a friend to play chess with or go online to <https://cardgames.io/chess/>

4th—It's an opportunity for everyone to step back, take a deep breath and think about all that surrounds us. It inspiring to consider preservation and conservation efforts that work to improve the natural world. So today, appreciate the wildlife in your own backyard.

6th—Use today to read a good book and celebrate National Read a Book Day.

7th—Did you know the first “Labor Day” was on September 5, 1882 and it first honored workers in New York City. The observance later moved to the first Monday in September in 1884. However, it wasn't until 1894 that Congress declared the day to be a national observance.

11th—Observe a moment of silence today as we honor the memory of those who lost their lives due to the events of 9/11/2001.

13th—What fond memories do you have of your grandparents? If you yourself are a grandparent, we celebrate you!

18th—What's your favorite way to dress your cheeseburger? Do you like extra pickles, ketchup, mustard, and mayo? Do you like the works or just plain American cheese? Do you have a favorite burger joint? Celebrate today by enjoying a cheeseburger!

22nd—WELCOME FALL! Take a walk today. Perhaps enjoy the sunset. Let's embrace the season change!

23rd—Who doesn't love a pot pie? Enjoy one today whether it's an old family recipe or a frozen one from the grocery store.

26th—Do you remember Johnny Appleseed? He was said to have been responsible for planting apple seeds all across the United States. Celebrate him today by enjoying an apple.

30th—Tell your loved ones “I love you” today. Find a way to love people today.

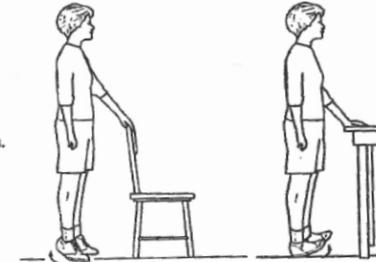


Do all these exercises slowly. Do not hold your breath during these exercises. If unusual pain occurs in your joints or muscles while you are exercising, do not continue the exercise.

Do each exercise 2 times, 10 times a day.

☐ Toe / Heel Raises

Hold onto a stable object.
Rise up on your toes and hold for ___ second.
Rock back on your heels and hold for ___ seconds.



☐ Hip Extensions

Hold onto a stable object, keeping your legs shoulder width apart and toes pointed forward.
Slowly extend one leg back, keeping your knee straight.
Do not lean forward.
Repeat using other leg.



☐ Hip Abduction

Hold onto a chair for balance.
Move your leg out to the side then return to the starting position.
Repeat with your other leg.



☐ Mini-squats

Hold onto a stable object.
Slowly bend your knees.
Keep both feet on the floor.

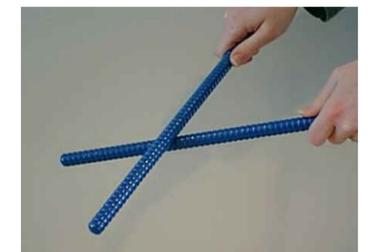
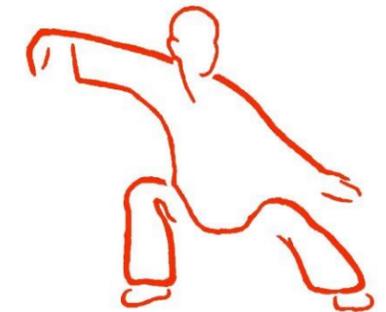


☐ Hip / Knee Flexion

Stand with your feet slightly apart.
Lift your right knee up to waist level.
Return your foot to the floor.
Repeat with your left leg.



Did you know that the Community Center has exercise classes for all age and abilities including Tai Chi, Yoga, and POUND! Call the Community Center at 440-639-4650 for details.



CROCKPOT RECIPE

As we welcome Autumn on September 22nd, I am reminded at how much I enjoy making soups in my crockpot. This recipe has been a favorite of mine. I even enjoy it as leftovers the next day or freezing it to enjoy at another time. If you choose to freeze some, simply let it thaw in the refrigerator over night and heat it the next day.

