WILLOUGHBY

Senior Center Spotlight

DAVID E. ANDERSON SENIOR CENTER — SEPTEMBER 2021

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36939 Ridge Rd • Willoughby, OH 44094
Phone: (440) 951-2832
www.willoughbyohio.com

Mary Kay's Retirement!
Tuesday, September 21
1-3 pm
Lost Nation Golf Course

Cost $2 Sign up from Sept. 1-17.

Join us for an afternoon of well wishes for Mary Kay Soptich as she retires from the Willoughby Senior Center after 14 years. The Senior Center will be closed from 12:45-3:15pm only during this event.

Thank you Mary Kay for adding your laughter and wisdom to our daily lives!

We're Celebrating All Month Long

OPEN HOUSE

Join us as we celebrate our
2nd Year Anniversary
in our new building!
Sunday, September 12
11am-1pm
Refreshments will be served.
Bring your friends in for a tour and sign them up!

SENIOR CENTER HOURS
Monday ~ Friday 8:00am to 4:30pm

INFO CENTER HOURS
Monday ~ Friday 8:00am to 4:15pm

FITNESS CENTER HOURS (FIT WELL ROOM)
Monday ~ Friday 8:00am to 4:00pm

Yearly Center Membership
Residents: $7 /Non-Residents $9

The Senior Center will be closed during 3 special events: Mon. Sept. 6 (Labor Day)
Fri. Sept. 10 (Golf Outing) Tues. Sept. 21 (MK Party)

AMY'S CORNER: September has arrived. Soon you may "Fall" into the persuasion of ordering "pumpkin spice" everything. The days will be getting cooler, come over and try out the back patio here at the Center. It is a quiet and relaxing space. Please start looking out for school buses and children heading back to school.

As everyone knows the pandemic is not over. We will keep posting in the Center and on our face-book page the latest regulations that we are following. Safety and concern for others are our primary goals. Please be considerate of others. We currently require masks on the buses.

Some of you may have been a member now for 10-20-30 years. Do you remember the first time you took the chance and stepped out to come up to the senior center? Hopefully it was a positive experi-ence. We are still here trying to create a positive and friendly experience for our new members who may have just joined or joined in recent years. Why not turn to the person to your left or right and say "hello—are you very active here"? It only takes a second to say "hello, how are you" and it may just change the other persons entire day to talk to someone. Check out the city website at www.willoughbyohio.com for the latest news be community involved. Have a great month, call with concerns: 951-2832. Amy ** Looking for someone to pick up the bread donation on Tues & Wed. See me.

Board News

The monthly money raffle is back. Tickets are $1 each or 6 tickets for $5. The drawing is the last weekday of the month. 50% of the money goes to the board to be used to buy items that are needed at the center and the other 50% is given out as 3 cash prizes.

So, stop by the desk by the craft room and buy a ticket or 2. Needed: 2 volunteers selling these tickets for each day of the week, there are some openings available. Hours are 9 to 1. Call Lucy Carter at 440-942-1948 to volunteer or to ask any questions.

We did have a raffle drawing for March 2020 and the winners are 1: Joe Wrayno 2: Florence Vipond 3: Bill Karnak Congratulations!!

The board finally had a meeting after 18 months. It's good to get back to a little normal. We are planning on a Volunteer Luncheon on Tues. Oct. 5 at Pine Ridge Country Club for anyone who volunteered 20 or more hours in 2019. Invitations will be sent out in September. Please RSVP. Please sign in volunteer book in main hall every time you work. We look forward to seeing everyone and enjoying all the events and actives that the center has to offer. Till next time, stay safe and well…… Mary Ann

We have come up with two new fundraisers this year. See below for the details….

LOTTERY FUNDRAISER **Drop off at the front desk. Thanks!**

Instead of tossing your losing lottery tickets, please consider bringing them to the Senior Cen-ter. We now have the ability to scan them to the lottery and receive points that will enable us to buy gifts or door prizes for future events. We will have a basket at the front desk to put them in the basket. This is a very exciting opportunity for us to provide many more fun items for our seniors.

BOX TOPS FOR EDUCATION

No more clipping. No more sending box tops to your school or nonprofit. We can now scan your receipts and turn every day receipts in the cash. Please bring your receipts for the many different products that are in this program.

TRIP PARKING

All Center trips will depart from the senior center upper lot, unless otherwise noted. Masks must be worn on the bus!

If you take Laketran to the center for a trip, please see a staff member to make arrangements for our driver to get you.

TRIP GUIDELINES **DO NOT TIP YOUR DRIVERS, THEY ARE PAID CITY EMPLOYEES**

- Check your receipt to be sure you signed up for what you wanted. Give your email for an emailed copy
- Please arrive at departure location no later than 10 minutes prior to depart time. * All trip meals and itineraries are subject to change. Return times are estimates due to weather and traffic.

There is no guarantee the trip will return when scheduled, that is just a best guess. Please keep that in consideration when making other plans for after a trip.

- No food allowed on bus unless medically necessary. Beverages must be a screw cap bottle or with a lid. No pop (sticky), no dairy. Please clean up after yourself. Don't leave your garbage on the bus.
- Requests for front seating are accepted for physically challenged and one trip partner, not an entire group of friends. Please indicate this need at time of sign up. If you have special needs such as dietary concerns, please let staff know when you register to see how / if it can be accommodated. You must be able to climb the three bus steps on your own without assistance to ride the 38 passenger bus. If not, you will go to the wait list and if the 2nd bus with the wheelchair lift is added, you may then register. Please know your limits. If you rely on a wheelchair, or feel you need any assistance physically or cognitively, you must have your own able-bodied caregiver for all trips.
- Having complete phone conversations in a loud voice is rude to others around you, please don't do it.
- Seats are not assigned. We rotate which side gets off the bus back and forth throughout the trip.
- Cancellations: The sooner you cancel, the better your chance for a refund. Please don't call the morning of a trip and expect to be refunded/credited. Someone else could have taken your seat.

