

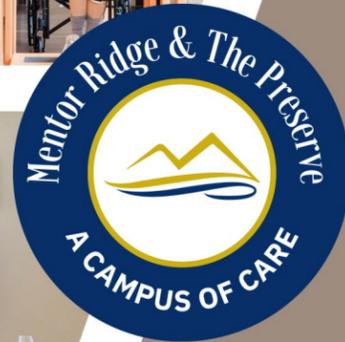
Concord Community Center
7671 Auburn Road
Concord Township, OH 44077

MAIL TO CURRENT RESIDENT OR:

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REHABILITATION,
ASSISTED LIVING
& MEMORY CARE

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Concord Township

55+ Social Group Events

June - September 2023 Edition



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

Recreation Director:

Sean Supler 440-639-4652

Recreation Administrative Assistant:

Susie Cobb 440-639-4650

Recreation Program Coordinators:

Tracy Butler 440-639-4822

Rachel Lamb 440-639-4651

Special thank you to all those involved in making our January - April Senior Socials a success including Anissa Vilcheck (Chardon Healthcare), Bridgett MacMichael (University Hospitals), Michelle Waldron (Health Insurance for Seniors LLC), THANK YOU to Mind & Body Martial Arts program for setting up our tables and chairs. THANK YOU to the guys at the Service Department for their speedy work taking down tables and stacking chairs!

We truly appreciate you!

Lastly the Recreation Department would like to thank the Concord Township community for attending our events at the Community Center, Old Stone School, Town Hall campus, and Gazebo. Your participation continues to create a wonderful sense of community where friendships are cultivated and families thrive.

Dear Friends,

As we welcome spring and all the beauty it brings, we look forward to enjoying the outdoors—walking in local parks, watching wildlife outside our windows, seeing trees and flowers bud and bloom, and yes, even mowing our lawns! As we are itching for outside activities, our Recreation Department is busy planning upcoming summer events. We have fun bands lined up for the Summer Concert Series. Come join us at the Town Hall Gazebo as we unwind and enjoy some great music! We are looking forward to another spectacular Community Day, and are pleased to announce the return of the Community Parade! Check out the exciting classes and activities we have to offer. As always, we enjoy serving our Seniors! Please enjoy this newsletter!

**Your friends,
Rachel, Tracy, Susie & Sean**



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. The Concord Community Center has a mini-library in our kitchen! Stop by and peruse a nice selection of fiction and non-fiction books. Take as many as you like – free! If you have books you would like to donate, simply drop them off at your convenience.

Join a Community Groups

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

Pinochle - Tuesdays, 1pm-3:30pm

Art Club (all mediums welcome!) - Tuesdays, 10am-Noon

Voice Your Views - Fridays, 1pm-2:30pm

* *Hiking Group—Thursdays, 9:30am-11:00am*

* *Garden Club—2nd Wednesday of the month*

Interested in starting a group? Chess, cards, crafting, book club, etc. Call the 440-639-4650 and let's talk about it!

**Location varies, so please call for details*

2023 Old Stone School Schedule

April 14	Stone School - Public Tours	3:30-5pm
May 11	Seniors Who Lunch - Camp Klein History Hike	11-12:30pm
May 20	Stone School - Public Tours	3:30-5pm
June 15	<i>Stone School - Pre Concert Open House</i>	<i>6-7pm</i>
June 25	Stone School - Public Tours	4-5:30pm
July 3	<i>Full Moon Stone School Open House</i>	8:30-10pm
August 12	<i>Concord Community Day - Stone School Tours</i>	<i>10-11am & 5-6pm</i>
September 15	<i>'Friday Night Lights'</i>	<i>7-8:30pm</i>
October 9	Columbus Day - Open House	noon-2pm
October 19	<i>**Stone School Junior Historians Program</i> (Ages 4-8, must preregister at CCC , fee involved)	<i>10-noon</i>
November 11	<i>Veteran's Day Tribute @ Stone School</i>	11:30-1pm
December 9	<i>Letters to Santa w/ Mrs. Claus</i> (Concord Community Center)	11am-noon

Township History Artifact Drop-off Days

1900s photos, documents, school items, farm & business items, family items...