INGREDIENTS

- 1 medium yellow onion, diced
- 2 large carrots, diced
- 2 ribs of celery, chopped
- 2 cans (8 ounce) tomato sauce
- 2 teaspoons minced garlic minced
- 1 can (14.5 ounces) fire-roasted diced tomatoes, undrained
- 1 can (15.5 ounces) cannellini beans, drained and rinsed
- 1 can (15.5 ounces) dark red kidney beans, drained and rinsed
- 2 1/2 teaspoons dried basil
- 1 1/2 teaspoons dried parsley flakes
- 1 teaspoon dried oregano
- 3/4 teaspoon dried rosemary
- 1/2 teaspoon white sugar
- 2 bay leaves
- 4-6 cups vegetable stock
- 1 cup (uncooked) ditalini pasta
- 1 small zucchini, coarsely chopped
- 1 can green beans, drained
- 1 and 1/2 cups fresh baby spinach
- Salt and cracked pepper
- Parmesan Cheese
- Crusty bread



INSTRUCTIONS

- 1) In a large (6-quart) crockpot, add the diced onion, diced carrots, chopped celery, tomato sauce, minced garlic, undrained fire-roasted tomatoes, cannellini and dark red kidney beans.
- 2) Add the sugar, seasonings and pepper to taste. (salt at the end if necessary) Add in bay leaves.
- 3) Add 6 cups of the vegetable stock. Stir everything together and cover. Cook on low for 5-7 hours or high for 2-4 hours (until vegetables are tender and flavors are sufficiently melded).
- 4) About 40 minutes before the soup is fully cooked add in the chopped zucchini, drained green beans and uncooked pasta. ** Cover and cook for the remaining 40 minutes.
- 5) Just before serving, stir the spinach into the crockpot and allow it to wilt (3-4 minutes). Ladle the soup into bowls, add a generous handful of parmesan cheese and serve with crusty bread.

** Variation: If you prefer your pasta al dente, simply follow these steps. Only add 4 cups of vegetable stock in step 3. Cook your pasta during the last 20 minutes of step 4. During step 5, ladle your desired amount of pasta into the soup bowls and ladle the soup on top.



September 2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
CLOSED	"Fun" day	1 American Chess Day 	2	3	4 National Wildlife Day	5
6 National Read a Book Day	7 Labor Day Community Center Closed	8	9 National Teddy Bear Day	10	11 Patriot Day 	12
13 Grandparents Day 	14	15	16 SENIOR SOCIAL: Remarkable Lake County	17	18 National Cheeseburger Day	19
20	21	22 Fall Equinox 	23 National Great American Pot Pie Day	24	25	26 Johnny Appleseed Day 
27	28	29	30 Love People Day 			



October 2020

Senior Socials:

October 7th @ 1pm: Susan Cannavino presents "The 6 wives of Henry the VIII".

10 person limit, masks are mandated. **Location: Concord Community Center**

October 21st @ 1pm : Fall painting

10 person limit. Each person will be set up at their own table and supplies will be provided. Masks are mandated. **Location: Concord Community Center**

"Fun" Days: Here are some fun national and world celebration days you may not know even existed and ways to celebrate them.

1st—What's your favorite homemade cookie? Make a batch and share some with a friend or loved one.

4th—World Smile Day. Share smiles with EVERYONE you see today. :-)

8th—What's your favorite pierogi filling? Today, celebrate those little dumplings of happiness by trying a new flavor.

14th—If ever there was a fun day to celebrate, this is the one!

15th— I Love Lucy starring Lucille Ball, Desi Arnaz, Vivian Vance, and William Frawley made its debut on October 15, 1951. Celebrate the show today by watching an I Love Lucy marathon on tv.

17th— To some, this may be a silly holiday. To others, any excuse to celebrate suits them. Today, do something "sweet" for a friend or loved one.

20th—Today, thank your friendly neighborhood pharmacy tech for all that they do to keep you healthy.

25th—Enjoy a plate of spaghetti, or fettuccine alfredo, or even tortellini! Yum!

29th—Love them or not, cats are as cute as they are popular.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 Homemade Cookies Day	Center Closed	"Fun" Day		1 Homemade Cookies Day	2	3
4 World Smile Day 	5	6	7 SENIOR SOCIAL: Six Wives of Henry VII	8 National Pierogi Day	9	10
11	12 Columbus Day Community Center Closed	13	14 National Dessert Day	15 National "I Love Lucy" Day 	16	17 Happy Sweetest Day
18	19	20 Pharmacy Technician Day	21 SENIOR SOCIAL: Fall Painting	22	23	24
25 World Pasta Day	26	27	28	29 National Cat Day	30	31 Happy Halloween