Theatre tickets, admission tickets, lunch orders, and fees are typically paid 3 weeks prior to trip. If you need to cancel, please call and we will try to refund if applicable and if a wait list is available.

- Guests of the Senior Center are welcome to one trip a year, then we ask that they become members.

Premier Tour and Travel: Biltmore Christmas Tour in Asheville, NC

December 6-9, 2021 **Call for availability**

Double: $735per person Triple: $665per person Single:$925

There will be a pre-departure meeting regarding the fine details for this trip. At this meeting Tim May will go over departure times, luggage times, hotel info, meal info, parking waivers, and the day to day of what to expect while on the trip. The meeting date will typically be in November about 3 weeks prior to departure. The date will be in the October newsletter.

4 JKL Flyer available at Center Prices reduced! All trips depart upper lot

New Amish Tour **Wed. September 22** $90 Call for availability

Lunch included. Pick-up 8:15am and return approx. 6:30pm

Hidden Cleveland **Wed. October 6** $84 Call for availability

Lunch included at Harley-Davidson Motorcycle Emporium. Pick-up 8:15am return approx. 5:00pm

Warther Christmas Festival **Thurs. November 18** $104 Call for availability

Lunch included at Dutch Valley Restaurant.

Bus departs Upper lot at 8:15am and returns approx. 5:00pm, Dress for the weather

NEW

Fri. December 17 Christmas at the Nicest Town in America! $90

Give yourself a Christmas treat as we travel to Columbiana, ***"The Nicest Town in America,"*** as voted by Reader's Digest! We'll start our holiday adventure at Kraynaks, where this unique place offers a large collection of Christ-mas items including a lighted Christmas Tree forest. Their Christ-mas Land display includes a 300-foot stroll, with delightful holiday scenes. Dedicated to being a store of "People before profits," Kraynaks is part shopping, part attraction and all FUN. Next, we'll travel to Columbiana, and enjoy a late lunch at Das Dutch Haus, for a PLATED meal that includes chicken, chuck roast, mashed potatoes & gravy, green beans, stuffing and homemade PIE! If you are still hungry, all you have to do is ask for More. We'll travel down Main Street Columbiana, a little slice of America. You will swear that Andy, Barney, Opie and Aunt Bea will be there too! We'll take in the Holiday Lights at Firestone Park from the comfort of our coach. This festive exhibit helps bring the spirit of the holidays to life. We'll depart the Center parking lot at 9:30 am. and return about 8:00 pm. Sign up Sept. 1st

Hartville Marketplace

Thurs. September 2 (Sign up begins Aug. 24) **Mon. September 13 (Sign up begins Aug. 24)**

Depart upper lot at 8:30am, return 4pm. Pre-pay $5 until sold out. Dress for the weather. Just over an hour away, Hartville offers indoor shopping on two levels, Sarah's Grille for lunch or the famous Hartville Kitchen. Visit the Hartville Hardware store just a few steps away. Bring shopping bags or carts.

Monthly Mystery Lunch

Tues. September 7 (Sign up begins August 24)

Depart upper lot at 11am, return about 2pm. Pre-pay $5 until sold out. Enjoy the ride to this mystery lunch location where you will pay on your own and order off the menu.

Lake County Captains - Senior Day

Wed. September 15 (Sign up began July 26)

No bus transportation. Pre-pay $24 by Sept. 8 for ticket & buffet picnic lunch

Buffet Time 11 AM Game Time 12 PM Join in the fun of Senior Day at the Captains stadium as they take on the Great Lakes Loons (Dodgers). Includes box seat ticket and 1.5 hour "all you can eat buffet". Handicap parking $6 extra - let us know at time of sign-up if you need parking pass. We will call approximately one week prior to game for ticket/wristband pick-up at Center.

MGM Northfield Park Casino

Tues. October 12 (Sign up begins Sept. 1)

Depart upper lot at 8:30am, return about 4 pm. Pre-pay $5 until sold out.

Travel with us about 30 minutes to Northfield for a day of gambling. They are offering $20 bonus play incentive. The buffet is closed but TAP Sports Bar is open for lunch-on your own. Masks in the casino are optional at this time. All offers and incentives are subject to change at any time for any reason by casino.

Margaritaville Lunch & *Funny Bus* Comedy Tour
Mon. October 4 (Sign up begins Sept.1)
Depart upper lot at 11:00am, return by 4:15pm. Pre-pay $38 by Fri. Sept. 10 or until sold out.
Want to get wasted away again in Margaritaville? Here's your chance as lunch will be at Margaritaville (on your own, order off menu). After lunch, we will board the ***Funny Bus*** for a 90-minute comedy tour. Haven't been to a comedy club in a long time? No worries, we are taking the comedy show on the road. The *Funny Bus* Comedy tour will take us on an **R-rated** trip around Cleveland. You will hear inappropriate jokes and vulgar comments that you typically hear in a comedy club. This is your warning. Gratuity for the *Funny Bus* included. Refunds available after Sept. 10 will be through wait list if available.

