



DAVID E. ANDERSON SENIOR CENTER

**JULY/AUGUST 2022** 

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

Senior Center & City Hall Closed

July 4 **Independence Day** 

#### **SUMMER HOURS**

Monday and Friday 8:00am to 4:30pm The Fitness Center, Library & the Track will

be open during our evening Summer hours.

Tuesday-Wednesday-Thursday 8am-8pm

**INFO CENTER HOURS** 

Monday ~ Friday 8:00am to 4:15pm

YEARLY CENTER MEMBERSHIP

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

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hot dogs, baked beans, potato salad, chips, watermelon and dessert. Entertainment provided by the Polka Pirates.

Proudly wear your red, white and blue. You can buy tickets for the board raffle basket. Sign up for a table by June 30.

# $\mathbf{n}$ "SENIORS ROCK"

We want to celebrate you! **Thursday, August 18** 11:30 am Rooms 3-6 \$12/\$10 Wlby. Resident Join us for a 50's themed Pizza Party

You will enjoy a lunch of salad, pizza, desserts and beverages. Entertainment will be provided by The Travelin' Man Duo. Dust off your saddle shoes, poodle skirts and leather jackets for a rockin good time. Prizes will be awarded for the best dressed (you do not have to dress up if you don't want to). **Graciously sponsored by** 

Promedica of Willoughby. Sign up for a table by August 15.

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#### AMY'S CORNER: WELCOME SUMMER!

Please sign in as you enter the building with your membership fob. We are a membership based facility. You must be a current member of the Willoughby Senior Center to participate in programs, cards, games, classes and trips. Membership cards are required to enter. Replacement cards are \$3. Registration is required for all programs. Registration deadline is 5 business days prior to the class start date. Please keep putting your hash marks in the binders to track usage of the facility; used for Senior Service levy reporting. After 13 wonderful years, Janice Calabrese worked her final day back in May. Thank you Jan for your hard work, you will truly be missed! Are you noticing new faces behind the desk? Please join us in welcoming our new Program Coordinator, Mark Fleischer. He is our new part-time permanent programmer ready to offer more exciting programs, events and trips. Please welcome new Office Staff, Rosemary Washington. She is ready to get you signed up and smiling at the front desk Please welcome Jeff Davidson our morning maintenance and set up man. We are happy you're here!

#### **Board News**

Congratulations to the monthly raffle winners for April:

1st: Larry Huston (\$76) 2nd: Joyce Balante (\$46) 3rd: Eloise Bullard (\$30)

Congratulations to the monthly raffle winners for May:

1st: Judi Ketchum (\$80) 2nd: Pat Henry (\$47) 3rd: Stanley Grk (\$32)

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

Don't forget to buy tickets for our raffle baskets. You can see the baskets in the glass case by the info desk. Purchase tickets from the person sitting at the table next to the glass case.

A big thank you to Gwen, Eloise, Jacqueline, Jo, Gladys and George ~ our all-star volunteers!

Summer concerts are returning to Wes Point Park in downtown Willoughby, July 7 thru Aug. 25.

The Senior Center will be selling ice cream at the concerts, so remember to bring your money.

Please bring your LOSING lottery tickets to the front desk at the senior center.

The lottery has a system by entering the losing tickets you can earn points to redeem for items.

This is for paper tickets and scratch-offs. Till next time..... Mary Ann

#### **NEW EVENT!**

#### Senior Center Open at Lost Nation Golf Course

Formerly our fall golf outing
Friday, September 16
Open to All Lake County Seniors, 55 and older
Sign up begins Monday, July 11 at 8am.

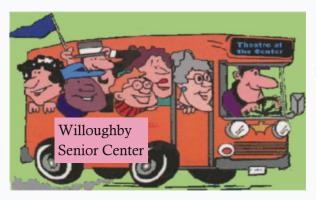
\$38per person

Includes: 9 holes of golf, cart, breakfast, lunch, water, pop, beer and prizes!

See flyer at center for more details.

Reminder the Swim Fit class at Willoughby Pool is 8:45 am- 9:45 am. Please exit the pool promptly.





#### TRIP PARKING

All Center trips will depart from the senior center upper lot, unless otherwise noted. 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 (EXCEPT ON A TOUR BUS), 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 arraignments 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.
- 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.
- For everyone's safety, please stay seated when bus is in motion and do not talk to the driver!
- 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.
  - ♦ If you must cancel, we will do our best to accommodate your request.

Don't forget to bring a jacket or sweater in case you get cold on the bus!

In an effort to clarify questions about trips we are now providing a guideline to the amount of walking and standing during a trip.

