

# The Grapevine

Ohio Living Vineyard on Catawba Resident Newsletter | January 2018

## Letter from the Administrator



**Happy New Year 2018!!**

I hope everyone enjoyed a blessed Christmas and has a healthy prosperous New Year. Winter is upon us and that can mean very cold temperatures along with possible icy or snowy conditions. Please be cautious when you have to go out, allow yourself plenty of time and dress according to the weather conditions.

Thank you for all your expressions of kindness toward the entire staff through the holidays. We are blessed to work in a caring community that makes a difference in our lives.

Thank you to all who helped support the Salvation Army through donations toward our charity auction baskets or rang the bell for the Red Kettle Campaign. Your efforts, along with those of our staff, are making a difference here in Ottawa County.

SilverSneakers exercise class is back. On **Thursday, January 4 at 1:00 p.m.**, Kathy Tieche from Bodi N Balance gym will be here to teach the class. We will be supplying the exercise tubing for you to use.

Please pay close attention to the dates, times and activities for January. Several things have changed and we do not want you to miss anything.

The Fitness Studio in the Community Center is always open and available for all to use. The recumbent steppers are worn out and in need of replacing. We are in the process of raising \$9000 to replace the two machines. A fund

with the Ohio Living Foundation called 'Exercise Equipment' for all tax-deductable donations has been established. Envelopes are always available in the vestibule at the Community Center.

Please be mindful of the 15 MPH speed limit here on the Vineyard campus and remind any visitors you have of the speed limit as well.

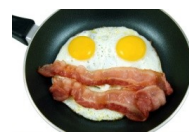
If you are interested in volunteering some time on one of our committees that help provide great programs for Vineyard residents, answering phones in the office from time to time, or just spending some time with some other residents that would enjoy a visit, please inquire at the office regarding volunteer opportunities.

Happy New Year!

Paul

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## Breakfast Bunch



The Breakfast Bunch is open to any male resident of our Ohio Living Vineyard on Catawba community. This group meets at our Community Center each Monday morning at 8:30 a.m. They decide where they would like to go for breakfast, and then carpool to a local restaurant. The group discusses items in the news and things of interest while enjoying their bacon and eggs. Individuals each pay for their own breakfast. New faces are always welcome.

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## Bible Study/Fellowship



This group gathers on **Monday afternoons at 1:00 p.m.** in our Community Center (except for the second Monday of the month). This is a group of residents who meet to discuss and study the Christian gospel. They are led by a resident and sometimes enjoy refreshments. Everyone is welcome to attend.

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## Dominoes



Do you like to play games? How about a good game of dominoes? There are many variations of this popular game. Dominoes are played in the Gathering Room of the Concord Apartments on Mondays at 6:30 p.m. What a great way to have some fun with your friends and neighbors! New faces are always welcome.

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## Catholic Communion Service



Commissioned Communion Ministers from Immaculate Conception parish will conduct a Catholic Communion Service on: Tuesdays, 2:45 p.m. in the Gathering Room at the Concord Apartments.

\*Prayers, Scripture reading with reflection and Holy Communion.

\*All residents and guests are invited--- however, if you are not Catholic and not united with the Catholic Church, you are still invited to attend and join us in prayer but asked not to receive Holy Communion.

\*The Catholic Communion service continues at the Chalet, 3:30 p.m. every Tuesday.

Please consider this an invitation and a warm welcome.

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## Yoga with Donna



Yoga classes are held on Tuesdays beginning at 3:00 p.m. in the Community Center. Classes are led by Certified Yoga Instructor, Donna Lueke.

Most of the exercises and movements are performed while sitting in a chair. Those attending will receive instruction on stretching, posture, range of motion, balance, and breathing. Each exercise can be adapted for your ability. Classes last approximately 1 hour each. There is a charge of \$3 per person per class. Please give it a try!