Steele Mansion Tour & Lunch
Mon. October 18 (Sign up begins Sept. 1)
Depart upper lot at 11:00am, return by 3:00pm. Pre-pay $44 by Oct. 8 or until sold out.
Join us for this unique trip. Tonya, from the Lake County History Center, will tell us *Why Lake County Rocks* as we travel to the Steele Mansion. Once there, we will enjoy a sandwich and homemade soup lunch (included). After lunch, we will tour the mansion, which is described as the "grandest home in Painesville." Refunds available after Oct. 8 will be through a wait list if available.

Branson Country Christmas Featuring the Ozark Jubilee
Thurs. November 11 (Sign up begins Sept. 1)
Show starts at 12:00pm – Transportation is on your own. Pre-pay $54 by Oct. 8 or until sold out.
Location: Croatian Lodge – 34900 Lakeshore Blvd, Eastlake, OH 44095
The Ozark Jubilee is celebrating its 25th year of Christmas shows. The show will share with you the true meaning of Christmas with music, comedy and a message to provide an afternoon of entertainment that will touch your heart. The show will recognize and pay tribute to our veterans. Lunch is included with the purchase of the ticket. Refunds available after Oct 8 will be through a wait list if available. Once the tickets are in, ticket pickup will be at the Senior Center.

Mayflower Tours Travel Show

Fri. October 15 10:30 am Earn a discount in price just by attending this meeting.
Judy O'Brien from Mayflower Tours will be here to tell you about 2 exciting future trips.

April 22nd-28th 2022 Charleston, Savannah and Jekyll Island Tour
*7 Days, 11 Meals
*Visit Charleston, Savannah and Jekyll Island. Enjoy southern hospitality while visiting coastal islands, historic plantations and beautiful cities.

April 12th - 22nd for 2023 Tulip Time on the Jewels of the Rhine
*11 Days, *23 meals
*Visit Netherlands, Germany, France and Switzerland aboard Emerald Cruises Star-Ship

Special Events

Exciting News!

We are pleased to announce our evening music programs will re-start in September

NEW: You must be a member to attend!

Tuesday Night: Country~ Bluegrass ~Gospel
Begins September 21 6-8pm
Coffee & Tea Provided, No Snacks Permitted

Thursday Night: Easy Listening & Dance
Begins September 23 6:30pm-8:30pm
Coffee & Tea and Desserts
Lace up them dancing shoes and we'll see you then
Any questions call Joe P. at 440-221-2934.

2021 Fall Brawl Pickleball Tournament

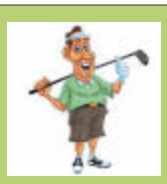
Friday, September 24th, starting at 9:00am.

This is a "Luck of the Draw" Round Robin Tournament - Partners will be drawn at random.

Entry fee: $15 - includes refreshments, door prizes and lots of fun!

Please register by Monday, September 20th at the West End YMCA or at www.lakecountyymca.org

12 minute games, to 11 points, win by 1.
Games are self monitored.



Lake County Senior Citizens Golf Outing

Friday, Sept. 10 9 AM Shotgun Start Lost Nation Golf Course

$33 resident/$35 non resident per person by Sept. 3

Sign-up began August 2 for the front or back 9 - Outing includes 9 holes of golf, a cart, hamburger/hot dog lunch grilled by Chef Jayme and beverages. Chances at door prizes and prizes for playing. The Board will be selling tickets for its money raffle and will raffle off a basket.

Bingo! And Bars (Ice Cream Bars)

Monday, Sept. 20 1pm
Thursday, Sept. 30 1pm
Cost $5
Sign up begins Sept. 1st until at least 2 days prior.
Join us for a fun afternoon of Bingo!
On the patio or weather spot is Rm 3-5.

Live.Life.Healthy

Walk with Rosie **Mondays, Wednesdays, Fridays 10am** **Rooms 3-5**
Leader: Rosie Wasik $2 **Cancelled for Sept. 10**
Great Music & Happy Faces! Bring your walking shoes and a water bottle for a great time walking around listening to motivating music. Rosie provides the counter, the door prizes, the music and the positive motivation to get you moving! Give it a try, see what 30 others already know and love!

Pilates **Tuesdays 1pm** **Wellness Room**
Instructor: Diane Corbett, Certified Pilates Instructor
$22 resident / $25 non-resident
Pilates is a very precise, intelligent exercise system, where the message is 'Quality, not Quantity.' Core Strength is the foundation of Pilates which helps develop stability throughout your entire torso. This approach requires focus, attention to breath and form and results in a stronger body, better joint flexibility, improved balance and special emphasis on functional movement. Pilates is gentle on the body and appropriate for all ages. Please bring mat, towel and water bottle to class.

Classic Chair Yoga **Tuesdays 10am** **Wellness Room**
Instructor: Melissa Pierce, 500HR RYT.
$25 resident / $27 non-resident
Listen to classic music during this gently flowing yoga class. Using a chair helps focus on fundamental yoga poses and alignment. This allows you to build strength and stamina while improving balance and body awareness. Chair yoga is for everyone, especially those with limited mobility. Aromatherapy is included at the end of class. Sign up for Traditional Chair Yoga as well for a total of $5 off.