The guidelines are: Level 1-Riding and/or very little walking

Level 2-Minimal walking

Level 3-Excessive walking and/or stairs

Level 4-Strenuous-long periods of standing and/or walking/stairs
\*Did you know we have a program called Helping Hands? This program is
designed to provide activities to those members who find it financially difficult to participate.

Stop by the front desk for more info.

**Premier Tour & Travel: Wild & Wonderful West Virginia** see Amy for details **Oct. 5-7 \$725pp dbl, \$664pp triple, \$924 single, \$634pp quad (\$250 deposit)** Final payment due August 4

Included: motor coach, 2 nights lodging in Weston WV, Johnstown Flood Museum, visit "Flight 93"

Visitor Center, Adaland Mansion for dinner. Local guide, Trans-Allegheny Lunatic Asylum tour, the Appalachian Glass & Mountaineer Military Museum, Dinner at Jackson Mill, Delmonte Market, Enjoy Marks the Tygart Flyer for 4 hour rail excursion, box lunch on board. You must create an account with Premier with an email address.

You can pay by check at the senior center to avoid online fees.

White Star Tours: Christmas in the Smokies see Jayme for details \$639/double \$828/single (\$100pp deposit) - Final payment due Sept 23

Nov 28-Dec 1

Travel by motor coach to the Smoky Mountain Region of Tennessee. Tour the majestic Smoky Mountains. Visit the Ole Smoky Tennessee Moonshine Distillery for a tour and tasting. Enjoy *Hatfield's* 

& McCoy's Christmas Disaster Dinner Feud, and Country Tonite Theatre Christmas show. You will have an opportunity to explore Dollywood, followed by Dolly Parton's Stampede Dinner Show, 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 \$5,374/double \$9,083/single** - prices vary - Final payment due Feb 9, 2023 This 11 day trip includes 23 meals: 9 breakfasts, 6 lunches, and 8 dinners.

See Becky for details

April 12-22, 2023

Two-night hotel stay and touring in Lucerne. Seven-nights in a suite or stateroom onboard the river ship. Trip insurance available.

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Passport required - Flyer available at the center.

#### **Monthly Mystery Lunches**

Tues. July 12

Wed. August 24

Depart upper lot at 10:30am

Depart upper lot at 10:15 am

(Sign up begins June 27) (Sign up begins July 5) Level 1
Sign up by July 5
Sign up by August 17

Please note the depart times above. Pre-pay \$7/Wlby Resident \$5

Enjoy the ride to this mystery lunch location where you will pay on your own.

#### **PLAYHOUSE SQUARE Presents:**

Level 1

Ain't to Proud State Theater Wednesday, July 20 SOLD OUT

(Sign up began April 25)

Pre-pay \$72/\$70 Wlby. Resident by June 30 or until sold out.

Depart upper lot at 6:15 pm, return @ 10:30 pm. Refunds will be through wait list, if available

Frozen State Theater Tuesday, August 30

(Sign up began May 4)

Pre-pay \$85/\$83 Wlby. SOLD OUT

Depart upper lot at 6:15 pm, return @ 10:30 pm. Refunds will be through wait list, if available.

Frankie Valli and the Four Seasons Connor Palace Friday, Sept. 9 (Sign up began June 6)

Pre-pay \$97.00/\$95.00 Wlby. Resident by August 19 or until sold out. Call for availability.

Depart upper lot at 6:30 pm, return @ 10:30 pm. Refunds will be through wait list, if available.

Middlefield Fun Level 2

#### Wednesday, July 6

(Sign up begins June 27)

Depart upper lot at 9:30 am return about 4:30 pm Pre-pay \$7/\$5 Wlby Resident by July 1 or until sold out. We will spend a fun summer day in Middlefield. Our first stop will be White House Chocolates, lunch at Mary Yoder's, Country Arts & Jewelry and before heading home we will stop at Rothenbuler Cheese Chalet. Fee is for transportation only, everything else on your own.

#### Pirates of Penzance - Ohio Light Opera - Wooster, OH

Level 1

Thursday, July 7 SOLD OUT

(Sign up began May 4)

Depart upper lot at 9:30am, return about 6:45pm. Pre-pay \$56/Wlby Resident \$54

No Gilbert and Sullivan work boasts as many walk-away tunes as *The Pirates of Penzance*. G&S manage to burlesque their normal share of popular institutions, including the army, the police, and operatic sopranos. Lunch will be at Broken Rocks Café & Bakery, in Wooster, prior to the show, on your own.

