



DAVID E. ANDERSON SENIOR CENTER **MARCH/APRIL 2022**

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



Senior Center & City Hall Closed
Feb 21 Presidents' Day
April 15 Good Friday
May 30 Memorial Day

St. Patrick's Day Party
Thurs. March 17 11:30am \$18
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 catered by Normandy Catering-hot, sliced corned beef, cabbage, cooked in butter carrots, dinner roll, coffee, tea and dessert. Please sign up by March 10 in tables of 6. If you sign up on line be sure to call to be placed at a table. Raffle basket, door prizes and entertainment too !

SPRING HOURS MARCH THROUGH MAY
Monday ~ Thursday 8:00am to 8:00pm
Friday 8:00am to 4:30pm
*The Fitness Center, Library & the Track will be open during our evening Spring hours.
Saturday 9:00am to 12:00pm - March only
INFO CENTER HOURS
Monday ~ Friday 8:00am to 4:15pm
YEARLY CENTER MEMBERSHIP
Residents: \$12 /Non-Residents \$18

Cleveland Guardians Opening Day Party
Thurs. March 31 12:00pm \$15
Get into the baseball spirit by joining us for the Cleveland Guardians Opening Day Party. Wear your Guardians / Indians gear. We will have a full hot dog bar, dessert and drinks for lunch. Enjoy a Cleveland Baseball Presentation by Marty Gitlin. Purchase your tickets for the Guardians raffle basket.

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AMY'S CORNER: WELCOME SPRING! SPRING YOUR CLOCK FORWARD MARCH 13

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!

Check out the city website at www.willoughbyohio.com for the latest news and to be involved in the community. Have a great two months and healthy new year. Call with concerns: 951-2832. Amy
Read the latest newsletter online from this website as well or search Willoughby senior center newsletter.

Board News

Congratulations to the monthly raffle winners for December:

1st: Eloise Bullard (\$59) 2nd: Larry Huston (\$35) 3rd: Robin Cray (\$23)

Congratulations to the monthly raffle winners for January:

1st: Stanley Grk (\$90) 2nd: Gloria Vitello (\$55) 3rd: Marilyn Vargo (\$36)

Thank you to everyone for continued support of the raffle and good luck next month.

There is a raffle for a St. Patrick's Day basket. If you're not coming to the lunch on March 17, you can purchase tickets at the front desk. Look for the basket on display in the main hall display case.

Hopefully baseball will be played at some point this year, so we will be raffling off a Cleveland Guardians raffle basket to be drawn at March 31 party. Look for it in the case, tix at the front desk.

I would like to see at least 2 people a day selling those monthly money raffle tickets. Then, if one couldn't be there, the other person could sell tickets. Or the 2 people could work out a schedule which week they will work. If you're interested, call Lucy Carter at 440-942-1948.

Helping Hands is a program for active members of the senior center who may be eligible for financial assistance. The money could be used for activities, events, etc. Applications can be found in the brochure that is located on the information rack found by the bulletin board in the main hall. All information is kept confidential. Only Amy reviews the applications.

Hopefully spring is just around the corner with warmer weather. Till next time..... Mary Ann

Willoughby Parks & Recreation News



Senior Water Fitness

Jump in the Water and Move! Join this older adult active water exercise program.

Monday and Wednesday mornings will be with instructor, Cheryl Lytle, Tuesday and Thursday mornings will be on your own. Work at your ability level on all dates.

Register for this class at the Parks and Recreation office or online beginning March 21st.

Ages: 55 & older. Euclid Avenue Pool.

Monday - Thursday, starting June 1 through July 28

Time: 8:45 - 9:45am

Class Fee: \$39/Wlby resident \$34 - pool pass must also be purchased



2022 Pool Pass - Senior Pricing

Willoughby Resident - March 21 - April 30- \$25. After April 30th - \$36 Non-Resident - \$125

You must have your photo ID and a current utility bill showing your name/address to get this rate.

*At the time of print, we did not have information about subsidies from the communities of Willoughby Hills or Kirtland. Please look in the May newsletter for that information.

Pool Passes are sold at Willoughby Parks & Rec at City Hall.