Traditional Chair Yoga **Thursdays 10am** **Wellness Room**
Instructor: Melissa Pierce, 500HR RYT.
$25 resident / $27 non-resident
Listen to traditional yoga music during this gently flowing yoga class. Using a chair helps focus on fundamental yoga poses and alignment. This allows you to build strength and stamina while improving balance and body awareness. Chair yoga is for everyone, especially those with limited mobility. Aromatherapy is included at the end of class. Sign up for Classic Chair Yoga as well for a total of $5 off.

Reiki **Fri. Sept. 17** **Wellness Room**
Instructor: Marla Katz
$17 per 20 minute session Appointments offered at 12:30, 1pm 1:30pm
Reiki is a ancient Japanese technique that is a "laying on of hands." It's energy that flows through us. Reiki helps with stress and anxiety by promoting relaxation, helps with pain & discomfort, arthritis, improves sleep and gives you a sense of well-being.

GET FIT!

Power Yoga **Mondays, Wednesdays, Fridays 8am** **Osborne Park**

Instructor: Patty Cooper *No class Sept. 6~ Happy Labor Day!

$20 resident / $22 non-resident / $25 non member

Bring your non-slip exercise mat and join Patty at Osborne Park by the Lake - what a great way to start the day! This program is a combination of Pilates and Yoga. This challenging, yet relaxing practice focuses on core strength.

Fit Ones Stretch **Tuesdays & Thursdays 8:30am** **Room 3**

Coordinator: Laura Oster

$3

Stretch and flex your way into another great day. This co-ed, all purpose morning fitness class wakes you up and gets you moving. Includes balance, stretching, walking. Stretch bands & chairs provided.

Pound **Mondays 9am** **Wellness Room**

Instructor: Veronica Gallo, Certified Pound Instructor

$16 resident / $18 non resident *** No class September 6th ~ Happy Labor Day!**

Pound is a cardio jam session inspired by the infectious and energizing fun of playing the drums. Using Ripstix®, lightly weighted drumsticks engineered specifically for exercising, POUND® transforms drumming into an incredibly effective full body workout by incorporating cardio, conditioning and strength training. Designed for all fitness levels, POUND® provides the perfect atmosphere for letting loose, getting energized, toning up and rockin' out!

Walk with Me, Talk with Me **Mondays 11am** **Outdoor track**

Free *** No class September 6th ~ Happy Labor Day!**

We will take off to either walk the South High School track – outdoors or if it is rainy, we can still walk indoors on the walking track. Plan to walk for 45 minutes or however long it takes us to get around the track 5 to 6 times – if its easier, park behind the stadium. You must pre-register by the Friday prior.

Zumba Gold **Tuesdays 11:30am** **Wellness Room**

Instructor: Veronica Gallo, Certified Zumba Instructor

$22 resident / $25 non resident

Are you an active older adult looking for a Zumba®class with all the original moves you love but without the jumping and bouncing? Join us for an energetic 45 minutes of fun that will get your heart pumping, your muscles working.

Fitness Room Training with Jayme

New to the Fitness room? Then sign-up for a free training class on the use of the equipment. This is basic instruction on how to use the equipment. Jayme is **not** a personal trainer.

Tuesday, September 14 3-4 pm

Monday, September 27 3-4 pm

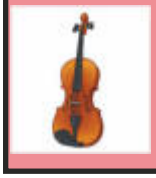
Fun with Guitar Mondays Social Room
$17 Resident, $20 Non-resident per session
45 minute lessons Lessons start at 9am
Instructor……Bob Pattison
Learn how to play uncomplicated chords, melodies and strumming techniques. **Please bring your own guitar.**
You must pre-register.

Dulcimers Fridays Social Room

Coordinator: Shirley Johnson
10-11:30am Stop in to start playing.
Will help beginners.
Bring your own dulcimer. Sept. 10 cancelled

Piano Lessons Fridays Social Room
Instructor: Laura Lucas, MT-BC
1-3 pm 1/2 hour lessons
$23 resident, $25 non-resident per session.
No prior music skill required.
Instructor is requesting students wear a mask.
No Lessons Sept. 10 Must pre-register

Violin lessons Wednesdays
Instructor: Phyllis Weber



1 hour Lessons 1-5pm
$12 Resident
$16 Non-Resident per month.

Soft Jazz on the Piano with Franklin
Find fellow member, Franklin 3:30-4:30 in the Community room for some enjoyable soft jazz.
Thursday August 12 & 26

The Goldenotes Band Mondays Social Room
Coordinator: Lois Leland 12:30-2:30 pm
We are looking for substitutes to join our band. Music provided. Everyone welcome to come in and sit and listen to rehearsals.

Dee's Country Kickers
Line Dance Classes
$27 Residents/ $29 Non-Res. /$33 Non-members
August 5-September 30 (9 Weeks)

True Beginners Class
Thursdays 10 am –10:50 am Rooms 3-5
Have you always wanted to learn to line dance and have little to no experience? This is the class for you! Dee Blansett will get you up and moving in no time. Round up your friends and come give it a try! You'll be glad you did.

OR

Seasoned Beginners (Intermediates) Class
Thursdays 11am-11:50am Rooms 3-5
Great music, smiling faces and plenty of exercise. Keep yourself moving and thinking as you learn new dances and enjoy some old favorites! Try once for free!
Next Sessions Begin Oct. 14.

Forever Young Tappers Group
Mondays at 10:15am Wellness Rm

If you tap-danced as a child & would like some exercise & fun, then join us as we take our show on the road to nursing homes & Senior facilities all over the area.

Cost $10 per month

Entertainer At Heart Needed
The FYT group is looking for an emcee to entertain the audience during wardrobe changes. Let us know if you can sing or tell a few jokes, and then announce our next number. For more info contact Ruth Nevins @ 954-9994.