## Rabbit Run Theater presents "Titanic, the Musical" Dinner at The Winery at Springhill Level 2 Friday, July 8 SOLD OUT (Sign up began May 4)

Depart upper lot at 3:45 pm, return about 10:30 pm. Pre-pay \$55/Wlby Resident \$53 by June 2/sold out Winner of five Tony Awards, *Titanic, the Musical* is a stirring and unforgettable account of the first and last days of this ship of dreams. Told through some of the real life characters, this epic production grips the heart with its depth of human passion and courage. Dress for the weather. Dinner at The Winery at Springhill includes: tossed salad, chicken parmesan, seasonal dessert, and non-alcoholic beverage.

## 7 Ladies Tea Room & Shopping at Carriage Trade Boutique and The Nest Wednesday, July 13

Level 2

(Sign up begins June 27)

Depart upper lot at 10:30am, return about 3:30pm. Pre-pay \$27/\$25 Wlby Resident by July 11 or until sold out. When making your reservation you will need to make your lunch choice, here are your options:

Choose 1– Ruth's Creamy Chicken Pot Pie, Quiche of the Day, Sophie's Tea Sampler (which includes chicken salad, tuna salad, raspberry brie and cucumber sandwiches).

All meals include fruit salad, beverage and pineapple upside down cake.

After lunch we will visit the Carriage Trade Boutique and The Nest for some fun shopping.

Tea & Tours

Level 2-3

Friday, July 15 (Sign up begins June 27)

Depart upper lot 9:45am, return @ 4pm. Pre-pay \$9/Wlby. Resident \$7 by July 11 or until sold out We will travel to Canal Fulton and have lunch at the beautiful Dragonfly Tea Room and tour their winery. We will continue our adventure with a tour of the Stewart Manor House, built in 1929 and learn the history of Quail Hollow Park. The tour will cover life in early Hartville, and the history of the families who inhabited the farmland that is now the park: the Brumbaughs, Rubrights, and the Stewarts. This trip is limited to 20. Lunch on your own, fee is for transportation and tour.

#### Hartville Marketplace & Flea Market

**Level 2-3** 

#### Thursday, July 21

(Sign up begins June 27)

Depart upper lot at 8:30am, return about 4pm. Pre-pay \$7/Wlby Resident \$5 by July 14 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. Lunch on your own.

#### Senior Day at Lake County Fair

Level 2

#### Friday, July 29

(Sign up begins June 27)

Depart upper lot at 9:15am return about 1:30pm. Pre-pay \$2 by July 22 or until sold out. Special salute to Lake County Seniors as we gather at the Fair! The day will include free admission for seniors till 1PM, free transportation thru Laketran, free boxed lunch compliments of the Lake County Council on Aging, musical entertainment and bingo planned by the Senior Centers. A highlight of the day will be the presentation of the "Outstanding Seniors Awards", an event that usually took place at the Mall. This year our Outstanding Senior Award will be presented to Laura Oster.

## Rabbit Run Theater presents "Disney's Newsies the Musical" and Picnic Dinner Level 2 Friday, August 5 (Sign up begins June 27)

Thank you Laura for all of your volunteerism, we appreciate you! Water bottle and treat on the bus.

Depart upper lot at 4:45pm, return about 10:30pm. Pre-pay \$52/Wlby Resident \$50 by July 29 or until sold out. Follow the rousing tale of charismatic news boy Jack Kelly as he and his fellow newsies rally to clash with New York City's titans of publishing to fight for their rights. Set in the turn-of-the century and inspired by a true story, *Newsies* is packed with non-stop thrills, great dance numbers and a timeless message—perfect for the whole family and every audience. We will enjoy a catered picnic dinner by Culinaire Pavane of Roasted Turkey Club Croissant with Lettuce & Tomato (or) Roast Beef & Cheddar on Kaiser Roll with Lettuce & Tomato (make choice at time of sign-up) House-Made Pasta Primavera, Tossed in Vinaigrette, Fresh Seasonal Fruit Salad, Chocolate Brownie and beverages. We will eat at the pavilion on the grounds of Rabbit Run. Dress for the weather.

#### Jack Casino-Cleveland

Level 2

#### Thursday, August 11

(Sign up begins June 27)

Depart upper lot at 10:30 am return @ 3:30 pm. Pre-pay \$7/\$5 Wlby Resident by Aug. 4 or until sold out. You will receive a \$10 incentive bonus and the best news is the buffet is open and on Thursdays it is **only \$5.55!** 

Fee is for transportation only. Bring valid govt. issued photo id for incentive. Bring players card.

Geneva-on-the-Lake

#### Wednesday, August 10

(Sign up begins June 27)

Level 3

Depart upper lot at 10:00am, return about 5:00pm. Pre-pay \$10/Wlby Resident \$8 by August 5 or until sold out. You will be on your own to explore all that Geneva-on-the-Lake has to offer on the strip. We will drop everyone off near Old Firehouse Winery. Eat lunch at one of the many restaurants, Eddie's Grill (hint), win a game of mini golf, take your talents to the arcade, and enjoy the coast of Lake Erie.