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## Bridge



Do you enjoy playing Bridge? Would you like to play with your neighbors and friends right here at Vineyard? We will be playing Bridge in our Community Center on the second and fourth Wednesday of the month at 1:30 p.m. The first games will be held on Wednesday, January 10<sup>th</sup>. If you have a partner, that is fine. If not, please come and we will partner you with someone. There is no charge and reservations are not required. I hope to see you on January 10!

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## Pinochle



Ohio Living Vineyard on Catawba residents get together to play pinochle on Wednesday evenings at 6:30 in the Gathering Room of the Concord Apartments. Everyone is welcome.

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## SilverSneakers



Ohio Living Vineyard on Catawba is very pleased to reintroduce SilverSneakers to our residents and guests. SilverSneakers is an exercise class that focuses on strength and balance. While each class varies in style and technique, they all begin with a warm-up, offer modifications for every level, and end with a cool down. Classes are led by a certified fitness instructor Kathy Tieche from Bodi N Balance. Classes are held in the Community Center on **Thursday afternoons at 1:00 p.m.** There is no charge for qualifying participants or SilverSneakers fitness program members. There is a charge of \$3 per person

per class for non-qualifying participants. Reservations are not required. Please join!

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## Communion Service



at the Community Center on the second Thursday of each month at 2:00 p.m. All who have been baptized and believe that the Bread and Wine we receive is the Actual Body and Blood of our Lord and Savior Jesus Christ are invited to attend.

If you are unable to attend, we will come to your home. Please call Marlene Carpenter (419.797.6402) by Wednesday noon if you would like to attend so we will know how many to prepare for.

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## Health Screening



On **Thursdays, beginning at 3:00 in the afternoon**, FREE blood pressure and blood sugar screenings are offered in the Gathering Room of the Concord Apartments. The tests are performed by a nurse from Ohio Living Home Health and Hospice. Testing can be conducted in a private setting. Refreshments are served. Why not take advantage of this wonderful opportunity to take charge of your health?

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## Happy New Year



The Ohio Living Vineyard on Catawba staff would like to wish each of you a Happy New Year. We hope that 2018 is a great year for each of you.

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## Office Closed



The Ohio Living Vineyard on Catawba office will be closed on Monday, January 1<sup>st</sup>.

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## Vineyard Voices



The Vineyard Voices is comprised of all residents of Ohio Living Vineyard on Catawba. If you are a resident, you are a member of the Vineyard Voices. The Vineyard Voices meet on the first Tuesday of each month in the Community Center. Refreshments are served. Representatives from each of the activity groups, as well as staff members, report on what is happening with their group or department. This is a great opportunity to learn more about Ohio Living Vineyard on Catawba, be involved in your community, and hear about major projects, upcoming events and what is new. Please plan to join us. The next Vineyard Voices meeting will take place Tuesday, January 2<sup>nd</sup>. The meeting will begin at 10:00 a.m.

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## Vineyard Night Out



All Ohio Living Vineyard on Catawba residents are invited to enjoy a dinner at Bistro 163 on Thursday, January 4<sup>th</sup>. Everyone will meet at the Community Center at 4:30 p.m. and carpool to the restaurant. There will be plenty of drivers, so if you do not like to drive after dark you can ride with someone. You will have your choice of either Cheese Chardonnay Pasta or Herb Crusted Chicken with Dijon Sauce. These will be served with a salad, vegetables, and bread pudding. The cost will be \$15 per person. Reservations are required. Please sign up in the office before noon on December 29. When you sign up, please be sure to let us know if you are willing to drive or if you prefer a ride. We will also need to know your choice of entrees at this time.

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## Book Club



Our Book Club meets on the second Monday of each month in the Community Center at 10:30 a.m. This month, they will meet on Monday, January 8<sup>th</sup>. Book Club is led by a representative from Ida Rupp Public Library. She chooses a book and distributes them at the

meeting. Residents then have until the next club meeting to enjoy the selection. Books are returned at the meeting when they are discussed. Participants share their thoughts, feelings, and opinions of the content, characters, and plot. Everyone is welcome. This month's discussion will be on 'Saints for All Occasions' by J. Courtney Sullivan. Extra copies of the book are available on the counter in the library of the Community Center if you would like to participate.