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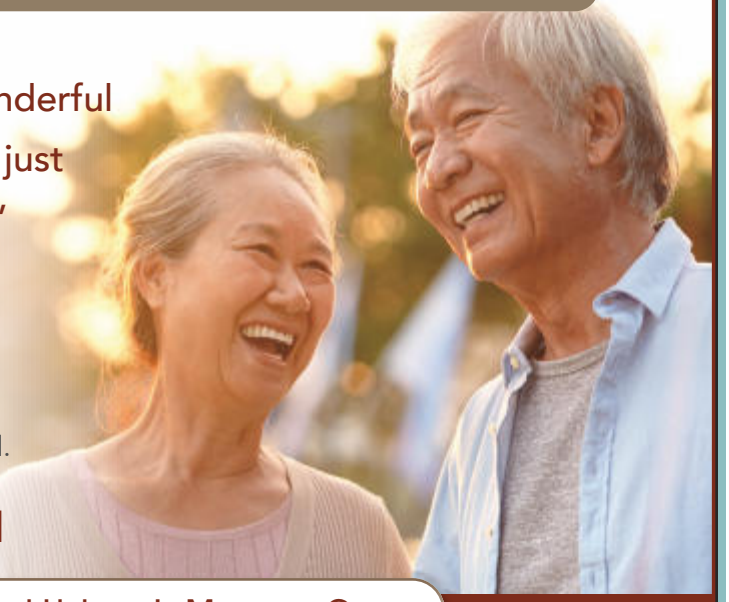

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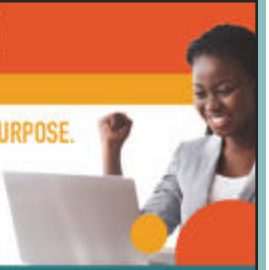

Contact us at: careers@4lpi.com | www.4lpi.com/careers

MAKE YOURSELF AT HOME

In these unprecedented times, we're all finding ourselves at home more than ever before – which makes it even more important that home is a place where you feel safe and comfortable, and where your unique needs are met.

Ohio Living Breckenridge Village is offering creative solutions to help our residents feel safe at home right now. From pop-up grocery stores available across our campus, to fresh chef-prepared dinners being delivered to residents' front doors, we're doing everything we can to protect their health and safety, while maintaining their freedom and independence.

Call **440.954.8359** to find the home that fits **you** at Ohio Living Breckenridge Village!

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DISCOVER YOUR ARTISTIC SIDE

Fern Covered Pumpkins

Craft Class All Supplies Included
Monday, September 27
$6 resident/$8 non-resident
Craft Room 10:30am
Limit 10 people
Instructors: JoAnn Carr & Nancy Wallace

Come make this fun fall decoration for your home. A free surprise bonus craft will also be offered.

Quilting Group

Fridays 9-11 am Craft Room

If you enjoy quilting and would like to socialize with others who enjoy it also. This group is for you. This is not an instructional class everyone works independently. Cancelled Sept. 10

Fall Wall Hanging

Tuesday, September 14 10:00 am
Instructor: Becky
$10 resident/ $12 non resident
We will have multiple designs to choose from for this fun fall craft. No experience necessary, all supplies included.

Call for Artists

If you enjoy painting in watercolors, acrylics, oils, or draw with pencils, come join us on Wednesday afternoons from 1-3pm in the Craft Room. We each work independently (no instructor)-it is a studio artist group. No fee.

Greeting Card Class Series

Instructor: Carol Caroff
Thursday, September 23 10:00 am
$10 resident/$12 non resident per class

Make your own greeting cards! No prior experience needed! Come to enjoy creating three original cards and have fun socializing while stamping, coloring, and gluing. We will do an assortment of cards during the monthly classes - birthday, anniversary, thank you, get well, sympathy, masculine and feminine cards. Cost includes all the paper, stamps, ink, die cuts, and embellishments. All you need to bring is a pair of scissors. Come to spend time with old friends and make new ones! Class is limited to 10 participants so sign up early.

Crafty Morning

Wednesday, Sept. 29 10:30 am
Craft Room
Free of charge-
Provided by: Tapestry Senior Living. Sign-up by September 24.

Loss Support Group
1st Wednesday of every month
September 1, returns Oct. 6
at 1:00 pm Room 1.

Are you feeling sad, distracted, or confused after a loss? You are not alone. This group is a safe place for those experiencing grief emotions due to a death, divorce, life change or any other major loss.
The group will be led by Denise Pahlman, Bereavement Coordinator from Crossroads Hospice.

Alzheimer's Support Group
Third Wednesday of every month
1:30 pm Room 1 –September 15

The Alzheimer's Association provides care and support services free of charge for caregivers.

alzheimer's association

Connect with the Council on Aging
1st Wednesday of every month 10:30-11:30am
September 1

Main Hall No Sign Up

Council on Aging Information & Assistance Specialist, Melissa Sprague talks about CoA

2-1-1 First Call For Help Program

This is a 24-hour free and confidential service, providing access to information and services regarding healthcare and human service agencies.

Polarity Therapy Provider: Tim Polak
Thurs. Sept. 2 Wed. Sept. 15 October 7 & 21

Enjoy a non-invasive wellness service.
Polarity Therapy is a form of bodywork that combines acupressure (not acupuncture) light stretching, energy work, and more to help you feel relaxed, energized.