Grove City Outlets Level 2-3

#### Monday, August 22

(Sign up begins July 5)

Depart upper lot at 8:00am return about 4:30pm. Pre-pay \$12/Wlby Resident \$10 by August 19 or until sold out. Western Pennsylvania's premiere shopping destination with over 120 of the hottest brand name stores including Coach, Michael Kors, The North Face, Under Armour, Vera Bradley and more. The open air center is easily accessible. Shoppers realize 25-65% savings off everyday retail and visitors to the area enjoy the savings offered by Pennsylvania's tax-free status on most clothing and shoes. The food court and many restaurants are open for your dining pleasure. Fee is for transportation only, everything else on your own.

#### Age of Steam Roundhouse tour & Dutch Valley Restaurant

Level 3

#### Tuesday, August 23

(Sign up begins July 5)

Depart upper lot at 8:45am, return about 4:30pm. Pre-pay \$25/Wlby Resident \$23 by August 1st or until sold out. The Age of Steam Roundhouse Museum is more than just a museum and collection. It is a living, breathing roundhouse where talented restoration specialists work to preserve the locomotives, railroad cars, tools and machinery of the glory days of railroading. Enjoy this experience during the 90 min. walking tour. After the tour, we will eat lunch at Dutch Valley Restaurant, which will be on your own.

### Rabbit Run Theater presents "Gentlemen's Guide to Love & Murder"

Level 2

Dinner at Ferrante Winery (dinner on your own)

#### Fri. August 26

(Sign up begins July 5)

Depart upper lot at 3:30 pm, return about 10:30 pm. Pre-pay \$34/Wlby Resident \$32 by August 1st or until sold out. *A Gentleman's Guide to Love and Murder* is a knock-'em-dead, uproarious hit with ten Tony Award nominations. Low-born Monty Navarro is 8th in line for an earldom in the lofty D'Ysquith family. Can he knock off his unsuspecting relatives without being caught to become the 9th Earl of Highhurst? A must-see, murderous romp filled with unforgettable music and non-stop laughs!

## Hoover Historical Center & The Crush House @ Gervasi Vineyard Monday, August 29

Level 3 (Sign up begins July 5)

Depart upper lot at 8:30am, return about 3:30pm. Pre-pay \$12/Wlby Resident \$10 by August 12th or until sold out. Located on original Hoover family farmland, the Hoover Historical Center shares the legacy of The Hoover Company. Inside the beautiful Victorian home of "Boss" Hover's parents, displays take you through the evolution of floor care, highlighting innovations in vacuum cleaners and advertising, as well as the cultural impact of The Hoover Company including significant contributions made during World War II. After the tour, we will head over to The Crush House @ Gervasi Vineyard for lunch on your own. There may be a wait as they do not take reservations.

## Special Events July-Sign ups start June 27

#### **Strawberry Sundaes**

Thursday, July 7 12:30 pm
Community Room/or Patio if nice
Join Cortney from Anthology of
Mayfield Hts to celebrate National Strawberry
Sundae Day. This event is free but you MUST
pre-register by July 5, space is limited.

#### **Balance Basics**

Tuesday, July 12 11:00 am Presented by Menorah Park

Join the therapy department of Menorah Park for a talk on what allows us to have a good balance reaction and how to reduce our risk for falling. They will do a short balance test and talk about what it means for fall risk and how the results of the test can guide intervention. This program is free but you must pre-register by July 11. Treats.

#### Script Your Families Future Why You Need an Estate Plan

Thursday, July 14 10:30 am
Community Room
Presented by Steve Mrozek from
Edward Jones Financial

This program is designed to help individuals understand the important role a well-executed estate plan can play in ensuring their strategy remains aligned with their goals. Lunch is included, you MUST pre-register by July 11.

#### Price is Right! (with a twist)

Tues, July 19 10:30 am Comm. Rm.
How much was a Corvette, fully loaded,
in 1957? A gallon of gas in 1995? Let's play
The Price is Right! (with a twist) Presenter - Laura
Blair of Menorah Park. Please pre-register for this
free program by July 15.



