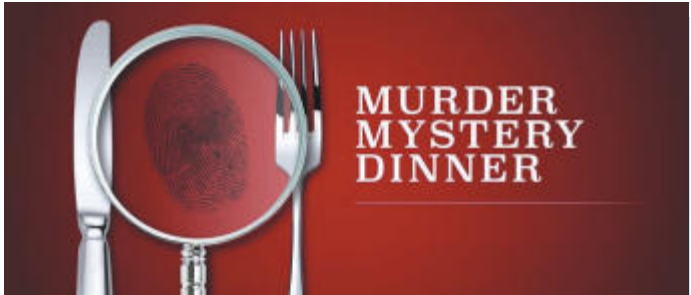




DAVID E. ANDERSON SENIOR CENTER JANUARY/FEBRUARY 2022

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**“Who Done It” Murder Mystery Show & Dinner at the Senior Center
Wed. Feb 9th 5pm \$50 / \$95 couple**

Backstage Productions, Inc. presents:
How Sweet It Is! The Valentine Chocolate Co.
Enjoy this Valentine’s Day themed Murder Mystery show and dinner as it comes to the Willoughby Senior Center. You will be the detectives trying to figure out “Who Done It.”

We ask that everyone arrive by 5pm.
There will be prizes for the best detectives.
The sit down dinner includes: Caesar salad, sliced pork loin, green beans & carrots, with a delicious dessert of mini pastry & cookies.



“Ring in the New Year”

Fri. Jan 21 11:30am \$18

Join us at the Willoughby Senior Center as we “Ring in the New Year.” We will countdown to 12 o'clock noon and toast to a happy, healthy new year. We will play party games, have a light lunch of good luck foods, and talk about our past and present New Year resolutions and traditions.

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

Tuesday and Thursday evening 6-8pm

YEARLY CENTER MEMBERSHIP

Residents: \$12 /Non-Residents \$18

Senior Center & City Hall Closed

Dec 31	New Year’s Eve
Jan 17	Martin Luther King Jr. Day
Feb 21	President’s Day

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

AMY'S CORNER:

Happy New Year! The entire staff, Becky, Jayme, Janice, Jayne, Ryan and I extend the warmest wishes and good health for all in 2022. Read through the newsletter, see how you might be able to get involved. Make new friends. Volunteer. It's our goal that everyone feels welcome and has a smile on their face while here at the Center. Try to reach out to someone in passing and just say hello.

It doesn't cost you anything to be friendly and you might just make someone's day. In a world where you can be anything, be kind. Have a healthy and happy New Year!

Welcome to the new format of a double-month newsletter. In this edition, all of our January and February activities will be listed. Keep up your "New Years resolutions" by starting to walk on the track or join in on a new class. You can try every exercise class once for free.

Membership Price Increase– The price of membership will increase beginning January 1st. Resident dues for one year are \$12 and Non-Willoughby Resident dues are \$18.

As everyone knows the pandemic is not over. We will keep posting in the Center and on our Facebook 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.

Masks are required in the senior center for those not fully vaccinated. Thank you!

AARP Tax Assistance is back for 2021 taxes - please see page 12 for more information.

Check out the city website at www.willoughbyohio.com for the latest news be community involved. Have a great two months and healthy new year. Call with concerns: 951-2832. Amy

Board News

Congratulations to the monthly raffle winners for November:

1st: Sue Schleder (\$115) 2nd: Joanne Bowman (\$70) 3rd: Eloise Bullare (\$45)

Thank you to everyone for continued support of the raffle and good luck next month. Tickets are only \$1 each or \$5 for 6 tickets. The drawing is the last weekday of the month.

We need 2 people a day selling the monthly raffle tickets. If interested, call Lucy Carter at 440-942-1948.

Thank you to everyone who bought tickets for the Holiday raffle baskets. The winners are basket #1 (cash) Eva Pawlak #2 (movies) Jan Moushey #3 (Alescis Italian) Donna Cyphert #4 (coffee, tea) Jay Muntz #5 (pizza) Karren Warren #6 (chocolate) Arlen Sakach #7 (dog) Rene Klein

Please enter your time you volunteer for an event or class or selling raffle tickets in the Volunteer Book. These hours help in our funding from the senior levy.

Helping Hands is a program for active members who may be eligible for financial assistance. The money could be used for many activities. Eligibility is determined based on Federal monetary guidelines.

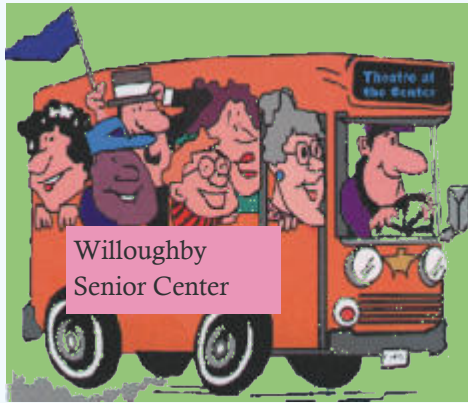
Applications can be found in the information rack in the main hall. Questions? Ask me or Amy.