Appointments start at 9:15 am.
Call 440-951-2832 to schedule an appointment.

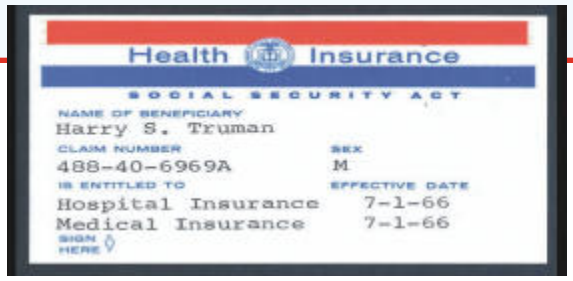
You must pay when you schedule, cost is $33/$35 non-residents for 30 minutes.

Dr. Ben, Podiatrist **Thurs. September 9**
Thurs. October 14

Please call 440-951-2832 to schedule.
<u>You must pay when you schedule your appointment</u>. Cost: $25/Non-Resident $27
Does not bill Medicare, private pay only.

No refunds after Tuesday prior to your appointment. Please arrive 10 minutes early!!

Medicare Questions?
Open Enrollment is
October 15 through December 7.
Tuesday, October 19 1:30 pm Room 1
Tim Polak and the team from How Money Works Learning Center of Kirtland will be here to answer your questions.



GAMES PEOPLE PLAY……

Bridge Anyone

The Bridge group welcomes all intermediate level players for stress-free, easy-going good times.

Tuesdays at 12:00-3:30pm.
Room 1

Pinochle

This group had about 25 players, enjoys special lunches and has had a great time getting to know each other. Welcoming new players to join.

Thursdays at 12:30pm.
Room 2

Hand and Foot

Hand and foot card game in which player has to get rid of all his cards. The rules and variations are very similar to Canasta- a popular variant.

Mondays and
Fridays at 12:30pm.
Room 2
Sept. 10 cancelled

Mahjong

Mondays 10am-12pm Room 2

Beginner's Mahjong

Wednesdays 1-3pm Room 2

Chinese tile game played, usually by four people, with 136 or 144 rectangular pieces called tiles. The object is to collect winning sets of these tiles, as in card games such as gin rummy. Looking for new players .

Chess

Wednesdays 12:00pm
Billard's Room
Open Play

Dominoes

Tuesdays 1:00pm
Room 2

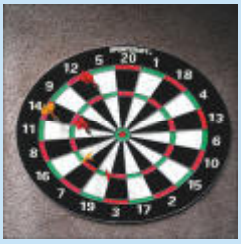
The **WALKING TRACK** is available for members of the senior center.

Monday – Friday 8am - 4pm

You do not have to pre-register to use the walking track but you will need to check in.
Lockers available, bring your own lock.
Consider leaving valuables in your car.
Restrooms up on the track now open.
Lap Counters available for $5.

Billiard's/Dart Room

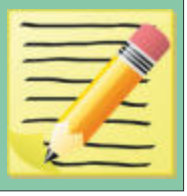
Monday-Friday 9am-3pm
Closed Wed. 12-3pm for Chess
Please wipe down pool cues when finished.
You can sign out darts from the front desk.



Veterans Meeting

No meeting in September due to Labor Day see you October 4.
Please contact Dennis Brandt with any questions: 440-487-5430.

Memoirs Writing Group
(Who Tells Your Story)
3rd Thursday of the month 1:30pm
SEPTEMBER 16 ROOM 1



Everyone has a story. Come share your stories with fellow members.

Men's Morning Meeting
Every Wednesday 8:15am-9:30am

Stop in for coffee and conversation as you begin your day. Enjoy a bagel and meet some new people or talk about daily events. Must be a member of Sr. Center

Men's Coffee Club—10 am Social Room

Get together, grab some coffee and catch up on worldly news and daily happenings.

Lively Ladies-11:00am after Walking with Rosie

Join Rosie and her walking group for some fun and conversation.

AARP Real Possibilities Ohio

AARP Driver Safety Program Course

Thursday, October 7 10 AM-2:30 PM
Activity Rooms 3 & 4

Registration is required – register by October 1. $20 AARP members; $25 Non-AARP members, if you have proof of United Healthcare Insurance the class is free – cash or **checks only payable to AARP**. Please arrive by 9:45 AM and bring a brown bag lunch.

BOOK DISCUSSION GROUP CRAFT ROOM
MONDAY, SEPTEMBER 27 9:30AM

Drop in and join the discussion of the current book
The Daughters of Erietown: A Novel
by Connie Schultz.

Books are provided by the W/E Public Library, some large print. Thank you Michelle, W/E Libraries!

DeJohn Funeral Homes & Crematory

Pastries & Planning

Thursday, September 16
10:30 am
Social Room

Join Wendy Fiebig from DeJohn Funeral Homes for a program about protecting your assets, burial vs. cremation, current trends, options and costs. This program is free, please pre-register.

Field House / Fit Well

Senior Center Pickleball -
Must be a Senior Center member

Mon. & Wed. ~ Cancelled Sept. 6

Time Slots: 11:00-12:30pm
1:00-2:30pm

Pre-registration is a MUST

- 16 people max per time slot

Register online at
willoughbyseniorcenter.activityreg.com
Or call 440-951-2832

Table Tennis

Tuesdays & Thursdays 1-4 pm
Fieldhouse
Must be a current member to play with this group.