#### **Presentations with Pizzaz**

Joseph and Rose Kennedy: The Beginning of the American Dynasty

Tuesday, July 19 1:00 pm Presented by Susan Cannavino in costume \$13/\$11 Wlby. Resident

This program is a fresh new look at the Kennedys as a family. Learn how the values of Joe and Rose affected their 9 children. You will also discover the triumphs and tragedies of the often overlooked Kennedy daughters, as well as their sons. Susan is a very animated speaker and comes dressed for the part. Light refreshments provided. Sign up by July 18

#### Patient Advocacy-A Voice of Influence

Monday, July 25 1:00 pm Community Room Presented by Roberta Brofman

Free, but you must pre-register by July 22. This presentation examines why patient advocacy is important, how patients and families can have a meaningful voice to influence care and effectively communicate concerns and needs. A brief look at a few of Dale Carnegie's principles of influence are reviewed to help us understand how to approach people and get them to listen and act on your behalf. Light refreshments provided.



#### **Celebration of Animation**

Wed, July 27 1:00 pm Rooms 3-5 \$13/\$11 Wlby. Resident

Award-winning author and pop culture historian Marty Gitlin hosts this fun and enlightening presentation (on Bugs Bunny's birthday!) based on his book, A Celebration of Animation: The 100 Greatest Cartoon Characters in Television History. He will show funny cartoon snippets of characters from the past century, play trivia, discuss the criteria he used to rank the best of the best and speak about their impact on American pop culture. This program is a lot of fun so please join us! Marty will have autographed and personalized copies of his book available for purchase after the event. Light refreshments provided. Sign up by July 25.

## Special Events August-sign ups start July 5

#### **Advanced Directives**

#### Presented by Dan Baron of Baron Law

Tuesday, August 2 10:30 am Rooms 3-5
Regardless of age, health, or circumstance,
everyone should have their advanced directives in
place. Planning ahead could make a big difference.
In this workshop you will explore how to properly
design your advanced directives and how to use
them. He will cover healthcare POA, financial
POA, living will, HIPAA and practical advice.
This is a free program must you must pre-register
by July 29. Light refreshments will be served.

#### Let's Cook-Summer Salads Presented by LaDonna Oltmanns

Wednesday, August 10 10:30 am Community Room \$24/Wlby. Resident \$22

Summer is still in full swing and that means more picnics, parties and hot

weather. By now most of us are ready for some new side dishes to enjoy without spending more time in the kitchen. Let's take some of the guess work out of the rest of your summer with two new cold salad recipes that will leave everybody asking "Who made this?" Join us in this hands on class as participants make two cold salads that can be enjoyed as a meal on a hot day or as a side dish at a picnic without worrying if it will spoil in the heat. LaDonna will have participants rolling up there

sleeves to make Mediterranean Chickpea Salad and a Pad Thai Noodle Salad that will bring the zing to the end of your summer! Participants should come hungry and bring two small containers for leftovers.

Space is limited, sign up by August 5.

#### Cookout with a Cop

Monday, August 15 11:30 am Patio \$7/Wlby. Resident \$5 sign up by Aug. 12 Join Community Involvement Office Bruce Fedor for lunch and fun on the patio. (In case of inclement weather it will be moved indoors) Space is limited.

#### The Great Estates of Wickliffe

#### Presented by Dan Ruminski



Thursday, August 11 10:30 am
Community Room
\$13/\$11 Wlby. Resident

Join Dan as he tells you about a story that ties
Cleveland to the now famous movie
"The King's Speech." Learn in detail how four
Wickliffe estates' owners became involved in a
story that would rival any Greek tragedy.
Once heard you will never look upon Wickliffe
the same way again. Light refreshments will be
served. Sign up by August 8.

#### **Heart Healthy Living Program**

#### Presented by Dedicated Senior Care

Tuesday, August 16 1:00 pm We will have Dr. Robert Coleman as our guest speaker, he will be discussing Heart

Healthy Living. Topics will include an overview of the heart, the history of the heart, and general information from Dr. Coleman's extensive experience. This program is free but you must pre-register by August 12.

Light refreshments will be served.

## Pain Management for Seniors Presented by Wellness Connection

Tuesday, August 23 1:00 pm

Are you looking for relief from pain? There are alternatives to taking acetaminophen or other over the counter drugs. Come to learn how certain exercises, food choices and small changes in daily activities can help alleviate your discomfort with Wellness Coach, Karen Martin. We will focus on dealing with pain, tingling and numbness in your back, legs, feet and hands; but these tips can help with any aches you may be experiencing. Please pre-register by August 19 for this free program. Light refreshments will be provided



by Dusty

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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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3-F-4-5



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Please do not wear perfume or other scents to class. If you have been ill, please take a covid test prior to return.

Walk with Rosie Mondays, Wednesdays, Fridays 10am Rooms 3-5

Leader: Rosie Wasik No class July 1 & 4 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 No class July 4, no class on August 1 or 8. Class fee: \$19/\$17 Willoughby resident/month Classes in July 11,18, 25 Classes in Aug. 15,22, 29 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. Please no perfumes, stay home if you've been ill.