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## Ladies Lunch



The ladies of Ohio Living Vineyard on Catawba are invited to enjoy lunch at Waldo Peppers on Tuesday, January 9<sup>th</sup>. We will all meet at the Community Center at 11:45 a.m. and carpool to the restaurant. Everyone will order off the menu and pay for their own lunch. Reservations are required. Please sign up in the office before noon on January 5. When you sign up, please be sure to let us know if you need a ride or if you are willing to drive.

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## Keyboard Concert



We are blessed to have a great musician come and perform a FREE concert every month. Pastor Bruce Rodgers is an accomplished pianist. On the second Thursday of each month, Pastor Bruce graces us with beautiful sounds from the keyboard. He plays a variety of music, including golden oldies, hit parade, big band music, classical, jazz and blues. He will be performing in our Community Center on Thursday, January 11<sup>th</sup> beginning at 11:00 a.m. Reservations are not required. Performances usually last about an hour.

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## Cookbook Dinner



Do you enjoy trying out new recipes? We have the perfect opportunity for you. Whether you like to try preparing new recipes or enjoy tasting new recipes, Cookbook Dinner is for you.

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Generally, a well-known chef is chosen, such as Rachel Ray or Martha Stewart. Then, those wishing to cook, choose a recipe from the specified chef, and prepare the recipe to share with everyone. If you do not want to try your hand in the kitchen, you are still welcome to attend. Those who prefer only the tasting end of new dishes, simply pay \$8 and enjoy all the creations. This month will be your favorite soup recipe. The Cookbook Dinner will be held in the Community Center on Thursday, January 11<sup>th</sup>. Dinner will begin at 5:00. Reservations are required. Whether you are cooking or tasting, please be sure to sign up in the office before noon on January 9.

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## Arts & Crafts



All Ohio Living Vineyard on Catawba residents are invited to join Sherrie and Amy for some fun on Friday, January 12 at 1:30 p.m. at the Chalet. We will be making adorable 'No Sew Sock Snowmen.' All of the supplies will be provided for you and your creation will then be yours to keep. There is no charge. Reservations are required. Please call Kara or Sherrie before noon on January 8 to RSVP.

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## Office Closed



The Ohio Living Vineyard on Catawba office will be closed on Monday, January 15<sup>th</sup>.

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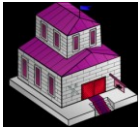
## Health & Wellness Seminar



You are invited to a Health & Wellness seminar in the Community Center on Tuesday, January 16<sup>th</sup> at 1:00 p.m. Kathy Gallogly from Magruder Hospital and a guest will be presenting on "Balancing the New Year." As always, this is sure to be a very informative program. Please plan to attend.

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## Town Hall Meeting



Once each month, Administrator Paul Shaw holds a Town Hall meeting. These meetings are generally informal and held in an open forum. Meetings begin with Paul making announcements and sharing information on activities, projects, etc. The meeting is then opened up for anyone to ask questions, express appreciation, or share a concern. Everyone is encouraged to attend. The next Town Hall meeting will be held in the Community Center and is scheduled for Thursday, January 18<sup>th</sup> beginning at 10:00 a.m.

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## Movie Afternoon



On Friday, January 19<sup>th</sup> at 1:30 p.m. we will be showing the movie "An Unfinished Life." This dramatic adventure movie stars Robert Redford, Morgan Freeman, and Jennifer Lopez. Desperate to provide care for her daughter, down-on-her-luck Jean moves in with her father-in-law from whom she is estranged. Through time, they learn to forgive each other and heal old wounds. Popcorn and beverages will be served. There is no charge. What a wonderful way to enjoy the movie theater without having to leave our campus!