The Board is selling All Around Coupon Books for \$28. Candy is \$1. Granola/cereal bars are 2 for \$1.

Lynne Newman will be joining the board, welcome. Cheryl and I will remain on the board. This is for a 2-year-term.

I would like to thank Lucy Carter for serving on the Board of Directors for many years. She always supported the work of the board and it was greatly appreciated.

Happy New Year!!!!!! Wishing everyone a safe and healthy new year. Mary Ann



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 the correct trip. We can also email receipts.
- Please let the Center know of special considerations/accommodations at the time of sign up. This includes, but not limited to: 1) special diet 2) using a walker/wheelchair 3) seating arrangements 4) front seat on the bus.
 - ◊ Requests for front seating on the bus are reserved for those with physical challenges and one trip partner. Please indicate at the time of registration. You must be able to climb three bus steps on your own.
- If you rely on a wheelchair, we may be able to accommodate you if the second bus, with a wheelchair lift, is going.
 - ◊ You must provide your own able-bodied caregiver. The caregiver does not have to be a center member, nor be 55 years of age or older.
- Masks are **required** on senior center trips while traveling on the bus.
- Please arrive at departure location 10 minutes prior to depart time.
- **All trip meals and itineraries are subject to change.**
 - ◊ Return times are estimates due to weather and traffic. Please keep that in consideration when making other plans for after a trip. The drivers' top concern is safety.
- 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.
- Please be respectful of others when having phone conversations on the bus.
- Seats are not assigned. We rotate which side gets off the bus throughout the trip.
- Guests of the Senior Center are welcome to one trip a year, then we ask that they become members.
- For overnight trips, please educate yourself on what you are purchasing for your trip.
- **Cancellations:** All trip cancellation refunds/credits are at the discretion of the center manager.
 - ◊ Theatre tickets, admission tickets, lunch orders, and fees are typically paid 3 weeks prior to trip.
 - ◊ If you must to cancel, we will do our best to accommodate your request.

Travel with the Willoughby Senior Center in 2022

<u>Mayflower Tours Presents:</u> Charleston SC, Savannah GA, & Jekyll Island GA	May 20-26
<u>New Man Tours Presents:</u> Rising Star Casino, Rising Sun, IN	June 7-9
<u>Premier Tour and Travel Presents:</u> Vermont in the Fall	Sept. 15-19 * dates pending
<u>White Star Tours Presents:</u> Christmas Time in the Smokies TN	Nov. 28-Dec. 1
<u>Mayflower Tours Presents in 2023:</u> Tulip Time on Jewels of the Rhine, Europe	April 12-22, 2023

Mayflower Cruises & Tours: Charleston, Savannah, and Jekyll Island**May 20-26****\$3,369/double \$4,478/single** (\$200pp deposit) - Flyer available at the center

Day 1 & 2 - Charleston, SC. See Old Market & Exchange and famous "Battery at the Harbor." Tour the Boone Hall Plantation. Day 3 & 4 - Jekyll Island. A stop in Beaufort. Tram tour of Jekyll Island's National Landmark Historic District, visit St. Simons, see St. Simons lighthouse and Bloody Marsh. Day 5 & 6 - Savannah, GA. Travel to Savannah. Narrated trolley tour. Visit Tybee Island.

Day 7 - return home Includes 11 meals: 6 breakfasts, 1 lunch, 4 dinners

New Man Tours: Rising Star Casino & Resort, Rising Sun IN**June 7-9****\$261/double \$350/single** (\$50pp deposit) - Final payment due May 1st

Checks only. Checks MUST be made out to "New Man Tours"

Receive the star treatment! The casino features 1,000 of the most popular slot machines, plus a wide variety of your favorite table games. Casino Bonus: \$10 slot play, 2 breakfasts, \$5 per day for food
 Trip includes: Round trip chartered coach, two nights lodging at Rising Star Casino, driver gratuity and tax. The casino bonus is offered by the casino and subject to change at any time for any reason by the casino. Due to COVID changes, additional casino stops & bonuses may become available on this trip.

Mayflower Cruises & Tours: Tulip Time on Jewels of the Rhine Europe**April 12-22, 2023****\$5,374/double \$9,083/single** - prices vary depending on room - Flyer available at the center

Enjoy a relaxing and inspiring cruise on the Romantic Rhine, Europe's longest river. Travel onboard a luxurious river ship, during tulip time, visiting iconic ports of call, sampling incredible cuisine, and absorbing the local culture. This 11 day trip includes 23 meals: 9 breakfasts, 6 lunches, and 8 dinners. Two-night hotel stay and touring in Lucerne. Seven-nights in a suite or stateroom of your choice onboard the river ship. There will be many shore excursions and you will explore the magnificent Keukenhof Gardens. You travel through Switzerland, France, Germany, and the Netherlands. Visit the senior center to get a detailed brochure of all of the inclusions for the trip. Trip insurance available. Passport required.