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 5) If you get dropped off by Laketran down at the Center, you'll need to be picked up by our driver.
 - ◊ 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 if you are cognitively or physically in need of assistance. 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. No coffee.
 - ◊ Please clean up after yourself. Don't leave your garbage on the bus.
- Please be respectful of others when having phone conversations.
- 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> West Virginia Railroads	Fall
<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) - Final payment due March 18 Day 1 & 2 - Charleston, SC. Day 3 & 4 - Jekyll Island. Day 5 & 6 - Savannah, GA. Travel to Savannah. Day 7 - return home. Includes 11 meals: 6 breakfasts, 1 lunch, 4 dinners - Flyer available at center	
New Man Tours: Rising Star Casino & Resort, Rising Sun IN	see Jayme for details June 7-9
\$261/double \$350/single (\$50pp deposit) - Final payment due May 1 Checks only. Checks MUST be made out to "New Man Tours" The casino features 1,000 of the most popular slot machines, plus a variety of table games. Casino Bonus: \$10 slot play, 2 breakfasts, \$5 per day for food - Flyer available at center	
Premier Tour & Travel: West Virginia Rails	see Amy for details September
Tim May with Premier Tours and Travel is working on a trip to feature the railroads of West Virginia, a tour of an actual coal mine, and a luncheon cruise along the Ohio River. This will be a "Fall Foliage" trip full of everything West Virginia has to offer. More details in the next newsletter or call the office to see if a flyer is available. ** The Vermont in Fall trip is going to be re-scheduled to the Fall of 2023.	
White Star Tours: Christmas in the Smokies	see Jayme for details Nov 28-Dec 1
\$639/double \$828/single (\$100pp deposit) - Final payment due Sept 23 Travel by motor coach. Tour the Smoky Mountains. Enjoy <i>Hatfields & McCoys Dinner Feud</i> , Country Tonite Christmas show, and Dolly Parton's <i>Stampede Dinner Show</i> , plus much more. Includes: 3 nights lodging, 3 breakfasts, 3 dinners, 4 holiday shows - Flyer available at the center.	
Mayflower Cruises & Tours: Tulip Time on Jewels of the Rhine Europe	April 12-22, 2023
\$5,374/double \$9,083/single - prices vary - Final payment due Feb 9 See Becky or Jayme for details 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 onboard the river ship. Trip insurance available. Passport required - Flyer available at the center.	

PLAYHOUSE SQUARE Presents:**Pretty Woman****Wed. March 9****SOLD OUT**

Depart upper lot at 6:15pm, return about 10pm.

To Kill a Mockingbird**Wed. April 27****(Sign up begins Feb. 22)**Depart upper lot at 6:15pm, return about 10pm. Pre-pay \$77/Wlby Resident \$75 by April 1 or until sold out. *To Kill a Mockingbird* is a 2018 play based on the 1960 novel of the same name by Harper Lee, adapted for the stage by Aaron Sorkin.**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.****Cleveland Auto Show at the IX Center****Fri. March 4****(Sign up begins Feb. 22)**

Depart upper lot at 10:30am, return about 4pm. Pre-pay \$20/Wlby Resident \$18 or until sold out.

The Cleveland Auto Show is one of the top five auto shows in the nation. The show features a classic car show, millionaire's row, indoor track experience, & over 20 car bands. Lunch on your own at the show.

HI and DRY Bowling & Beer**Tues. March 15** (Sign up begins Feb. 22)

Depart upper lot at 2:30pm, return about 5:30pm. Pre-pay \$22/Wlby Res. \$20 or until sold out.

Ever heard of duckpin bowling? HI & DRY is Cleveland's Original Home to Duckpin Bowling. Shorter lanes, smaller balls, and 3 turns per frame, will sure entertain us while we are there. Food is on your own.

Trinity Cathedral BrownBag Concert Series

Depart upper lot at 10:45am, return about 3pm. Pre-pay \$7/Wlby Resident \$5 or until sold out.

Concerts begin at 12pm. Food is available at the café next door, no eating or drinking in the cathedral.

Wed. March 23 - Lotus Trio - Music for violin, cello, and piano featuring music of Mendelssohn, Brahms, Dvorak, and Piazzolla (Sign up began Jan. 3)**Wed. April 6 - Amethyst String Quartet** - A "spring bouquet" of classical favorites by Bach, Beethoven, Haydn, Dvorak, and Mozart (Sign up began Jan. 3)**Wed. May 11 - 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 Feb 22)**Monthly Mystery Lunches****Mon. March 21** Depart upper lot at 11:10am (Sign up begins Feb. 22) Sign up by March 16**Fri. April 29** Depart upper lot at 10:45am (Sign up begins Feb. 22) Sign up by April 22Please note the depart times above. 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.