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## Euchre



Playing cards can be so much fun. Here is your chance to enjoy a game. We will be playing Euchre in the Community Center on **Friday, January 26<sup>th</sup> at 1:30 p.m.** You do not have to come with a partner in order to play. You will be partnered with someone when you arrive. Come and join the fun!

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## Winter Weather



This is just a reminder of our policy on parking, etc. for the winter months.

If you live in the Concord Apartments, you are asked to be aware of the forecast for snow.

When snow is predicted, please move your car to the top side of the parking lot the evening before we are due to get snow. This will allow the snow removal crews to completely clear the parking lot early in the morning. After the snow has been cleared from the bottom side of the lot, you are welcome to move your car back to where you would normally park.

If you live in a condo/villa and you must get out for an appointment, please notify the office as soon as possible. We will relay this information to the snow removal crews and make the effort to have your drive cleared for you to keep your appointment.

We greatly appreciate your cooperation and patience. Snow removal on campus is a major project. Your safety is our first concern!

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## Support For Our Troops



We continue to accept donations for packages to be mailed to American soldiers overseas. There is a basket in Paul's office where you can donate items. Monetary donations to help offset the cost of postage are also accepted. Thank you for your support of this very worthy cause.

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## Fitness Studio



Ohio Living Vineyard on Catawba's Fitness Studio is located within the Community Center. The Fitness Studio is open for anyone to use during normal business hours and is open to residents anytime. There is a variety of equipment that is easy and convenient to use. Please remember to sign in on the clipboard located on the wall each time that you work out. Also, there is a waiver that needs to be signed by each person who uses the fitness studio. The forms are available in the office. Anyone wishing to receive instruction on any of the equipment in the Fitness Studio is encouraged to request instruction from our Administrator, Paul Shaw. Remember, all workouts can be customized to meet your abilities. **We are raising money to replace the recumbent steppers. Donation**

**envelopes are located in the vestibule of the Community Center for anyone wishing to make a contribution.**

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## Library



Ohio Living Vineyard on Catawba is fortunate to have two libraries right here on campus. One is located in the Community Center, the other is located in the Gathering Room of the Concord Apartments. The books at the Community Center are all hard cover books, while those at the Gathering Room are all paper backs. All of the books in both libraries have been donated and we continue to accept donations. Library cards are not required. Simply choose your books, enjoy them, and return them to the library you got them from when you are finished reading them. In addition, daily newspapers are also available in both libraries for all to enjoy. The Toledo Blade is delivered daily to the Community Center and the News Herald is delivered daily to the Gathering Room. We do ask that you enjoy these newspapers in the common areas and not take them back to your home.

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## Reminders



If you have a question or a concern about anything within our fabulous Ohio Living Community, please contact the office to schedule an appointment to meet with our Administrator, Paul Shaw. Paul strongly believes in an open door policy and will listen to you.

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## From the Maintenance Dept



Work orders should be completed when you require maintenance and/or repair to your home. Work orders can be found in the Gathering Room of the Concord Apartments and in the Library of the Community Center. If you are not able to get to either of these places,

simply contact the office by calling 419.797.3100 and we will complete a work order for you.

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## Reminder for Dining Services



We would like to take this opportunity to remind everyone of a few procedures associated with our Dining Service program. If you need to make any changes to the meals that you signed up for, whether you will not be able to attend, if you expect to arrive late, if you would like to have the meal delivered to you at your home, or if you would like to be added for a meal - Please call our office as soon as possible so that we can make the change for you. All changes must be made through Ohio Living Vineyard on Catawba's office. Also, while we would encourage everyone to enjoy served dinners in the dining room of the Community Center with your neighbors and friends, delivery of these meals is available. However, there is a charge of \$1 per meal to have these meals delivered to your home. *This \$1 is to be paid to the caterer when they deliver the meal.* We are very pleased to be able to offer this amenity to our residents. We thank you for your cooperation and for helping to make this program a success.