Monthly Mystery Lunches**Tues. January 18** (Sign up begins Jan. 3)**Tues. February 22** (Sign up begins Jan. 3)

Depart upper lot at 11am, return about 2pm. Pre-pay \$7/Wlby Resident \$5 or until sold out.

Enjoy the ride to this mystery lunch location where you will pay on your own. Celebrate Cinco de Mayo in January, as we enjoy this spicy mystery lunch. February's mystery lunch will be a mix between breakfast & lunch. *Locations subject change without notice*

**MGM Northfield Park Casino****Fri. January 28** (Sign up begins Jan. 3)

Depart upper lot at 9am, return about 4pm. Pre-pay \$7/Wlby Resident \$5 or until sold out.

Travel with us about 30 minutes to Northfield for a day of gambling. Northfield is offering a \$20 bonus play incentive per person. TAP Sports Bar is open for lunch, on your own. The buffet is closed, at the time of print. All offers and incentives are subject to change at any time for any reason by the casino.

PLAYHOUSE SQUARE Presents:

Jesus Christ Superstar **Wed. February 16** (Sign up begins Jan. 3)

Depart upper lot at 6:15pm, return about 10pm. Pre-pay \$65/Wlby Resident \$63 by Feb. 1 or until sold out. *Jesus Christ Superstar* is an iconic musical phenomenon with a world-wide fan base. In celebration of its 50th Anniversary, a new mesmerizing production comes to North America. Appealing to both theater audiences and concert music fans, this production pays tribute to the historic 1971 Billboard Album of the Year while creating a modern, theatrical world that is uniquely fresh and inspiring.

Pretty Woman **Wed. March 9** (Sign up begins Jan. 3)

Depart upper lot at 6:15pm, return about 10pm. Pre-pay \$65/Wlby Resident \$63 by Feb. 25 or until sold out. *Pretty Woman: The Musical* springs to life with a powerhouse creative team led by two-time Tony Award®-winning director and choreographer Jerry Mitchell. Brought to the stage by lead producer Paula Wagner. Are you ready to fall in love all over again?

Refunds will be through wait list, if available. **You must show your photo ID AND vaccination card. Or your photo ID AND negative covid test. You MUST wear a mask.**

IX Center Great Big Home and Garden Show

Tues. February 15 (Sign up begins Jan. 3)

Depart upper lot at 9:30am, return about 4pm. Pre-pay \$17/Wlby Res. \$15
Renew, Refresh and Restore your home at the Great Big Home & Garden Show. Everything that you need to turn your home and garden dreams into reality can be found under one roof. Explore more than 600 exhibits. A lot of walking at your own pace—bring money or pack a lunch.

Trinity Cathedral BrownBag Concert Series

Depart upper lot at 11:15am, return about 3pm. Pre-pay \$7/Wlby Resident \$5 or until sold out.

The BrownBag Concert Series at Trinity Cathedral is BACK! The concerts begin at 12 noon. Due to Covid, there will be no eating or drinking in the cathedral.

Wed. February 23 - CIM Guitar Studio - Students from the Cleveland Institute of Music Guitar Studio, one of the world's finest programs of classical guitar studies (Sign up begins Jan. 3)

Wed. March 23 - Lotus Trio - Music for violin, cello, and piano featuring music of Mendelssohn, Brahms, Dvorak, and Piazzolla (Sign up begins Jan. 3)

Wed. April 6 - Franck Celebration - A 200th birthday celebration of the French composer Cesar Franck, featuring solo and chamber works for organ, voice, piano and strings (Sign up begins Jan. 3)

JACK Thisledown Racino

Fri. February 25 (Sign up begins Jan. 3)

Depart upper lot at 9am, return about 4pm. Pre-pay \$7/Wlby Resident \$5 or until sold out.

Travel with us about 30 minutes to North Randell for a day of gambling. At the time of print, JACK Thisledown is not offering any incentive play. Nonna Pazza and American Burger Bar are both open for lunch, on your own.

All offers and incentives are subject to change at any time for any reason by the casino.

Special Events

Pastries & Planning

Thurs. Jan 6 10:30am 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.

“Victim’s Assistance”

**Presented by Susan Hodali and Kathy Fellows
from the Willoughby Police Dept.**

Tues. Jan 11 1:30pm Community Room

Refreshments will be served. Find out the details and how you may need the services of the Victims Assistance program. They cover more topics than you might think. Sign up by Jan. 5.

Trivia and Hot Chocolate

Thurs. Jan 13 1pm Community Room

Join Jessica Achter from Promedica for a fun afternoon of Trivia. Snacks will be provided.

This program is free, must pre-register by Wednesday, January 12.

Real Estate Downsizing

Tues. Jan 25 1:30pm Room 3

Presented by Susan Hodali ~ Caldwell Banker
Are you a “Senior in transition,” looking to downsize, “re-size” or transition to a new lifestyle? Susan from the Coldwell Banker Schmidt Realty Company has a comprehensive menu of offerings to help.