Men's Basketball

Mondays and Wednesdays
8:30 am-10:30 am Field House

Cornhole

- **Tuesdays/Thursdays 10 am-12 pm**
- **Field House Court 4**
- **Coordinator Frank Murphy**
- **Free Program**
- **Everyone welcomed!**

Fit Well Room News

Your Senior Center Membership needs to be current to use fitness room.

****

$40 to join the Fit Well Program, covers your first year of membership
$18 Resident /$24 Non-Resident
Every Renewal Year

***Every Fit Well Member needs to sign a new Release and Waiver form before using the Fit well room, stop by the front desk.**

Hours:
Monday ~ Friday 8am-4:00 pm.
Starting Tues. Sept. 21:
Tues. & Thurs. Evening Hours 4-8pm.

Please wipe down the equipment after each use. Wash hands often. Don't come in if you are feeling ill.
Please sign in on the podium for levy tracking purposes to show usage when requesting to purchase more fitness equipment. Thanks!

Willoughby South Bingo is Back!

Mondays at Willoughby Middle School
Doors Open at 5 pm
First Game called at 6:45 pm

WILLOUGHBY SOUTH

City of Willoughby Clam Bake

Saturday, Oct. 16 Lost Nation Golf Course
5-8pm $40 Full Bake, $31 Chicken Bake
Register at willoughbyohio.activityreg.com or
(440) 953-4200 Willoughby Parks and Recreation

Hey, Foxy Lady!

Red Foxes Membership

We are looking forward to getting together for our Red Hat events. Come join the fun and make new friends. To join our Red Foxes Red Hat Group, membership is $5 for a year. Anyone who would like to join the Red Foxes can come in and pay the $5 fee at anytime, with the understanding that January begins the next new membership at $5. Welcome back, we are excited about the future!

We had a good time getting together with our Red Hat friends at Applebee's. We are looking forward to our picnic in August, PJ Party in October and more.

Fuji Buffet in Mentor

Tues. Sept. 14

Meet at Fuji's at 11:30am

"Meet to Eat." Drive yourself over to the Fuji Buffet located at 9130 Mentor Ave. next to the Meijer store. Pay on your own, order off the menu. Wear red and purple, and don't forget your Red Hat! Sign up until Sept. 10.

Red Hat Events

Fri. Dec. 3 Christmas Party at Pine Ridge CC

Fri. Feb. 11 Reunion Tea at Center

Purple PJ Party at the Patrician Party Center

Fri. Oct. 1 **$27per person**

The Patrician is located at 33150 Lakeland Blvd in Eastlake. Doors open at 10am. Sign up now until Sept. 23. Time for shopping, time for fun! Luncheon to be served at 12noon.
Red and purple pajama and lounge wear will be the attire for the day. Come comfy and enjoy a full lunch. Entertainment this year:

Kelvis Entertainment ~ Elvis Tribute Artist

Several merchants will be displaying Red Hat and many other items. There will be a money raffle, great door prizes, and Chinese raffle baskets. Sign up in tables of 8.
This is for Red Foxes, all Red Hat groups, and any individuals who would like to join us for the day. Come, see what Red Hat fun is all about. Looking forward to seeing you there.

Fall Trip ~ Lunch and Wine Tasting

Grand River Cellars

Fri. Oct. 22 **$25**

(Sign up begins Sept. 1)

Bus departs upper lot at 11:15am. Enjoy a delicious lunch of a half a chicken, mashed potatoes, vegetable, dessert and a selection of 3 wines for tasting and more. Time to shop in their Gift Shops. More stops will be made along the way if time permits and Bill the driver is looking for ice cream! Wear your casual Red Hat outfit and plan to have a great day. Return to Willoughby about 5pm.

THANK YOU!

To our community partners who supplied fresh produce to our members on August 4.

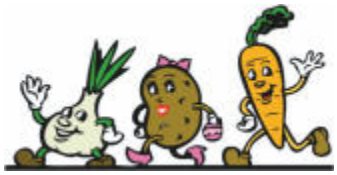
Visiting Physicians Association
Tapestry Senior Living
Hospice of the Western Reserve
Dispatch Health
Lake Health
Visiting Nurses Association
Mentor Ridge
Allwell
Right At Home
Five Star Clinical Solutions
ESOP Financial Wellness

Watch your newsletter for a Fall date for another Drive Through Market!

Free Fresh Produce

Willoughby Senior Center
Parking Lot
4th THURSDAY of Every Month
September 23
2:00 PM while supplies last
No Line before 1:30 PM

** In Need of Bags for Food Distribution**
Call the **Willoughby Senior Center**
at 951-2832 to pre-register.
This does not guarantee you a box of food.
First come-first served.



WILLOUGHBY

Greater Cleveland Food Bank

3 Trip Offerings with Wlby Parks & Recreation
Call 440-953-4200 or register online at willoughbyohio.com
Masks Must Be Worn While on the Bus

Sat. Sept. 18 Put in Bay 8:30am-9pm
$35/ $30 Resident Discount– Cost includes round trip bus ride and ferry boat travel only.

Sat. Sept.25 Mum Festival 9am-2pm
$15/$10 Resident Discount— Family Friendly, Mums, Food Vendors, Crafts, Water Ski Show

Fri. Oct. 8 Hartville 4pm-10:30pm
$15/$10 Resident Discount— Music, Food, Shop

McKinley Outreach Center Food Pantry is open Mondays (4-5 pm), Wednesdays (12-1:30 pm) and Thursdays (12-1:30 pm). Please bring a photo ID & a current utility bill, lease, cable bill, bank statement or JFS letter to show residency in western Lake County. Households may visit the Food Pantry once every 30 days.