JACK Cleveland Casino**Thurs. March 24** (Sign up begins Feb. 22)

Depart upper lot at 10:30am, return about 4pm. Pre-pay \$7/Wlby Resident \$5 or until sold out.

Travel to JACK Cleveland Casino for a day of gambling. JACK is offering \$10 in slot play. Seven Chefs Buffet will be open starting at 11am. Offers subject to change.

Rivers Casino Pittsburgh**Mon. April 11** (Sign up begins Feb. 22)

Depart upper lot at 7:45am, return about 6pm. Pre-pay \$12/Wlby Resident \$10 or until sold out.

Travel on our center bus about 2 hours southeast to Pittsburgh for a day of gambling. Rivers is offering \$20 in free slot play & \$5 dining credit. Offers subject to change.

JKL Mystery Trip #14**Thurs. April 14** (Sign up begins Feb. 22)

Depart upper lot at 8am, return about 6:30pm. Pre-pay \$96/Wlby Resident \$94 or until sold out.

Let's take a boat to Bermuda. Let's take a train to St. Paul. Let's take a kayak to Quincy or Nyack. Let's get away from it all. You will need a good sense of adventure, a good sense of humor and comfortable walking shoes. Lunch is included. This trip is on a Barons motor coach.**Dennison Railroad Depot Museum****Wed. April 20** (Sign up begins Feb. 22)

Depart upper lot at 8:30am, return about 4pm. Pre-pay \$15/Wlby Resident \$13 by April 13 or until sold out. Take a trip down to see this National Historic Landmark in Dennison, Ohio. The Dennison Railroad Depot is the most significant remaining example in the nation of a railroad canteen still reflecting its WWII heritage. Lunch will be at the Depot on your own. This trip is on the center's bus.

National Veterans Memorial & Museum

Fri. May 13 (Sign up begins Feb. 22) Sign up by April 14

Depart upper lot at 7:30am, return about 6pm. Veterans - \$20 / non-veterans - \$27

Visit the National Veterans Memorial and Museum in Columbus OH, which is the US national museum for veterans of the US Armed Forces. After a guided tour, you'll have time to explore on your own. We'll head to lunch, which is on your own. This is on the center's bus, we'll stop at a rest stop along the way.

Hartville Marketplace & Flea Market

Thurs. April 21 (Sign up begins Feb. 22) Sign up by April 14

Thurs. May 19 (Sign up begins April 1) Sign up by May 12

Depart upper lot at 8:30am, return about 4pm. Pre-pay \$7/Wlby Resident \$5 or until sold out.

The Hartville Marketplace is the largest indoor/outdoor flea market in the U.S. The indoor shopping is on two levels, with Sarah's Grille or the Hartville Kitchen for lunch. The Hartville Hardware Store is just a few steps away. Walking is at your own pace. Dress for the weather.

Rabbit Run Theater presents "The Belle of Amherst" Dinner at Grand River Cellars

Friday, June 3 (Sign up begins Feb. 22)

The Belle of Amherst

Depart upper lot at 3:45pm, return about 10:30pm. Pre-pay \$57/Wlby Resident \$55 or until sold out.

One of America's greatest and most important poets, Emily Dickinson, comes vibrantly to life in this one-person play. An unforgettable play-going experience, "*The Belle of Amherst*" is riveting, giving beautiful and poignant insight into the warmth, wit, passion and loving nature of this prolific and beloved author. The theater is in a barn, dress for the weather.

The Fine Arts Association - 38660 Mentor Ave, next to Andrews-Osborne School

Sun. April 10 **2pm** (Sign up begins Feb. 22)

One Act Festival - Ten Below Pre-pay \$19 by March 11 or until sold out. It has evolved into a 10-minute play festival. Ann combed through over 800 submissions from all over the world to come up with 11 pieces to produce. The beauty of a 10-minute play festival is that there is truly something for everyone. We will call approximately one week prior to the show for ticket pick up at the Center.

No bus transportation. Arrive about 1:30pm to the theatre.