**Financial Assistance Programs - Lake County
Michael Zuren, PhD - Lake County Treasurer**

Wed. Jan 26 11am Room 1

Michael is coming to the center to talk about financial assistance programs for seniors. This includes Ohio Homestead Exemption, programs for veterans, help with water and sewer bills, home maintenance and repair program for seniors, and COVID-19 assistance. Please pre-register by Wed. Jan 19.

LUNCH-N-LEARN Program

Thursday, February 3

11:30am Community Room

“Inn at the Pines” will be hosting a lunch and learn for our seniors. The Culinary Director from **Inn at the Pines** will be making a delicious meal for everyone to taste. Greg Iacofano will be speaking on topics surrounding assisted living, memory care, and independent living.

Must pre-register by Thurs. Jan 27.



Valentines Day Candy Bar

Monday, February 14

11am-2pm Main Hall

* While Supplies Last

Knife/Scissor Sharpening

AJ from Bob’s Sharpening

Wednesday, February 23 10am-1pm

You will be able to have your knives or scissors sharpened on site.

Knives 3” or less \$3.00

Knives 4” or longer \$5.00 - Scissors \$7.00

Cash or check only. Please call to sign up and let us know how many items you will be bringing.

St. Patrick’s Day Party

Thursday, March 17 11:30am

Sign Up begins Jan 3

Everyone’s Irish on St. Patrick’s Day! Grab some green garb and sharpen up your blarney to join in on this annual favorite. Lunch will be corned beef sandwich, coleslaw, potato chips, dessert and beverage.

Golf Meeting

Tues. March 22 9am

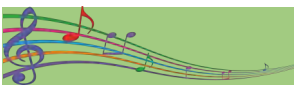
Meet your fellow golfers and get the golf schedule for the season.



<p>Walk with Rosie Leader: Rosie Wasik Class fee: \$3 per month No Class Jan 17 & Feb 21 Great Music & Happy Faces! The music comes bouncing down the hall as these ladies and gentlemen walk their way to good health. Our leader, Rosie, will be walking with you and keeping you motivated as 2022 marches on. Thank you Rosie!! This group enjoys coffee, desserts and lunches through the month.</p>	<p>Mondays, Wednesdays, Fridays 10am</p>	<p>Rooms 3-5</p>
<p>Pilates Instructor: Diane Corbett, Certified Pilates Instructor Class fee: \$24.50/\$22.50 Willoughby resident per month 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.</p>	<p>Tuesdays 1pm</p>	<p>Wellness Room</p>
<p>Classic Chair Yoga Instructor: Melissa Pierce, 500HR RYT. Class fee: \$32.25 / \$30.25 Willoughby resident per month 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.</p>	<p>Tuesdays 10am</p>	<p>Wellness Room</p>
<p>Traditional Chair Yoga Instructor: Melissa Pierce, 500HR RYT. Class fee: \$32.25 / \$30.25 Willoughby resident per month 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.</p>	<p>Thursdays 10am</p>	<p>Wellness Room</p>
<p>Reiki Instructor: Marla Katz Class fee: \$19/\$17 Willoughby resident per 20 minute session 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.</p>	<p>Fridays, Jan. 21 & Feb. 18 FREE demo Friday, January 14</p>	<p>Wellness Room 12:30 pm-Please pre-register Appt. offered at 12:30, 1pm and 1:30pm</p>



Tai Chi For Health	Wednesdays	9am	Wellness Rm
Instructor: Denise Moelsch, Certified Instructor for Arthritis, Diabetes, Energy, Seated Tai Chi			
Class fee: \$27.75/\$25.75 Willoughby resident			
Tai chi for health and arthritis is internationally recognized by medical professionals and organizations. It is highly relaxing and shown to improve balance, flexibility and pain reduction. Tai Chi has been described as meditation in motion. Join our certified instructor in this gentle and flowing exercise. No special equipment, just comfortable clothes and tennis shoes. It can be practiced seated or standing. Limit 12. Try once for free!			
Fit Ones Stretch	Tuesdays & Thursdays	8:30am	Room 3
Volunteer Leader: Laura Oster			
Class fee: \$3 per month		Try once for free!	
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			
Class fee Jan: \$24.50/\$22.50 Willoughby resident		Center is closed Monday, January 17th	
Class fee Feb: \$18.50/\$16.50 Willoughby resident		Center is closed Monday, February 21st	
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! Try once for free!			
Zumba Gold	Tuesdays	11:30am	Wellness Room
Instructor: Veronica Gallo, Certified Zumba Instructor			
Class fee: \$24.50/\$22.50 Willoughby resident per month		Try once for free!	
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.			
Beginners Yoga	Tuesdays	4pm	Wellness Room
Instructor: Melissa Pierce, 500HR RYT			
Class fee \$32.25/\$30.25 Willoughby resident		Try once for free!	
Beginner's Yoga is for everyone including students with limited mobility. The basic poses will be taught with a focus on increasing strength and flexibility. This is a fun, low impact workout.			
The <u>WALKING TRACK</u> is available for members of the senior center.			
Monday – Friday 8am - 4pm		Lap Counters available for \$5	
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 may not be open during school year. Please put a tally mark in the binder by the door when you walk for levy counting purposes. Thanks!			