June 7— at Concord Community Center 9-noon

September 15— at Stone School 7-8:30pm

Private Tours by appt. May 1-Nov. 1 Call 440-639-4650





SENIOR SOCIALS: JUNE - SEPTEMBER SENIOR SOCIALS

Please contact the Recreation Department at 440-639-4650 to register for events. Once you have been confirmed as registered, you can check off the events below for a quick way to see the programs you're attending for this quarter.

Kale & Quinoa Salad with lemon Dijon dressing

Salad Ingredients:

- 2 cups cooked quinoa
- 1 can chickpeas
- 1 cup chopped kale (no stems)
- 1/3 cup pepitas (pumpkin seeds)

Dressing Ingredients:

- 1/3 cup olive oil
- 2 TBS honey
- 1 tsp minced garlic
- 2 TBS lemon juice
- 1 TBS apple cider vinegar
- 2 TBS Dijon mustard
- 1/4 tsp sea salt
- black pepper to taste

Instructions:

- 1) In a large bowl, combine the quinoa, chickpeas, kale, and pumpkin seeds.
- 2) To make the dressing, simply whisk all the dressing ingredients in a bowl or add to a salad dressing shaker and shake to combine.
- 3) Toss the dressing with the salad, season with salt and pepper if desired and ENJOY!



Caprese Quinoa Salad

Ingredients

- 2 cups cooked quinoa
- 1 cup grape or cherry tomatoes
- 8 ounces (about 1 cup) mini fresh mozzarella cheese balls**
- about 10 to 15 torn basil leaves, or to taste
- 3 to 4 tablespoons balsamic vinegar
- 2 to 3 tablespoons olive oil
- 3/4 teaspoon salt, or to taste
- 1/2 teaspoon black pepper, or to taste



Date	Event	Presenter	Signed up
Wednesday, June 7, 2023 @ 1 pm	The Adventures of President Eisenhower	Susan Cannavino	
Wednesday, June 14, 2023 @ 1 pm	Reenactment of the Battle of Normandy	Peter Booth	
Wednesday, June 21, 2023 @ 1 pm	Pain Free Living	Wellness Coach, Karen Martin	
Wednesday, June 28, 2023 @ 1 pm	BINGO	Recreation	
Wednesday, July 5, 2023 @ 1 pm	Famous People from Ohio: Part 1	Susan Cannavino	
Wednesday, July 12, 2023 @ 1 pm	Fruits & Veggies: Color Yourself Healthy!	Barb Bandagski	
Wednesday, July 19, 2023 @ 1 pm	Benefits of Council on Aging	Council on Aging	
Wednesday, July 26, 2023 @ 1 pm	BINGO	Recreation	
Wednesday, August 2, 2023 @ 1 pm	Dementia Conversations	Alzheimer's Association	
Wednesday, August 16, 2023 @ 1 pm	BINGO	Recreation	
Wednesday, August 23, 2023 @ 1 pm	Fraud & Identity Theft Prevention	Michael Zuren, Lake County Treasurer	
Wednesday, August 30, 2023 @ 1 pm	Senior Citizen Appreciation Celebration!		
Wednesday, September 6, 2023 @ 1 pm	Medicare Open Enrollment Talk	Allie Heinz	
Wednesday, September 13, 2023 @ 1 pm	Fall Prevention	Chardon Healthcare	
Wednesday, September 20, 2023 @ 1 pm	Famous People from Ohio: Part 2	Susan Cannavino	
Wednesday, September 27, 2023 @ 1 pm	BINGO	Recreation	

Concord Township Summer Concert Series 2023!

Thursdays, June 8—July 27, 7:00-9:00 p.m.

at Town Hall Gazebo (7229 Ravenna Rd)



JUNE 8

The Big North

Country Music Night!

JUNE 15

Word of Mouth

Classic rock with emphasis on 70's including the Eagles, Fleetwood Mac and much more!

JUNE 22

Chardon Polka Band

High energy band bringing polka music to a new generation.

JUNE 29

Cheeseburger in Paradise

Bringing you the summer, beach party songs of the great, Jimmy Buffet!

JULY 6

Four Kings & A Queen

Motown, funk, and R&B Top Hits!

JULY 13

The Woodpeckers

Upbeat, country, country rock and western swing music.

