

Community Center News

Melissa Weldon (440) 449-5011

The Mayor's 11th annual Young at Heart party returns to the Community Center on Sunday, **June 2** from **2pm – 4pm**. This event is free, and **open to residents**, 60 years young or better. However, **RESERVATIONS REQUIRED**, as seating is limited. Those residents who have requested we add them to our Senior Registry will be receiving their invitation in the mail. Please save the date and join us.

Using Your Head -

The weather is warmer, the days a little longer, and the bikes are out of the garage, so, please take a minute and check those bike helmets. A properly fitting helmet should sit flat on the top of the head, with the base of the helmet being level from front to back. The front should sit, just above the top of the eyebrows. This position offers the greatest protection for the forehead and the brain. The straps should come around the ear and the chinstrap should fit snugly, allowing space for one finger when buckled. A helmet HAS TO stay in place to protect you. No, helmet should move more than one inch in any direction, if it does, it is either too big or the fit needs to be readjusted (often the case with hand me downs Please keep in mind, that a helmet is good for ONE impact only...the integrity of the helmet may be damaged without visible signs.

We are able to offer you and your family custom sized BELL® bike helmets at our cost of \$9.50, because of our working relationship with UH's Rainbow Babies and Children's Hospital, the lead agency for the Safe Kids - Greater Cleveland Coalition. These helmets will be available in (most) sizes ranging from toddler** through adult. This program is offered by appointment only, and runs through Home Days.

** Unfortunately, we are NOT able to fit children under the age of two or person.



**American
RedCross**

Blood donors are someone's HERO, every 56 days. **To someone who needs blood, (accident victim, and surgery or cancer patients) your blood is priceless; but it costs you nothing to give, but a little time.** The American Red Cross holds a **BLOODMOBILE** in the Community Center the first Thursday, every other month, from 1:00 PM – 7:00 PM. The next is scheduled drive is **Thurs. June 6**, followed by drives on Aug. 1, Oct. 3 and Dec. 5. This rotation provides donors with a safe cycle for blood donations. Donors must be 17 years of age, in general good health, and weigh at least 110 pounds. Donors will need to bring their Drivers' License and Red Cross card or two other pieces of positive identification required.

Concerts in the Park

July 4 7:30 Hillcrest Concert Band Weather permitting, only

If weather is threatening the concerts below will be held in the Community Center

July 17 7:00 Mike Wojtila and the Musically Grand Band

Aug. 21 7:00 Prime Time Big Band