MUSIC AND MORE!

Fun with Guitar **Mondays** **Library**

\$17 Resident, \$19 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 and pre-pay.



Dulcimers **Fridays** **Social Room**

Taking off for the winter.

Will return in Spring!

Coordinator: Shirley Johnson

Stop in to start playing.



Piano Lessons **Fridays**

Community Rm No class Jan 14

Instructor: Laura Lucas, MT-BC

1-3pm 1/2 hour lessons

\$24 resident, \$26 non-resident per session.

No prior music skill required.

Instructor is requesting students wear a mask.

Must pre-register



Violin lessons **Wednesdays**

Instructor: Phyllis Weber

1 hour Lessons 1-5pm

\$12 Resident/\$16 Non-Resident per month. Must pre-register



Senior Evening Music Programs

NEW: You must be a member to attend!

Tuesday Night: Country~ Bluegrass ~Gospel

6-8pm

Coffee & Tea Provided, No Snacks Permitted

Thursday Night: Easy Listening & Dance

6:30-8:30pm Coffee & Tea and Desserts

Any questions call Joe P. @ 440-221-2934.



Dee's Country Kickers
Line Dance Classes

\$ 24 Residents/ \$26 Non-Res.

\$28 Non Members

January 27—March 10— 7 Week Session

True Beginners Class

Thursdays 10 –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.

Seasoned Beginners (Intermediates) Class

Thursdays 11–11:50am

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!

Forever Young Tappers Group

Mon. 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

For more info contact Ruth Nevins @ 954-9994.

The Goldenotes Band **Mondays** **Social Room**

Coordinator: Lois Leland 9-11 am

We are looking for substitutes to join our band. Music provided. Everyone welcome to come in and sit and listen to rehearsals.

Soft Jazz on the Piano with Franklin

Find fellow member, Franklin, in the Social room.

Mondays - 2-3pm

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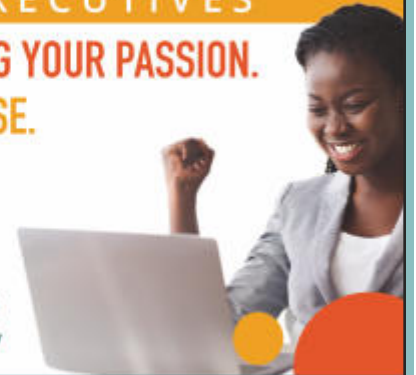
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*See office for details.

health markets

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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!



Ohio Living
Breckenridge Village

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www.vnaohio.org



Research Volunteers Needed

Researchers at MetroHealth Medical Center are seeking volunteers for various rehabilitation research studies. Studies are being conducted for **individuals with shoulder pain and stroke survivors who suffer from arm/hand muscle weakness and/or shoulder pain**. Transportation or compensation may be provided. These studies are funded by the National Institutes of Health. For details about specific studies, please contact the MetroHealth researchers by calling **216-778-5347**.

MetroHealth Rehabilitation Institute was named #1 in Ohio by US News & World Report for the care of patients recovering from complex conditions.



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AARP TAX ASSISTANCE FOR 2021 TAXES

MASKS and APPOINTMENTS ARE REQUIRED - NO MASK = NO APPOINTMENT

- AARP will be here to help low to moderate income tax payers, especially those 60 and older.
- Mondays, from Feb. 7 through April 11. Registration begins on Mon. January 3rd at 8am.
- No appointments on Mon. Feb. 21 in recognition of Presidents Day.
- **Requirements:**
 - ◊ Pick up your pre-appointment packet and complete prior to attending your appointment.
 - ◊ Spouses need **one** appointment and must both attend appointment.
- **Essentials to bring:**
 - ◊ Government issued photo ID, SS cards, copy of 2019 & 2020 returns, income documents, brokerage statements, healthcare forms. SS card of any dependents.
 - ◊ Mortgage interest, medical/dental expenses, charitable donations, sales, income or property taxes. Records of federal and state income taxes paid, checking and savings account info for direct deposit or direct debit of balance due. Cell phone.
 - ◊ Any recent IRS or state tax department correspondence, including the total amount received for the economic impact “stimulus” payments.

DISCOVER YOUR ARTISTIC SIDE

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.



Decorative Heart Sign

Instructors: Nancy Wallace and JoAnn Carr

Thurs, Feb 8 10:30am Craft Rm

\$10 residents / \$12 non-residents

Celebrate Valentine's Day with this easy to make sign. Make it for someone you LOVE.

Limited to 10 participants

Sign-ups begin Jan. 3



Craft Groups in the Craft Rm

Mondays 9-11am Crochet

Tuesdays 10-12pm Knitterbugs

3rd Wednesday of every month
9:30am-12:30pm Fabric Painting

Fridays 9-11am Quilting

If you enjoy these activities and would like to socialize with others who enjoy it also, these groups are for you. These are not instructional classes, everyone works independently.