Sun. June 26 **2pm** (Sign up begins Feb. 22)

Alice in Danceland Pre-pay \$19 by June 3 or until sold out. A teenage Alice finds that she doesn't quite know where she belongs and finds it difficult to navigate high school. Her inner artistic self appears in a mirror and drags Alice to the magical world of *Danceland*. Alice will hopefully learn her artistic side and where she belongs in the world. We will call approximately one week prior to the show for ticket pick-up at the Center. **No bus transportation.** Arrive about 1:30pm to the theatre.

Cleveland Guardians Baseball Game

Thurs. June 30 (Sign up begins Feb. 22)

Depart upper lot at 11:15am, return about 5pm. Pre-pay \$34/Wlby Resident \$32 by May 25.

Enjoy an afternoon baseball game at Progressive Field as the Guardians take on the Minnesota Twins. Game starts at 1:10pm. Tickets are in section 174, 7 to 9 rows from the field. Extensive walking possible.

Special Events

Mardi Gras Trivia **Tues. March 1 11am**
 We're going to celebrate Mardi Gras! Enjoy brain games with a holiday twist and be challenged with some Mardi Gras trivia. Sponsored by CapTel. Sign up by Feb 25

Pastries & Planning
Tues. March 8 11am Community 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, pre-register by March 1

Garden Club
Wed. March 9 11:30am Room 1
 Join our Garden Club, led by one of our members, Marjorie Vandestadt. The Garden Club will meet to discuss how to grow the different kinds of vegetables in our raised garden beds, here at the center. Green thumbs are not necessary. Please pre-register by March 2

Entertainment Trivia
Tues. March 15 10:30am Room 3
 Join Laura Blair, from Menorah Park, for a fun afternoon of trivia. Snacks will be provided. Free. Pre-register by March 11

CVS Medicare Talk
Wed. March 16 10am Room 1
 Presented by Mark Krantz ~ CVS
 Mark will present on the importance of maximizing your Medicare benefits and inform you on how to make that happen. Snacks may be provided. Please pre-register by March 11

Golf Meeting
Tues. March 22 9am Room 1
 Meet your fellow golfers and get the golf schedule for the season. Pay for league after mtg

International Waffle Day & Trivia
Fri. March 25 9:30am Rooms 5-7
 Enjoy this morning of waffles & trivia on International Waffle Day. Jess, from Promedica, will test your trivia knowledge while we whip up some fresh waffles. Pre-register by March 21.

Easter Bunny Spring Wreath
w/ Joann Carr & Nancy Wallace
Tues. March 29 10:30am Craft Room
 Cute Easter/Spring wreath - easy to make. All supplies included. Check out the sample in the display. Pre-pay \$11/ Wlby. Res. \$9 by Mar 24

Farmers Market Drive-Thru
Wed. April 13 1pm-2pm Upper Parking Lot
 The Farmers Market is sponsored by local community agencies. These local community partners will be giving out fresh fruits and vegetables as well as helpful information. Please pre-register by April 6.

LUNCH N LEARN
Don't Go Broke in a Nursing Home
Tuesday, April 19 12pm
 Dan Baron, from Baron Law, will present on this very important part of Estate Planning. Dan takes a hands-on approach to the workshop and encourages everyone to bring questions. One half wrap choice of: roast beef & swiss, turkey & cheddar, chicken salad, or roasted veggies. Pre-register by April 12.

AARP Driving Class - Save the Date
Friday, May 20 10am - 2:30pm
 Save the date for the AARP Driving Class offered to adults 50 years of age and older. This class will be 4 hours long with half an hour for lunch. You must bring your own lunch. More details to follow in the next newsletter.

AARP TAX ASSISTANCE FOR 2021 TAXES - SOLD OUT

- Mondays, Feb. 7 through April 11.
- Please call to be added to the wait list. As people cancel, we will call to fill in spots. Bring your own pen, cellphone, and be sure to stop in and pick up your tax packet prior to your appointment.
- You must wear a mask- no mask, no appt.



