

# Concord Twp. 55+ Social Group Events: January & February 2024

## Wednesday, January 10th, 2024 at 1pm: Air Fryer Demo

Let's start the year off with learning how to use the air fryer we were gifted for Christmas. LaDonna Oltmanns is back to teach us how to use an airfryer. Space is limited to 25 people, so please sign up ASAP!

## Wednesday, January 17th, 2024 at 1 pm:

### Advanced Planning w/ Kayla Flowers

We seem to plan for everything these days except our healthcare futures. No one likes to think about the "what ifs" and worst case scenarios when it comes to our health or a loved one's health. This presentation will focus on what to think about when planning for your healthcare future, the components of advance directives, and how to have these advance care planning conversations. Though this is not a favorite topic to think about, it is important to discuss and be prepared.

## Wednesday, January 24, 2024 at 1 pm:

### Lake County Council on Aging

You are invited to a presentation on Rescheduled to a later date by Annie Brazzone LSW from Lake County Council on Aging. Learn what your council can do for you. Available to Lake County residents. You will also get information on how to prevent becoming a victim of fraud.

## Wednesday, January 31, 2024 at 1 pm:

### BINGO

Join us for monthly BINGO! Our theme this month is: Snowflakes. Wear snowflake shirt or jewelry or accessory to BINGO this month for a chance to pick the first prize from the prize table. Today is also National Hot Chocolate Day, so we will be serving hot chocolate in addition to coffee and water. \* 40 person limit due to room limitations

## Wednesday, February 7th, 2024 at 1 pm:

### Patient Advocacy w/Roberta Brofman

Whether you are facing a medical crisis or need to plan for future healthcare needs, finding appropriate medical care can be overwhelming and confusing. Five Star Clinical Solutions and our experienced Patient Care Advocates can help. Our professional staff understand the complexities of healthcare to bridge the gap between patients, families, and the expansive healthcare system. **We replace concern with confidence** so that you can focus on spending quality time with your loved ones.

## TUESDAY, February 13, 2024 at 1 pm:

### Mardi Gras Potluck:

NEW EVENT! Please note this Potluck will be on TUESDAY. Jambalaya and King's Cake will be provided. Contact the Recreation Department if you would like to bring a dish to share.

## Wednesday, February 21, 2024 at 1 pm: Senior Living Options

Heather Witherite from BlueDotCares will educate on the different types of senior living options. Independent, senior apartments, 55+ communities, assisted living, memory care, and nursing home

## Wednesday, February 28, 2024 at 1 pm: BINGO

Join us for monthly BINGO! Our theme this month is: Hearts. Wear your hearts, red, or pink, to have a chance to pick the first prize off the prize table! University Hospital will be available to blood pressure checks also.

Recreation Department: 440-639-4650

# FOOT CARE CLINICS AT THE COMMUNITY CENTER


Dates: 1st & 3rd Mondays starting February 5, 2024  
Time: Appointments between 1:00-3:00  
Cost: \$30 per visit cash or check  
Details: Routine foot care such as toenail cutting, treatment of ingrown toenails, corns and calluses, etc.

## Meet Dr Saxon

Dr. Saxon, a native of Cleveland's east side, is a Podiatric physician and surgeon at Balance Foot and Ankle Wellness Center. He holds degrees from The Ohio State University and Kent State University College of Podiatric Medicine. Following this, he completed a foot and ankle surgical reconstructive fellowship with Balance Foot and Ankle, working under the guidance of Dr. Jonathan Sharpe. Board qualified in foot and ankle surgery by the American Board of Foot and Ankle Surgeons, Dr. Saxon is now welcoming new patients at both the Concord and Lakewood locations. He is enthusiastic about participating in the programs at the Concord Township Community Center and is eager to give back to the community that nurtured him.



### CALL TO SCHEDULE

 440-639-4650

 7671 Auburn Road Concord Twp OH 44077

 [www.concordtwp.com](http://www.concordtwp.com)



[balancecle.com](http://balancecle.com)

Mentor Public Library presents

## LIBRARY TUESDAYS



10:00AM AT CONCORD  
COMMUNITY CENTER

### February 13 Pine Cone Bouquet

Create a gorgeous bouquet of pine cone roses for your sweetie or as a unique conversation piece. Please register with Concord Community Center at 440-639-4650.



### February 27 Podcasts: What are they and how to find your favorite?

It seems everyone is talking about podcasts these days, but what are they exactly? And how do you find podcasts that appeal to your specific interests? Please contact the Community Center to register at 440-639-4650.



Mentor Public Library  
Your Destination for Information

Concord Community Center 7671 Auburn Rd. Painesville, OH