Loss Support Group

1st Wednesday of every month

Jan. 5, Feb. 2, March 2 at 1:00pm 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 –Jan. 19, Feb. 16

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



Connect with the Council on Aging

1st Wednesday of every month 10:30-11:30am

Jan. 5, Feb. 2, March 2

Main Hall No Sign Up

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

programs, services, and resources available to you.



Simply Virtual Medicare Advisors of Ohio

Presents: Free Computer Help Days!

The First Thursday of the month at 10am-12pm

Bring your device! First Come, First Served
Need help with your smartphone-tablet-laptop?
2 Virtual Navigators from Simply Virtual will be on site to provide you help.

Thursday, Jan 6, Feb 3, March 3

Polarity Therapy Provider: Tim Polak

Thursday, Jan. 13 & 27 Feb. 10 & 24

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. Jan.13 & Feb. 10

Cost: \$29/WIby. Resident \$27

Sign-up begins Jan 13 for February and February 10th for March 10.

Please call 440-951-2832 to schedule.

You must pay when you schedule your appointment.

Private pay only.

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



Blood Pressure Clinic
3rd Thursday of every month
10 am-11 am Main Hall
Presented by Promedica
Jan. 20, Feb. 17, March 17

Euchre

2nd Monday of every month
 Beginning January 10
 2 pm-3pm
 Room 2

Join Olivia Roberts from Life Stance Health for a fun afternoon of learning and playing Euchre. Olivia will help beginners and will bring snacks.

Tuesday Night Music 6-8pm
Please Join Us this Winter!



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



Mahjong

Mondays 10am-12pm Rm 2

Dominoes

Tuesdays 1pm-4pm Room 2

Rummikub

Wednesdays 11am-1pm Rm 2

Beginners Mahjong

Wednesdays 1pm-3pm Billiards

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.

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



Billiard's/Dart Room

Monday-Friday 9am-3pm

Closed Wed. 12-3pm for Mah Jong
 Please wipe down pool cues when finished.

You can sign out darts from the front desk.

Free Fresh Produce

Willoughby Senior Center
Thursday, January 27 & Feb. 24
2:00 PM while supplies last
No Line before 1:30 PM

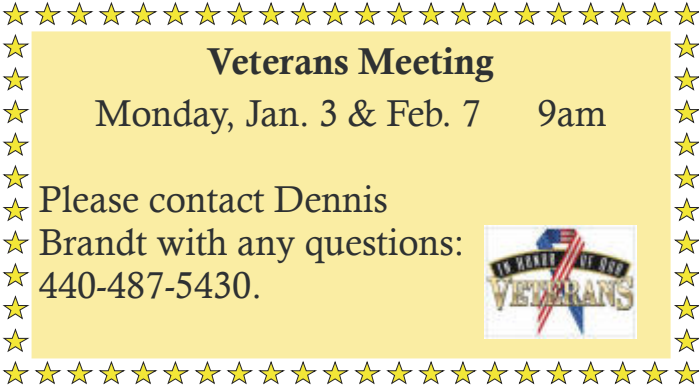
Call the **Willoughby Senior Center**
 at 951-2832 to pre-register.

This does not guarantee you a box of food.
 First come/served. Greater Cleveland Food bank.

Veterans Meeting

Monday, Jan. 3 & Feb. 7 9am

Please contact Dennis
 Brandt with any questions:
 440-487-5430.



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



Lively Ladies 11:00am

Every Wednesday after Walking w/Rosie 11am
 Join Rosie and her walking group for some fun and conversation. Coffee and dessert is served.

Book Discussion Group

Monday, Jan 31 & Feb. 28 10:00am

Meet in Craft Room during tax season
 Jan. 31: *The Only Woman in the Room*
 by Marie Benedict

Feb. 28: *The Four Winds* by Kristin Hannah

Books are provided by the W/E Public Library, some large print. Thank you Michelle Hudson, W/E Libraries as our book discussion facilitator. Please note that the books are due back on the next scheduled program date.



Ugly Sweater Bingo Party

Monday, Jan. 10 12pm Rms 3-5

\$7 Sign up by Jan. 5 so we are prepared.

We found an "Ugly Sweater" themed bingo card online. Let's give this a whirl. If you wear an ugly sweater, please feel free to let us know you consider it ugly — we don't want to offend anyone's taste or style. The "ugliest" sweater will get a prize. We'll serve a sloppy joe hot lunch with chips and pickles to start, then get into the bingo fun.



Blizzard Bingo w/ Easy Lunch

Wed. Jan. 26	12pm	Cost \$8
Mon. Feb. 7	12pm	Cost \$8
Fri. Feb. 18	12pm	Cost \$8

Join us for a fun afternoon of Bingo and a hot lunch. Lunch choices of hot sloppy joes, hot dogs or sandwiches. Sides to vary. Call that week to find out what lunch will be. Or bring own lunch and pay \$5 to play. Pre-register 2 days prior or until sold out.

Memoirs Writing Group and DeJohn Funeral Homes present a Writing Workshop

1:30 pm

THURSDAY, JAN 20 & FEB 17 ROOM 1

Everyone has a story. Come learn how to turn your unique life story into a treasured memory for your family and friends. Please pre-register



Fit Well Room News

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

The Fit Well Room is now free for 2022!