JULY 20

InCahootz

Playing all the hits from CCR, Santana, Simon & Garfunkel to Adele and Jason Mraz, and a whole more!

JULY 27

Abbey Rodeo

Playing a wide variety of 60's & 70's along with recent tunes!

*FOOD TRUCKS

June 8: LaKatrina & East Coast Custard

June 15: LaKatrina & East Coast Custard

June 22: Tidy Whity & East Coast Custard

June 29: Pizzazz & East Coast Custard

July 6: Frank's Brats & East Coast Custard

July 13: Tidy Whity & East Coast Custard

July 20: Tidy Whity & East Coast Custard

July 27: Frank's Brats & East Coast Custard

*Schedule is subject to change

Exercise Your Mind and Body!



5			8	6		1
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Concord Community Day

Saturday, August 12

Town Hall Campus, 7229 Ravenna Rd

Fire Department Pancake Breakfast: 8:00-11:00a.m.

Come and enjoy free pancakes cooked by our very own Fire Department!
No registration is required!

Bike Safety and Education Program (8:30-9:30 a.m.) plus Family Bike Ride (9:30-10:00 a.m.)

Meet at Jordan Creek Park for an educational program that will have you and your families ready to hit the bike paths. Experienced bike staff will run multiple stations that will include bike safety including helmets and bike checks, how to properly ride a bike such as changing gears and turn signals and test out what you learn! Then join us on a family friendly guided bike ride down the Greenway Corridor! Prizes will be raffled off with winners being announced at the Pancake Breakfast located on Townhall Campus!

Pre-registration is encouraged but not required! Call 440-639-4650

Concord Township Parade: 11:15a.m.-12:15p.m.

Everyone loves a Parade! Calling all residents, businesses, HOA's, groups or whoever else might be interested in the triumphant return of the Concord Parade! We hope you will join us this year and help to bring laughter and smiles to our residents. We look forward to celebrating our township we call home.

Kids World: 4:00-8:30p.m.

Our newly improved Kid's World will offer the little ones of all ages something to do. The return of the popular Frog Jump, bounce houses, DJ and Karaoke in the gazebo, carnival games, face painters, a live reptile show, and much more!

Community Day Events: 4:00-10:00 p.m.

Food trucks, beer and wine sales, music from Blue Evolution and Jersey Beats, basket raffle, craft vendors, and more!

Fireworks: 10:00 p.m.

End the nights with our magnificent firework show, weather permitting!

*Schedule is subject to change



Did you know Concord Township has many different places to get outdoors and enjoy nature while getting some exercise? Below are just a few of the places you can visit and around town.

Greenway Corridor - 7125 Ravenna Road (Old Stone School entrance)
Paved paths for walking and biking, close to Chair Factory Falls

Concord Woods - 11211 Spear Road
Hiking trail, fishing (no state fishing license is required here), playground

Concord Hills - 10321 Hoose Road
Walking trail, basketball court, tennis court, playground

Town Hall Park - 7229 Ravenna Road
Pickle ball, baseball fields, playground

Jordan Creek Park - 7250 Alexander Road
Hiking, walking and biking paths, outdoor nature play, indoor nature center

***Still looking for places to explore? Join Concord's 55+ Hiking Club by contacting Rachel Lamb in the Recreation Department at 440-639-4651. The group meets each Thursday at 9:30am at different parks in the area.**





Wednesday, September 6, 2023 at 1pm: Medicare Open Enrollment

Join Allie Heinz from Lake County Council on Aging to discuss Medicare enrollment options.



Wednesday, September 13, 2023 at 1pm: Fall Prevention

Join Chardon Healthcare on this informative session on ways to help keep you upright on your feet!



Wednesday, September 20, 2023 at 1pm: Famous People from Ohio Part Two

The continuation of Famous People from Ohio as Susan Cannavino examines the lives of Bob Hope, Doris Day, and Annie Oakley!

Wednesday, September 27, 2023 at 1pm: BINGO



Join us for monthly BINGO! Our theme this month is: Oktoberfest. Dust off your lederhosen, dirndl, and suspenders or just wear white and blue for a chance to pick the first prize off the prize table.