Power Yoga by the Lake Mon.-Wed.-Fri. 8am Osborne Park

**Instructor: Patty Cooper** 

Class fee: \$27/\$25 Wlby. Resident Start your morning with a invigorating yoga class by the lake. Sign up online or in person at the center. Use your best judgement with inclement weather.

Classic Oldies Chair Yoga Tuesdays 10am Wellness Room

Instructor: Melissa Pierce, 500HR RYT. Check with Melissa about a \$5 discount

Class fee: \$30 / \$28 Willoughby resident per month— Combo with Thurs Chair and pay \$55/\$51 Res Listen to classic oldies 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. Try once for free. July classes are 5,12,19,26. August classes are 2,9,6,23. No Aug. 30

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.

#### BROKEN WHEEL SQUARES is partnering with the WILLOUGHBY SENIOR CENTER

Lively Music, Great Cardio & Cognitive Workout

Dance in a square, make a circle of friends!!

FREE DEMONSTRATION WITH MEMBER PARTICIPATION

September 12, 2022 6:00 PM - 7:30 PM-please pre-register

The next newsletter will have info on classes beginning Mondays Sept 19, 2022

Caller/Instructor: GENE HAMMOND



Zumba Gold Tuesdays 11:30am Wellness Room

#### Instructor: Veronica Gallo, Certified Zumba Instructor

Class fee: \$24.50/\$22.50 Willoughby resident in July. August Class fee: \$19/\$17 Wlby res. 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. No class on Tues. Aug. 2 & 9 Please no perfumes, stay home if ill.

Beginners Yoga Tuesdays 4pm Wellness Room

Instructor: Melissa Pierce, 500HR RYT

Class fee \$30/\$28 Willoughby resident per month Try once for free! No class on Aug. 30. 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

No class on Aug. 31

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! Please sign up at least one week prior to start of next month.

Traditional Chair Yoga Thursdays 10am Wellness Room

**Instructor:** Melissa Pierce, 500HR RYT. Check with Melissa about a \$5 discount

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. Aromatherapy included. Please sign up at least one week prior to start.

Morning Yoga Mondays and Wednesdays 8 am Rooms 3-5
Instructor: Sue Kaminsky, 300 HR CYT Try once for free Sign up starts August 1

Class fee: \$37/\$35 Wlby. Residents class starts September 7

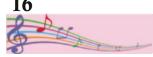
This yoga class will help you to relax and unwind by focusing on the alignment and flowing movement of poses, the practice of breath, centering and meditation. This class is designed for all levels, with pose modifications offered to aid the beginning practitioners as well as for those whom wish to deepen their practice. You will learn a solid yoga foundation and experience the many physical benefits of yoga, such as increased flexibility, strength and balance. You will also experience the mental benefits of yoga, such as stress reduction, relaxation and various practices to bring peace through connecting with the essence of yoga.

#### **About Sue Kamensky**

Sue is a 300 hour Certified Yoga Instructor, who completed her training through Awaken Yoga, a registered Yoga Alliance School. She has been teaching various forms of yoga in the community since 2009. Her focus and passion is on the traditional teachings of Hatha and Vinyasa Yoga. Sue has found Yoga to bring her many joys in her life, such as peace, balance and confidence in her mind, body and spirit. She has a passion to inspire and pass these benefits onto her students. "When you guide someone through a yoga class and they appreciate and accept it, both the teacher and the student will feel the true depth of this amazing practice." Peace and Namaste.