Walk with Rosie	Mondays, Wednesdays, Fridays	10am	Rooms 3-5
Leader: Rosie Wasik Class fee: \$3 per month 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.			
Pound	Mondays	9am	Wellness Room
Instructor: Veronica Gallo, Certified Pound Instructor Class fee March and April classes: \$24.50/\$22.50 Willoughby resident Try once for free! 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!			
Pilates	Tuesdays	1pm	Wellness Room
Instructor: Diane Corbett, Certified Pilates Instructor Class fee for March and April classes: \$24.50/\$22.50 Willoughby resident per month Try once for free! 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. Class fee: \$30 / \$28 Willoughby resident per month Combo with Thurs Chair and pay \$55/\$51 Res 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. No class on Tues. March 29			
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.			

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 and 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! No class on March 29
 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.

Tai Chi For Health **Wednesdays** **9am** **Wellness Room**
Instructor: Denise Moelsch, Certified Instructor for Arthritis, Diabetes, Energy, Seated Tai Chi
 Class fee: \$28/\$26 Willoughby resident per month
 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! No class on Wed. March 30.

Traditional Chair Yoga **Thursdays** **10am** **Wellness Room**
Instructor: Melissa Pierce, 500HR RYT.
 Class fee: \$30/ \$28 Willoughby resident per month Combo with Tues. Chair and pay \$55 / \$51 Res
 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. No class on Thurs. March 31.

The **WALKING TRACK** is available for members of the senior center.
Be sure to check out the new Spring Hours on the front page!
 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!

2022 Mind Challenge Trivia Tournament

May 9-June 17, 2022 No cost to play Please pre-register by May 9

Mon. May 16 - Team Formation Round (practice round) at 11am

Mon. May 23 - Knock Out Round at 1pm. **Tues. May 31** - Smart 16 Round at 1pm

The first 3 rounds will be hosted at the Willoughby Senior Center.

Teams of 4 min. to 6 max. compete against teams from other cities all across Northeast Ohio.

Team formation and the practice round will take place on Monday, May 16th at 11am.

Prize money to the Final 4 teams' Senior Centers- Play for pride-Play for Enjoyment

For more information on 2022 Mind Challenge, check out: www.themindchallenge.com



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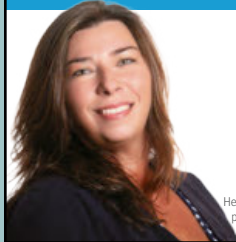
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*See office for details.

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
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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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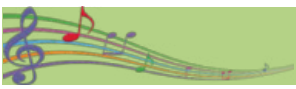
ROBIN CRAIG
Licensed Agent

440-897-0101

email: Robin@unitedmedicareohio.com

Available Nights and Weekends Too!





MUSIC AND MORE!

**“Learn to Play Guitar at 60+” Fun w/ Guitar
Mondays Library**

\$17 Resident, \$19 Non-resident per session

45 minute lessons Lessons start at 9am

Instructor.....Bob Pattison

No need to read music or have guitar experience.

All that is needed is a desire to learn the fundamentals. Ask Bob about the “chord buddy” which assists the learner.



Please bring your own guitar.

You must pre-register and pre-pay.

Dulcimers Fridays Community Room

Will return in Spring!

Coordinator: Shirley Johnson

Stop in to start playing.

Call for return date/time.



Piano Lessons Fridays Community Room

Instructor: Laura Lucas, MT-BC

1-3pm 1/2 hour lessons

\$26/\$24 Wlby resident per session.

No prior music skill required. Instructor is requesting students wear a mask. Must pre-register, must have 2 students for teacher to be on-site.

Violin lessons Wednesdays

Instructor: Phyllis Weber

1 hour Lessons 1-5pm

\$16/\$12 Wlby resident per month.

Must pre-register prior to first lesson each month.



Senior Evening Music Programs

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

\$ 20.50 Residents/ \$22.50 Non-Res.

\$24.50 Non Members

March 31-May 6

6 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 Room

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 covers transportation
For more info contact Ruth Nevins @ 954-9994.

The Goldenotes Band Mondays Social Room

Coordinator: Lois Leland

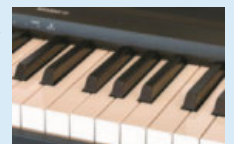
9-11:30am

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



Loss Support Group

1st Wednesday of every month

March 2, April 6, May 4 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 the Bereavement Coordinator from Crossroads Hospice.

