

# Medina Community Recreation Center 55 and Better Guest Lecture Series

September through December 2019

Welcome to the Medina Community Recreation Center 55 and Better Group. Mark your calendars way ahead of time for all of these great free programs. And make sure you tell your friends, everyone is invited! No need to make a reservation a head of time.

The programs are all held at the Medina Recreation Center in community rooms B/C, just off the lobby. Our address is 855 Weymouth Road, Medina, Ohio. Once again, our coffee/tea is sponsored by **Medina McDonald's**. If you are a member, you can walk before or after the program. Non-members can walk before the program for just \$1. Our guest speakers begin at **10:30am** and run approximately **1** hour. Depending on the date, **Life Care Center of Medina, Willowood Care Center, Evergreen by Sanctuary, Brookdale Senior Living Medina North and South, Elmcroft of Medina, The Echelon of Medina, Danbury Senior Living, and Western Reserve Masonic Community** will be sponsoring a luncheon after the speaker from 11:30 to 12:30pm. See below for those dates. Have a question... Call the front desk at 330-721-6901

THE TOPICS FOR FALL/WINTER ARE: (topics are subject to change)

**September 6 – ADVENTURES AROUND THE GLOBE WITH MILES - Miles Reed – Adventure Photographer, Documentary Maker and Historian** – Most of us can't get enough of hearing about Miles' Adventures in the jungles and around the globe. His stories and photographs delight and entertain as he tells us about his journeys around the world. You will not want to miss this one! **(Lunch Provided by Elmcroft of Medina)**

**September 27 – IRVING BERLIN – His Life and His Songs – Gene Kiefer – Historian** – We all know that Irving Berlin was an amazing composer and gave us the musicals like "White Christmas" and "Annie Get Your Gun." But his talent reached far beyond what we have heard about. Gene will give a little insight into Irving's many talents and life story. **(Lunch provided Evergreen by Sanctuary)**

**October 4– NASA UPDATE – First Steps To Mars – Larry Smith NASA Retiree and Dr. Jeffrey Smith NASA Division Chief** –Join us for this informative presentation while Larry tells us about the new projects going on with NASA. His son, Dr. Jeffrey Smith, who is a NASA engineer, joins us via SKYPE from Florida to give us additional insight and answer questions. This is going to be an amazing presentation! **(Lunch provided by Echelon of Medina)**

**October 18 – SENIOR DAY AT THE MCRC – 9:30am until Noon at the Medina Community Recreation Center** – Make sure to mark this special day on your calendar! It is hosted by Medina Community Recreation Center, Cleveland Clinic Medina Hospital and Medina County Office for Older Adults.

**October 25 -- KNOW YOUR NUMBERS – What They Can Tell You About Your Health! – Dr. Gregory Heins – Cleveland Clinic Cardiologist** – We all get lots of numbers after our check up with our doctor but what do they all mean. Dr. Heins will tell us what we should be looking for in the numbers! You will want to hear this! **(Lunch provided by Life Care Center of Medina)**

**(MORE ON BACK)**

**November 1- THE REAL IRELAND – Cead Mile Failte – Fiona Quade and Sue Becks- Travel Advisors** - You won't want to miss this fun program! Hear all about the REAL Ireland from one of the locals. Fiona Quade is from Cork, Ireland and is excited for us to get to know Ireland like the locals know it. This photographic journey will take you all around the country. Fiona and Sue will share stories of their explorations of History and Heritage. **(Lunch provided by Brookdale Senior Living Medina South and North)**

**November 15 – AARP FRAUD PREVENTION – Helping You to Protect Yourself! – Richelle Deacon – AARP Fraud Protection Specialist** – The Fraud and Scams are everywhere and a new one is popping up daily. Be your own advocate and learn some great tips to protect yourself from becoming a victim. This is an important topic for everyone! **(Lunch provided by Danbury Senior Living)**

**December 6 – SACRED STORIES – What Hospice Workers Know That Can Change Your Life – Jean Linderman – Author and Hospice Volunteer** – Jean learned so much from other Hospice volunteers about life and humans from her years volunteering that she decided to put all of it in an amazing book. As a local author, she has captured all of the life lessons and stories that she has learned over the years. She is excited to share them with you. **(Lunch provided by Willowood Care Center)**

**December 20 – BEYOND THE STOREFRONT PART 2 – The History of the Medina Public Square & Historic District – Bob Hyde – Historian** - Back by popular demand and continuing from where he left off, Bob Hyde will amaze you with the amount of information he has on the history of Medina. **(Lunch provided by Western Reserve Masonic Community)**

**AND**

**STAY AFTERWARDS FOR SOME HOLIDAY FUN – WE WILL PLAY BINGO AND HAVE PRIZES TO WIN!**

**Look for the WINTER/SPRING 2020 Newsletter to come out by DECEMBER 20, 2019**

**The Goal of the 55 and Better Club is to Exercise the Body,  
Educate the Mind and Make New Friends!**