Weekly Activities							
Monday	Tuesday	Wednesday	Thursday	Friday			
8:30 Basketball 9:00 Pound 9:00 Goldenotes 10:00 Walk /Rosie 10:15 FYT Tappers 10:45 Pickleball 12:30 Hand & Foot 12:25 Chair Volleyball 2:05 Pickleball	8:00 Beginner's Pickleball 8:30 Fit Ones 10:00 Cornhole 10:00 Chair Yoga 11:30 Zumba Gold 12:00 Bridge 1:00 Table Tennis 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 Lessons w/ Dwight 12:00 Violin 1:00 Art Afternoon 1:00 Begin Mah jong 2:05 Pickleball	8:00 Beginner's Pickleball 8:30 Fit Ones 10:00 Cornhole 10:00 Chair Yoga 10:00 Beginners Line Dance 11:00 Seasoned Line Dance 12:30 Pinochle 12:45 Duplicate Bridge 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 Chair Volleyball 1:00 Piano Lessons 2:05 Pickleball			
July 2022							
Monday	Tuesday	Wednesday	Thursday	Friday			
				1 11:30 Patriotic Polka Party			
4 Happy 4th of July Center Closed	5 10 Scrapbooking 11:45 Red Hat Trip	6 9:30 Middlefield Trip 1:00 Loss Support	7 9:30 Ohio Light Opera 12:30 Strawberry Sundaes	8 3:45 Rabbit Run/ Dinner			
11 8:00 Pickleball sign ups 9:00 Veterans Meeting 10:30 Craft 12:45 FYT's trip	12 10:30 Mystery Lunch 11 Balance Basics	13 10 Board Meeting 10:30 7 Ladies Tea Trip	14 9:00 Dr. Ben Podiatrist 9:15 Polarity w/ Tim 10 Red Hats Trip 10:30 Estate Plan Talk	15 9:45 Tea & Tours 10:30 Song Bingo			
18 9-11 Attorney Visits 12:45 FYT's trip 2:00 Soft Jazz - Franklin	19 10:30 Price is Right 1:00 Presentations w/ Pizzaz	20 10:30 Medicare Talk 1:30 Alzheimer Support 6:15 Aint too Proud	21 8:30 Hartville Trip 10:00 BP Clinic 1:30 Memoirs	22			
25 10:00 Book Club 1:00 Advocacy Program 2:00 Soft Jazz - Franklin	26 12:00 Bingo	27 10- Amanda's Hearing 1:00 Celebration of Animation	28 9:15 Polarity w/ Tim 10 Card class 1:00 Food pick-up	29 9:15 Senior Day Fair 12:30 Reiki			

Weekly Activities						
Monday	Tuesday	Wednesday	Thursday	Friday		
8:30 Basketball 9:00 Pound 9:00 Goldenotes 10:00 Walk / Rosie 10:15 FYT Tappers 10:45 Pickleball 12:30 Hand & Foot 12:25 Chair Volleyball 2:05 Pickleball	8:00 Beginner's Pickleball 8:30 Fit Ones 10:00 Cornhole 10:00 Chair Yoga 11:30 Zumba Gold 12:00 Bridge 1:00 Table Tennis 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 Lessons 12:00 Violin 1:00 Art Afternoon 1:00 Begin Mahjong 2:05 Pickleball	8:00 Beginner's Pickleball 8:30 Fit Ones 10:00 Cornhole 10:00 Chair Yoga 10:00 Beginners Line Dance 11:00 Seasoned Line Dance 12:30 Pinochle 12:45 Duplicate Bridge 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 Chair Volleyball 1:00 Piano Lessons 2:05 Pickleball		
		August 2022				
Monday	Tuesday	Wednesday	Thursday	Friday		
1 9:00 Veterans Meeting 2:00 Soft Jazz - Franklin No Pound class	2 10 Scrapbooking 10:30 Advanced Directives Program	3 1:00 Loss Support 10:30 Lake Co Aging	4 11 Red Hats Trip	5 4:45 Rabbit Run/ Dinner		
8 12 Bingo No Pound class	9 No Zumba class	10 10:00 Geneva-on-Lake 10:00 Board Meeting 10:30 Let's Cook!	9:00 Dr. Ben Podiatrist 9:15 Polarity w/ Tim 10:30 Great Estates	12		
15 8:00 Pickleball signups 9-11 Attorney visit 10-1 Drug Collection 11:30 Cookout with Cop	16 1:00 Healthy Heart Talk	17 10:30 Medicare Talk 10:30 Craft 1:30 Alzheimer Support	18 10:00 BP Clinic 11:30 Pizza Party 1:30 Memoirs No Line Dance	19 11:30 Red Hats Picnic 12:30 Reiki		
22 8:00 Grove City Trip 2:00 Soft Jazz - Franklin	23 8:45 Steam Roundhouse 1:00 Pain Management	24 10-1 Sharpening 10:15 Mystery Lunch	25 9:15 Polarity w/ Tim 10:00 Greeting card class 1:00 Food pickup	26 3:30 Rabbit Run/ Dinner		
29 8:30 Hoover Museum 10:00 Book Club 2:00 Soft Jazz - Franklin	30 12:00 Bingo 6:15 Frozen No Chair Yoga	31 No Tai Chi				



#### **MUSIC AND MORE!**

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

\$17 Resident, \$19 Non-resident per session 45 minute lessons Lesson's 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.

#### **Dulcimers Fridays**

Coordinator: Shirley Johnson Stop in to start playing. You must have your own instrument.

#### **Community Room**

10:00 am



#### Piano Lessons Fridays **Community Room** Instructor: Laura Lucas, MT-BC

1-3pm 1/2 hour lessons No Lesson \$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

\$14/\$12 Wlby resident per month.

Must pre-register prior to first lesson each month.