Alzheimer's Support



Third Wed. each month

1:30 pm Room 1 – March 16 & April 20

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



Connect with the Lake County Council on Aging

1st Wednesday of every month

10:30-11:30am March 2, April 6, May 4

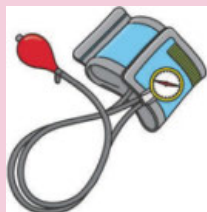
Main Hall No Sign Up

Council on Aging Information & Assistance Specialist, Melissa Sprague talks about CoA programs, services, and resources available to you.

Holly's Hearing

Thursday, March 31 2:00-4:00pm

It is medically recommended to have your hearing tested annually, as hearing loss can affect social functioning and quality of life. Register for your FREE 15-minute appointment. Call the center and register by March 29th.



Blood Pressure Clinic

3rd Thursday of every month

10am-11am Main Hall

Presented by Promedica

March 17, April 21, May 19

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 staff from Simply Virtual will be on site to provide you help. **March 3, April 7, May 5**

Polarity Therapy Provider: Tim Polak

Thursday, March 10 & 24 April 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 and energized.

Appointments start at 9:15 am.

Call 440-951-2832 to schedule an appointment.

You must pay when you schedule, cost is \$35/\$33 Wlby. resident for 30 minutes.



Dr. Ben, Podiatrist

Thurs. March 10, April 7 & May 12

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

We will be taking registrations for 2 months
Sign-up began Feb. 10 for March 10 and April 14
March 10th for May 12 and June 9

Private pay only, taken at time of registration.

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

Reiki

Fridays, April 1 & 29

Instructor: Marla Katz

Class fee: \$19/\$17 Willoughby resident per 20 minute sessions. Appt. offered at 12:30, 1pm and 1:30pm Reiki is an 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. Pre-register by 2 days prior.

Games People Play

Mondays:

- Mahjong 10am-12pm
- Hand and Foot 12:30pm

Tuesdays:

- Bridge 12pm - 3:30pm
- Dominoes 1pm - 4pm

Wednesdays:

- Rummikub 11am - 1pm
- Beginners Mahjong 1pm - 3pm

Thursdays:

- Pinochle 12:30pm

Fridays:

- Hand and Foot 12:30pm

Billiard's/Dart Room

Monday-Thursday 8am-8pm

Friday 8am-4:30pm

Closed Wed. 12-3pm for Mahjong

You can sign out darts from the front desk.

Kirtland Senior Center Chair Volleyball

tournament challenge. Monday, April 11 around 12:30/1:00 pm. Come early - lunch available (price TBD – usually between \$7-10), or feel free to bring a bagged lunch. The tournament would begin after lunch. Sign up by April 1.

My Favorite Things Sale & Roger McAndrews

Art Show @ WSC - Saturday, April 23

Doors open at **9am until 1pm**. Find your special treasures at this “better than a garage sale-sale”.

Please No Early Birds.

Want to sell your stuff? Vendor Info:

\$10 table fee, Plan to arrive at 8am to set up

No large appliances will be permitted.

Leave your table as you found it. Register 2.22

** Roger McAndrews is a local award-winning, nationally known artist whose art will be featured at this event. Come see the unique and beautiful collection of ceramic vases, bowls and plates that are being offered for sale. Thank you for supporting a long-time Willoughby artist.

May Health Fair

Thursday, May 12th

9am-12pm

Stop in to pick up literature and information from area local vendors who service the senior market. There will be demos, tastings and “freebies”.

Willoughby Senior Center Golf Outing -

Tuesday, May 17

(Open to Non-Senior Center Members)

Sign up begins Tuesday, April 5 at 8:30am.

\$33 Res/ \$35 Non Residents/ \$37 Non Members

This is a 9am shot gun start played at Lost Nation Golf Course. Coffee and Donuts start the day.

We'll get you to your cart and steer you in the right direction. Play 9 holes with a cart. Come in for a fabulous grilled lunch of hamburgers, potato salad, and all the summertime fixings to kick off the golf season. Beer, water, cans of pop provided.

Games played on the course such as Longest Putt, Closets to the Pin, etc. A good time for all.



Senior Day at Great Lakes Mall - Age My Way -

Tuesday, May 24

Tickets (\$1) available soon at all senior centers

After a 2-year hiatus, Senior Day at the Great Lakes Mall returns! We'll start the day with everyone's favorite, BINGO in the food court. As in the past, each senior center and area senior agencies and vendors will fill the mall with tables, games and information you'll want to get your hands on. I hope they have tomato plants this year! The Lake County Commissioners will also present the Outstanding Senior Citizen Award in the afternoon. Enjoy the Price is Right game, live entertainment and so much more! Want to nominate a senior for the OSC Award? See Amy.