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## The Vineyard Shop



As of the first week of January 2018, The Vineyard Shop will be open on Mondays and Thursdays from 2:00 to 4:00 p.m. We appreciate your business and want to continue to serve your needs as fully as possible. Thank you for being our customers!

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## Golf News



### ITEMS FOR THE MID-WINTER INDOOR GOLF PUTTING EVENT

*\*\*Registration for this event began Monday, December 11, 2017 and will continue through 4:00 p.m. on Wednesday, January 10, 2018, open for up to 24 players.*

**\*\*There will be a brief but very important Informational Meeting about this event on Wednesday, January 3, 2018 at 10:00 am in the Community Center. I'll try my best to keep that meeting to an hour or less. Very Informative Handout Sheets will be provided to those in attendance such as Updated Rules (for all of the Golf Putting Events, including this one), this Mid-Winter Course Hole By Hole Difficulty, Updated Hole Layout Sheets, Definitions & Terminology, etc.). Hopefully, we'll have some time for everyone to be involved in some fun, educational, Hands-On, practical putting on a typical hole! Bring your putter & ball or, if you need them, we'll have some there!**

**It's so great to have Herman Shackleweiner Back! He's going to try to be at the Informational meeting so you may be able to meet him! Hopefully, you really enjoyed the first of two issues of that famous Catawba Island Newspaper, The NEWSFLASH, which you should have received back during the week of December 4<sup>th</sup>. If you haven't received that first issue, please call Rico at 419-797-4705. Remember, the 2<sup>nd</sup> great issue will be delivered to you early in February of 2018!**

**Four your future planning, the actual event will be played over the following 4 days:**

Day #1 January 25 9 to 3  
Day #2 January 30 9 to 11 & 12:45 to 2  
Day #3 February 1 9 to 3  
Day #4 February 9 9 to 3

Please, remember, **this is not a tournament**. There are no brackets! There is no double elimination! You don't play the winners of other matches! You simple play four matches, win or lose, one match on each of four different days, There will be a 1<sup>st</sup> Place Champion, 2<sup>nd</sup> Place Winner, and a 3<sup>rd</sup> Place Winner. Some of you will be recognized for your achievements; most Holes-In-One, most Birdies, any Eagles, etc. Your opponents will be randomly, secretively selected through a drawing and then, you & your opponents decide when it works best for you to play 4 matches, each match lasting about 30 to 45 minutes. The winners of the event are the top three players who score the lowest stroke average! This is

**not like in the Tournament**, where the winner is the player who, through Match Play, defeats everyone else! It is so easy and oh...so much fun! It's much better & more unique than anything you've tried in golf before! Skill helps but, so does luck! There's no "Out-of-Bounds" but, unlike the outdoor green in the Tournament, there are "tons of obstructions" for you to avoid...if you can! One each hole, there is a maximum stroke total of 4 over par...just in case you have a really bad hole!

**Any questions?? Call Rico at 419-797-4705 and/or attend the Informational Meeting on Wednesday, January 3, 2018 at 10:00 am in the Community Center.**

Thanks!  
Rico

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## Old Eyeglasses



Our local Lions Club continues to collect old eyeglasses and sunglasses. Collection boxes are located in the library of the Community Center and in the laundry room at the Concord Apartments.

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## Old Medication



Anyone wishing to get rid of old medication can bring it to the Vineyard Voices meeting and place it in the jar labeled 'Old Medication'. This container will then be taken to the designated location and disposed of properly. Old medications can only be accepted during the Vineyard Voices meetings. Please do not bring them to the office at other times.

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## Beauty Shop



Did you know that you can get your hair done right here? Shannon Smith is providing a variety of hair services at The Concord Salon. She is here each Monday. Appointments must be

made by calling Shannon directly at 419.320.7025. She asks that you leave a message with your phone number if you get her answering machine and she will call you back.

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*Happy New Year!*