Mentor Senior Center is offering curbside pickup for a "made-from-scratch" daily special — $4.50/meal. Reservations for lunch must be made at least 24 business hours prior, Please do not leave a message for meals. Instead please call back until you get through. There is a limit of 2 meals per person. 440.974.5725

Mentor Nutrition Site 7271 Lakeshore Blvd (440) 918-0820

Wickliffe Community-Senior Center is offering pick-up of 5 Lunches on Tuesdays 11:30 AM-12:30 Pm. Recommended donation is $1.50 per meal for those 60 years old and over. Please call Joseph Green for a reservation at (440) 373-5017 one week in advance.

Painesville 270 E. Main St #10 (440) 354-6700

Lake County Council on Aging Meals on Wheels Info 440-205-8111

Willowick Senior Center

321 E. 314th Street (440) 946-8822

Weekly Activities

Monday	Tuesday	Wednesday	Thursday	Friday
8:00 Power Yoga 8:30 Basketball 9:00 Pound 9:00 Guitar 10:00 Walk /Rosie 10:00 Mah Jong 10:15 FYT Tap 11:00 Pickleball 12:30 Goldenotes 12:30 Hand & Foot 1:00 Pickleball	8:30 Fit Ones 8:30 Men's Golf 10:00 Cornhole 10:00 Knitting 10:00 Chair Yoga 11:30 Zumba Gold 12:00 Bridge Group 1:00 Table Tennis 1:00 Pilates 1:00 Dominoes	8:00 Power Yoga 8:15 Men's Meeting 8:30 Basketball 10:00 Walk / Rosie 10:00 Men's Group 11:00 Pickleball 11:00 Lively Ladies 1:00 Pickleball 12pm Play Chess 12:00 Violin 1:00 Art Afternoon 1:00 Beginning Mah jong	8:30 Fit Ones 10:00 Cornhole 10:00 Chair Yoga 10:00 Beginners Line Dance 11:00 Seasoned Line Dance 12:30 Pinochle 1:00 Table Tennis 1:00 Band Practice	8:00 Power Yoga 9:00 Quilting 10:00 Dulcimers 10:00 Walk /Rosie 12:30 Hand & Foot 1:00 Piano Lessons

ACTIVITIES

September 2021

Monday	Tuesday	Wednesday	Thursday	Friday
		1 **New trip sign up day** 10:00 Lake County Council on Aging visit 1:00 Greif Support	2 8:30 Hartville Trip 9:15 Polarity	3
6 Center Closed 	7 11:00 Mystery Lunch Trip	8	9 9:00 Dr. Ben Podiatrist 1:00 FYT's Trip 3:30 Franklin Piano	10 8:30 Senior Golf Outing Senior Center Closed
13 8:30 Hartville Trip	14 10:00 Wall Hanging Craft 11:30 Red Hats Fuji Buffet 3:00 Fitwell Training	15 9:15 Polarity 11:00 Captain's Game 1:30 Alzheimer's Support	16 10:30 DeJohn Program 1:30 Memoirs	17
20 1:00 FYT's Trip 1:00 Bingo & Ice Cream	21 1:00 Mary Kay Party Center Closed 12:45-3:15pm Lost Nation Golf Course 6:00 Music Returns	22 Happy B-Day Jayme! 8:15 JKL Amish Trip 10:00 Board Meeting	23 10:00 Card Class 2:00 Food pick-up 3:30 Franklin Piano 6:30 Music Returns	24 9:00 Pickleball Brawl with the YMCA in the Field House
27 9:30 Book Discussion 10:30 Fall Craft	28	29 10:30 Free Craft	30 1:00 Bingo & Ice Cream	

David E. Anderson
Willoughby Senior Center
36939 Ridge Road
Willoughby, OH 44094

Phone .....(440) 951-2832
Web…….willoughbyohio.com

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Dated Material: Must be delivered by the 1st of the month.
SEPTEMBER NEWSLETTER

Or Current Resident

Mailing Label

Mission Statement

"We are a group of caring people, providing a variety of informational, cultural and leisure activities in a positive and helpful atmosphere for those individuals 55 and over."

REFERENCE PHONE NUMBERS

Parks and Recreation 953-4200
Wlby Police (Non-Emergency) 953-4212
Fire Dept.(non-emergency) 953-4343
Willoughby City Hall 951-2800
Willoughby Service Dept. 953-4111
Golf Course 953-4280
LC General Health District 350-2543
Lake County Council on Aging 205-8111
Laketran 942-1300
Social Security 1-800-772-1213
Veterans Concerns 350-2567
Medicare 1-800-687-8877
AARP 1-888-687-8877
Ohio Benefit Bank: (440) 350-2056
www.ohiobenefits.org

Board of Trustees

Thank you volunteers!

Mary Ann Sedlak	President
Nancy Wallace	Vice Pres
Karren Warren	Treasurer
Cheryl Lytle	Secretary

Board Members

Lucy Carter
Don DiSantis
Marietta Santucci

WILLOUGHBY

We are funded:

All programs and activities are provided by the City of Willoughby with some funding from the Lake County Senior Citizen's Services Levy.

David E. Anderson Willoughby Senior Center Staff

Amy Skolny, Center Manager
Becky Sutton, Program Coordinator
Jayme Jirousek, Program Coordinator
Janice Calabrese, Office Staff

Bob Fiala, Mayor
Judean Banker, Director of Parks & Recreation