Memoirs Writing Group and DeJohn Funeral Homes present a Writing Workshop 1:30 pm



THURS, MARCH 24 & APRIL 21 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 at least 2 days prior.

Book Discussion Group with Willoughby/ Eastlake Public Library Presents:

Monday, March 28 & April 25 10:00am
 (Meet in Craft Room during tax season)
March 28: Hidden History of Lake County
 by Jennifer Boresz
April 25: The Huntress by Kate Quinn

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.



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

Come out and enjoy these classes, no experience necessary. These aren't instructional classes, everyone works independently. Crochet & Knitterbugs may soon be cancelled due to no activity. It's time to rebuild!

Veterans Meeting

Monday, March 7 & April 4 9am

Please contact Dennis Brandt with any questions:
 440-487-5430. No sign up, just show up.



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.

Thank you Chris for coordinating & bagels. No sign up, just show up.



Lively Ladies

Every Wednesday after Walking w/Rosie 11am
 Join Rosie & the walking group for coffee, dessert and fun conversation. Just show up



Springo-Bingo \$5 per day

Thurs. March 10 12pm
Tues. March 22 12pm
Thurs. April 7 12pm
Mon. April 25 12pm

Join us for a fun afternoon of Bingo with prizes. Pre-register 2 days prior or until sold out. March 22 sponsored by Menorah Park in Beachwood



Greater Cleveland Food Bank

Senior Market Free Fresh Produce

Willoughby Senior Center Parking Lot
Thursday, March 24 & April 28
1:30 PM while supplies last
No Line before 1:00 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.

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.

Spring Hours:

Monday ~ Thursday 8am-8pm

Friday 8am-4:30pm

Saturday - during March 9am-12pm

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

Monday - Wednesday - Friday

Time Slots: 10:45-12:15pm

12:25-1:55pm

2:05pm-3:35pm

Tuesdays:

Time Slot: 8:15-9:30am

Sign-ups started February 15 for March play

March 14 for April play at 8am

April 11 for May play at 8am

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

Prescription Assistance Program of Ohio

A Not-For-Profit Pharmacy

If you can't afford your Prescription Medicine You Qualify for Assistance.

Call or Email: 440-352-1999

Papofohio@gmail.com

Or check the website

www.papofohio.com

Donated medicine arrives monthly.

Hey, Foxy Lady!



The Red Foxes had a wonderful time at our 19th year anniversary Reunion Tea in February.

Do you know the first Red Hat gathering was in California on April 25, 1998? Sue Ellen Cooper, founder of the Red Hat Society got her idea from the poem "Warning" by Jenny Joseph which begins: When I am an Old Woman, I shall wear purple With a red hat which doesn't go, etc....

Today there are many Red Hat groups within the U.S., Canada, Australia, U.K. and all over the world— many ladies over 50 years of age wearing red hats and purple clothes having fun and making new friends.

Red Foxes Membership

Come join us. Dues this year (2022) is \$5. Our membership goes from January to January. You may join or renew anytime during the year by stopping at the front office or paying at a Red Hat event. Everyone is welcome to join us.

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

Thurs. June 16 Miss Hickory's Tea Room

Sign up begins May 1

Fri. Aug. 19 Picnic at Daniels Park

Sat. Sept. 24 Mum Festival



Red Hat Society Red Foxes

Miss Molly's Tea Room

Tues. April 26 \$25

Sign up by March 1-April 15.

Bus departs upper lot at 10:30am. Off to Medina to one of our favorite Tea Rooms. Select your lunch choice at time of sign up #1: Sandwich Sampler or #2 Quiche of the Day. Each entrée includes the strawberry pretzel salad and beverage. Dessert is on your own. After lunch plan a quick stop at the coffee shop and Root Candle. Return about 4:30pm. Don't forget to wear your red and purple tea room clothes.

Panini's in Willoughby


Wednesday, May 18 Meet at Panini's


11:30am Sign up until May 11

Let's try it again! Our January date was snowed-out. Located on Euclid Ave. in Willoughby. Join us for lunch— lots of selections. Order off the menu. Pay on your own. Wear your red and purple fun clothes. Let us know if you are joining us so we can reserve an area for our group. See you there!