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

Hours:

Monday ~ Friday 8am-4:00 pm.

Tues. & Thurs. Evening Hours 6-8pm.

Sign in on the podium for levy tracking. Helps to show usage for requesting to purchase fitness equipment. Thanks!

Table Tennis

Tues. & Thurs. 1-4 pm Field House

Must be a current member to play with this group.

Monthly fee is \$3.00



Men's Basketball

Mondays/Wednesdays/Fridays
8:30 am-10:30 am Field House

Monthly fee is \$3.00



Cornhole

- * Tuesdays/Thursdays
- * 10am-12 pm
- * Field House Court 4
- * Everyone welcome!
- * Monthly fee is \$3.00



Senior Center Pickleball

Must be a Senior Center member

Mon. - Wed.- Fri.

Time Slots: 10:45-12:15pm

12:25-1:55pm

2:05pm-3:35pm

Tuesdays:

Time Slot 8:15-9:30am

Sign-ups started Dec. 20 for January play

January 18 for February play

February 15 for March play

Fee \$4.00/\$2.00 Willoughby Resident per time slot

No Refunds

- 18 people max per time slot

Register online at:

willoughbyseniorcenter.activityreg.com

Or call 440-951-2832



Shuffleboard

Thursdays 8:30-9:45am

Back by request, the gym will be solely open to the shuffleboard players, no one playing on basketball court. Everyone welcome! Equipment Provided. Monthly fee is \$3

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.



**Hey,
Foxy
Lady!**



We had a wonderful time at our Christmas Party. Thank you to all who helped ~ Karen for taking pictures, Noreen for helping us, Joanne and Janice for making our favors, and all who came to the party. Hope you had a safe and happy holiday season. We are looking forward to seeing you at Panini's and the Reunion Tea.

Have a Happy New Year!

Katie-Sue-Ellen-Janice-Joanne-Juliean-
Marge-Marilyn-Merle

Red Foxes Membership

New or Renewing Membership

Dues this year (2022) will be \$5. Our membership goes from January to January. If you paid the \$5 in Nvoember or December 2021, your membership will carry over until January 2023. You may join or renew anytime by stopping at the front desk or paying at a Red Hat event. Make check payable to Willoughby Senior Center
New members may join anytime.

Panini's in Willoughby

Monday, Jan. 17

Meet at Panini's

11:30am

Sign up Dec. 1-Jan. 12

Located on Euclid Ave in Willoughby. Join us for lunch- lot of selections. Order off the menu- pay on your own. Wear your red and purple fun clothes. We'll have a great time visiting and ringing in the New Year! See you there.

Have a Heart Reunion Tea

(at the Senior Center)

Friday, Feb. 11 \$15

Door open at 11am

Sign up now until Feb. 4

19th Year Reunion!

Lunch will be served at 12noon. Decorate your hat with hearts. There will be a money raffle, basket- raffle, door prizes and more.

Entertainment will be by Greg Piscura.

Sign up in tables of 7. Please indicate your choice of chicken salad, tuna salad, egg salad on a yummy croissant. Put on your red and purple party clothes and get ready for fun.

Good Friends-Good Food-Good Times

Meet & Greet "Angels in Red Hats"

Saturday, March 12

Diamond Event Center, Brunswick

Bus departs upper lot 10:15am, return about 4pm

\$34 Sign up now until Jan. 20

The Red Mums Royal Jesters Red Hat group has invited our Red Foxes to their Meet & Greet "Angels in Red Hats" event.

Vendor shopping, entertainment by the Singing Angels, good food, raffle baskets, 50/50 drawing and more. Wear your red and purple outfit with a red hat and let's party with other Red Hat groups.

Red Foxes at Auburn Career Center

Thurs. March 31

\$5

Sign up Feb. 1-March 23

Bus departs upper lot at 11:15am. Enjoy a delicious lunch prepared and served by the high school students. Order off the menu- pay on your own. Wear your Red Hat clothes and get ready for a fun time.


Return about 3pm.


Red Hat Save the Date



Tues. April 26 Miss Molly's Tea Room and more. \$25 Sign up March 1st.

Weekly Activities

Monday	Tuesday	Wednesday	Thursday	Friday
8:00 Power Yoga 8:30 Basketball 9:00 Pound 9:00 Goldenotes 9:00 Guitar 9:00 Crochet 10:00 Walk /Rosie 10:00 Mah Jong 10:15 FYT Tappers 10:45 Pickleball 12:30 Hand & Foot 12:25 Pickleball 2:05 Pickleball	8:15 Pickleball 8:30 Fit Ones 10:00 Cornhole 10:00 Knitting 10:00 Chair Yoga 11:30 Zumba Gold 12:00 Bridge 1:00 Table Tennis 1:00 Pilates 1:00 Dominoes 4:00 Beginners Yoga 6:00 Music	8:00 Power Yoga 8:15 Men's Meeting 8:30 Basketball 9am Tai Chi 10:00 Walk / Rosie 10:00 Men's Group 10:45 Pickleball 11:00 Rummikub 11:00 Lively Ladies 12:25 Pickleball 12:00 Chess 12:00 Violin 1:00 Art Afternoon 1:00 Begin Mah jong 2:05 Pickleball	8:30 Fit Ones 8:30 Shuffleboard 10:00 Cornhole 10:00 Chair Yoga 10:00 Beginners Line Dance 11:00 Seasoned Line Dance 12:30 Pinochle 1:00 Table Tennis 6:30 Music	8:00 Power Yoga 8:30 Basketball 9:00 Quilting 10:00 Dulcimers 10:00 Walk /Rosie 10:45 Pickleball 12:30 Hand & Foot 12:25 Pickleball 1:00 Piano Lessons 2:05 Pickleball <div style="text-align: right;">  </div>