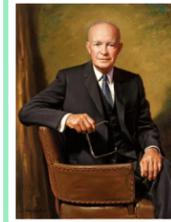
Important Monthly Info:



Please make sure to sign up for each senior social you would like to attend. The Recreation Department will be closed on **Monday, September 4th, 2023** in observation of Labor Day.



Wednesday, June 7, 2023 at 1 pm: Susan Cannavino



The Adventures of President Eisenhower: His life is one of duty, sacrifice, ambition -and, yes, passion. You will be intrigued by his relationships. As a bonus you will enjoy some hilarious stories of Mamie in The White House. It is also the anniversary of D-Day.



Wednesday, June 14, 2023 at 1 pm: World World II Reenactment:

Join us as we welcome experienced WWII reenactor, Peter



Booth, as he brings the Normandy Invasion alive for an hour. Peter will also bring his own personal memorabilia from his parents' collection, who were both WWII veterans.



Wednesday, June 21, 2023 at 1 pm: Pain free Living with Karen Martin.

Are you looking for relief from pain? There are alternatives to taking acetaminophen or other over the counter drugs. Learn how certain exercises, food choices and small changes in daily activities can help alleviate your discomfort with Wellness Coach, Karen Martin.

Wednesday, June 28, 2023 at 1 pm: BINGO



Join us for monthly BINGO! Our theme this month is: PATRIOTIC. Wear your red, white and blue to BINGO this month for a chance to pick the first prize from the prize table.

Important Monthly Info:

Please make sure to sign up for each senior social you would like to attend. The Recreation Department will be closed on **Monday, June 19th, 2023** in observation of Juneteenth.



Wednesday, July 5, 2023 at 1pm: Famous People from Ohio Part One

by Susan Cannavino



Famous People From Ohio: Part 1 Bob Hope. Doris Day. Annie Oakley. Please join me for a glimpse into each of their personal lives. This presentation is just the tip of the iceberg-but boy what a tip!



Wednesday, July 12, 2023 at 1pm: Fruits & Veggies: Color Yourself Healthy

Presenter Barb Bandagski from My Medicare Network examines the role that fruits and veggies play in living a healthy lifestyle. Adding more colorful fruits and veggies will brighten your day, and help you live a longer and a more “fruitful” life!



Wednesday, July 19, 2023 at 1pm: General Talk - Council on Aging

Do you know the benefits available to the senior population in Lake County? This is your chance to hear from the Council on Aging and what services they offer to seniors.



Wednesday, July 26, 2023 at 1pm: Join us for monthly BINGO!



Our theme this month is: SUMMER. Wear your sun hat, flip flops, sunglasses or Hawaiian shirts for a chance to pick the first prize off the prize table.



Important Monthly Info:



Please make sure to sign up for each senior social you would like to attend. The Recreation Department will be **closed** on **Monday, July 3rd & Tuesday, July 4th** in observation of Independence Day.

Wednesday, August 2, 2023 at 1pm: Dementia Conversations: the Alzheimer’s Association

When someone is showing signs of dementia, it’s time to talk. Often, conversations with family about changing behaviors can be challenging and uncomfortable. This program provides tips for breaking the ice with your family so you can address some of the most common issues that are difficult to discuss: going to the doctor for a diagnosis or medical treatment, deciding when to stop driving, and making legal and financial plans for future care.



Wednesday, August 9, 2023 NO SOCIAL

JOIN US FOR COMMUNITY DAY ON SATURDAY AUGUST 12, 2023!!

Wednesday, August 16, 2023 at 1pm: BINGO



Join us for monthly BINGO! Our theme this month is: CONCORD. Wear your purple for a chance to pick the first prize off the prize table.

Wednesday, August 23, 2023 at 1pm: Identity Theft Prevention

A representative from the Lake County Treasurer's office will discuss the increase in fraud and identity theft methods and what you should be looking out for to avoid these scams. This informative presentation is one you certainly do not want to miss!



Wednesday, August 30, 2023 at 1pm: Senior Citizen Appreciation Celebration
Concord Township Recreation Department wants to show our appreciation for our 55+ friends. Stop by for this “Back to School” themed giveaway!

Important Monthly Info:

CONCORD COMMUNITY DAY Saturday, August 12th, 2023