Weekly Activities

Monday	Tuesday	Wednesday	Thursday	Friday
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	8:15 Men's Meeting 8:30 Basketball 9am Tai Chi 10:00 Walk /Rosie 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	8:30 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 

March 2022				
Monday	Tuesday	Wednesday	Thursday	Friday
	1 11:00 Mardi Gras Trivia	2 10:30 Council on Aging 1:00 Loss Support 10am Board Meeting	3 10:00 Computer help	4 10:30 Cleveland Auto Show
7 AARP Tax Aid 9:00 Veteran's Meeting 2:00 Soft Jazz - Franklin	8 11:00 Pastries & Plan	9 11:30 Garden Club 6:15 <i>Pretty Woman</i>	10 9:00 Dr. Ben Podiatrist 9:15 Polarity w/ Tim 12:00 Springo Bingo	11
14 AARP Tax Aid 8:00 Pickleball sign ups 2:00 Soft Jazz - Franklin	15 10:30 Entertainment Trivia 2:30 HI & DRY	16 10:00 CVS Medicare 1:30 Alzheimer Support	17 10:00 BP Clinic 11:30 St Pat's Party No Line Dance today or the 24th	18
21 AARP Tax Aid 11:10 Mystery Lunch 2:00 Soft Jazz - Franklin	22 9:00 Golf Meeting 12:00 Springo Bingo	23 10:45 Trinity Cathedral	24 9:15 Polarity w/ Tim 10:30 Jack Casino 1:30 Food pick-up 1:30 Memoirs	25 9:30 Waffle & Trivia
28 AARP Tax Aid 10:00 Book Club 2:00 Soft Jazz - Franklin	29 10:30 Easter Bunny Spring Wreath class No Chair Yoga today No Beginners Yoga	30 No Tai Chi today	31 No Chair Yoga today 11:15 Red Hats-ACC 12:00 Guardians Party 2:00 Holly's Hearing	

Weekly Activities

Monday	Tuesday	Wednesday	Thursday	Friday
8:30 Basketball 9:00 Pound 9:00 Goldenotes 9:00 Guitar 9:00 Crochet 10:00 Walk /Rosie 10:00 Mahjong 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	8:15 Men's Meeting 8:30 Basketball 9:00 Tai Chi 10:00 Walk / Rosie 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 Mahjong 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	8:30 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 

April 2022				
Monday	Tuesday	Wednesday	Thursday	Friday
				1 12:30 Reiki w/ Marla
4 AARP TAX AID 9:00 Veterans Meeting 2:00 Soft Jazz - Franklin	5	6 10:30 Council on Aging 10:45 Trinity Cathedral 1:00 Loss Support	7 10:00 Computer help 9:00 Dr. Ben Podiatrist 9:15 Polarity w/ Tim	8
11 AARP TAX AID 7:45 Rivers Casino 8:00 Pickleball signups 2:00 Soft Jazz - Franklin	12 11:00 Greatest Sitcoms Presentation	13 10:00 Board Meeting 1:00 Farmers Market	14 8:00 JKL Mystery Trip	15 Good Friday Center Closed
18 2:00 Soft Jazz - Franklin	19 12:00 Lunch N Learn	20 8:30 Dennison Railroad 1:30 Alzheimer Support	21 8:30 Hartville 9:15 Polarity w/ Tim 10:00 BP Clinic 1:30 Memoirs	22 <hr/> 23 9-1 My Favorite Things Sale
25 10:00 Book Club 12:00 Springo Bingo 2:00 Soft Jazz - Franklin	26 10:00 Red Hats Ms Molly's Tea Room	27 6:15 To Kill a Mockingbird	28 1:30 Food pickup	29 10:45 Mystery Lunch 12:30 Reiki w/ Marla

David E. Anderson
Willoughby Senior Center
 36939 Ridge Road
 Willoughby, OH 44094
 Phone(440) 951-2832
 Web.....wwwwilloughbyohio.com

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MARCH/APRIL 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

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Thank you volunteers!

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Lynne Newman	Vice Pres
Karren Warren	Treasurer
Cheryl Lytle	Secretary

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 Marietta Santucci
 Nancy Wallace



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- 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
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 Jayme Jirousek, Program Coordinator
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