January 2022				
Monday	Tuesday	Wednesday	Thursday	Friday
3 9:00 Veterans Mtg 2:00 Soft Jazz - Franklin	4	5 10:30 Council on Aging 1:00 Loss Support	6 10:00 Computer Help 10:30 Pastries & Plan	7
10 12:00 Ugly Sweater Bingo Party 2:00 Euchre 2:00 Soft Jazz - Franklin	11 1:30 Victim's Assistance Program	12 10:00 Board Meeting	13 9:00 Dr. Ben Podiatrist 9:15 Polarity 1:00 Hot Choc./Trivia	14 12:30 Free Reiki Demo
17 Center Closed Red Hats to Panini's 	18 11:00 Mystery Lunch	19 9:30 Fabric Painting 1:30 Alz. Support	20 10-11 BP Clinic 1:30 Memoirs Writing	21 11:30 Ring in the New Year Party 12:30 Reiki w/ Marla
24 2:00 Soft Jazz - Franklin	25 1:30 Downsizing Program	26 11:00 Financial Assistance Programs 12:00 Blizzard Bingo	27 9:15 Polarity 2:00 Food pick-up	28 9:00 MGM Northfield Casino Trip
31 10:00 Book Club 2:00 Soft Jazz - Franklin				

Weekly Activities

Monday	Tuesday	Wednesday	Thursday	Friday
8:00 Power Yoga 8:30 Basketball 9:00 Pound 9:00 Goldenotes 9:00 Guitar 9:00 Crochet 10:00 Walk /Rosie 10:00 Mah Jong 10:15 FYT Tappers 10:45 Pickleball 12:30 Hand & Foot 12:25 Pickleball 2:05 Pickleball	8:15 Pickleball 8:30 Fit Ones 10:00 Cornhole 10:00 Knitting 10:00 Chair Yoga 11:30 Zumba Gold 12:00 Bridge 1:00 Table Tennis 1:00 Pilates 1:00 Dominoes 4:00 Beginners Yoga 6:00 Music	8:00 Power Yoga 8:15 Men's Meeting 8:30 Basketball 9:00 Tai Chi 10:00 Walk / Rosie 10:00 Men's Group 10:45 Pickleball 11:00 Rummikub 11:00 Lively Ladies 12:25 Pickleball 12:00 Chess 12:00 Violin 1:00 Art Afternoon 1:00 Begin Mah jong 2:05 Pickleball	8:30 Fit Ones 8:30 Shuffleboard 10:00 Cornhole 10:00 Chair Yoga 10:00 Beginners Line Dance 11:00 Seasoned Line Dance 12:30 Pinochle 1:00 Table Tennis 6:30 Music	8:00 Power Yoga 8:30 Basketball 9:00 Quilting 10:00 Dulcimers 10:00 Walk /Rosie 10:45 Pickleball 12:30 Hand & Foot 12:25 Pickleball 1:00 Piano Lessons 2:05 Pickleball



February 2022

Monday	Tuesday	Wednesday	Thursday	Friday
	1	2 10:30 Council on Aging 1:00 Loss Support 	3 10:00 Computer help 11:30 Lunch-N-Learn	4
7 9:00 Taxes 9:00 Veterans Mtg 12:00 Blizzard Bingo 2:00 Soft Jazz - Franklin	8 10:30 HeartCraft Class	9 5:00 Murder Mystery Show & Dinner	10 9:00 Dr. Ben Podiatrist 9:15 Polarity	11 11:00 Red Hat Tea
14 9:00 Taxes 11-2 Candy Bar 2:00 Euchre 2:00 Soft Jazz - Franklin	15 9:30 Home & Garden Show at IX Center	16 9:30 Fabric Painting 1:30 Alz. Support 6:15 Jesus Christ Superstar	17 10-11 BP Clinic 1:30 Memoirs Group	18 12:00 Blizzard Bingo 12:30 Reiki w/ Marla
21 Center Closed 	22 11:00 Mystery Lunch	23 10-1 Knife/Scissor Sharpening 11:15 Trinity Cathedral	24 9:15 Polarity 2:00 Food pick-up	25 9:00 Jack Thistledown Casino Trip
28 9:00 Taxes 10:00 Book Club 2:00 Soft Jazz - Franklin				