#### **Senior Evening Music Programs** Country Music musicians wanted. Call us

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

**Thursday Night**: Easy Listening & Dance Coffee & Tea and Desserts 6:30-8:30pm Any questions call Joe P. @ 440-221-2934. \*\* Musicians must be current members\*\*



## **Dee's Country Kickers**

#### **Line Dance Classes**

\$ 20.50 Residents/ \$22.50 Non-Res. \$24.50 Non Members

July 7-August 11

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. Next 6 week session starts Aug. 25.

#### Dee's Line Dance Party on Tues. Aug. 30

Tickets are \$6 pre-sale, \$8 at door. Doors open at 6pm, ends at 9pm. Tickets available Tues. July 5 at Center. Light sandwiches, apps, desserts, beverages provided Limit 40 people. Guests to the Center welcome.



#### Forever Young Tappers Group

Mon. at 10:15am Wellness Room Cost \$10 per month covers bus. 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

#### **HEALTH AND WELLNESS**

## Loss Support Group 1st Wednesday of every month July 6 & August 3 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

alzheimer's 8

1:30 pm Room 1 - July 20 & August 17

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

Light refreshments will be served.



Connect with the Lake County
Council on Aging 10:30-11:30am
Aug 3, Oct 5, Dec 7
Main Hall No Sign Up

Council on Aging Benefits
Specialist, Terri Orosz talks about CoA
programs, services, and resources available to you.

#### Amanda's Family Hearing Wednesday, July 27 10:00 am-12:00pm

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 July 21st.



#### **Blood Pressure Clinic**

3rd Thursday of every month 10am-11am Main Hall Presented by Promedica July 21 & August 18

#### Turning 65? Currently on Medicare? Every 3rd Wednesday, 10:30am. July 20 & August 17

Tim Polak will strive to provide excellent service and simple answers to your Medicare questions. Access to a wide choice of companies gives you confidence in your decision.

We are here to serve. Come with your questions and join the conversation.

#### Polarity Therapy Provider: Tim Polak Thursday, July 14 & 28 August 11 & 25

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. July 14 & August 11

Cost: \$29/Wlby. Resident \$27
Sign-up June 9 for July & August
July 14 for August/September
Private pay only, taken at time of registration.
Absolutely No refunds after noon on Tuesday prior to your appointment.

Please arrive 10 minutes early!!

#### Reiki Friday July 29 & August 19

**Instructor: Marla Katz** 

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

#### **GAMES PEOPLE PLAY...**

#### Mondays:

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 Duplicate Bridge 12:45pm

(Bridge Club Fee)

Fridays:

Quilt Group 9-11 am

Hand and Foot 12:30pm



#### **NEW Duplicate Bridge**

Thursdays at 12:45pm

The Duplicate Bridge Club plays duplicate bridge each Thursday at 12:45. The game is open to all and has players of all levels of experience.

Like bridge but don't know duplicate? Feel free to drop in and we will teach you. This is an ACBL sanctioned game but membership in the ACBL is not required. There is a nominal \$5 game fee which helps pay the cost of game supplies and refreshments.

Need a partner or have questions, contact Angie Strainic at 440-255-6566.

#### **Scrapbooking**

Do you want to learn a new fun craft? Love Scrapbooking and want to share your talents with others? Then join us!

1st Tuesday of the month 10-11 am Bring your pictures and any special supplies you want. We will have supplies and tools to use.

#### Fairy Garden Stakes Craft Monday, July 11 10:30 am \$10/\$8 Wlby. Resident

We will be making these beautiful stakes that you can use in your indoor plants or outside in your garden. All Supplies included, no experience necessary. Sign up starts June 27 till July 8.



#### **Greeting Card Class**

**Instructor: Carol Caroff** Thursday, July 28 & August 25 10:00 am \$11 resident/\$13 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. Cost includes all supplies. All you need to bring is a pair of scissors.

Class is limited to 10 participants. Registration open till 2 days prior to class.



#### Wind Chime Craft Wednesday, August 17 10:30 am \$8/\$6 Wlby. resident

We will be using terra cotta pots to create unique wind chimes. All supplies are included, no experience necessary.

Sign up starts July 5 till August 12.

#### **Knife/Scissor Sharpening** AJ from Bob's Sharpening Wednesday, August 24 10am-1:00 pm

You will be able to have your knives or scissors sharpened on site. Knives 3" or less \$3.00/Knives Scissors \$7.00 4" or longer \$5.00 Cash or check only paid directly to AJ.

Please call to sign up by August 22 and let us know how many items you will be bringing.



#### **Attorney Talk**

No Fee

Stephen Komarjanski

Third Monday of the month

9-11 am July 18 & August 15

Make your 15 minute consultation appt. today.

#### **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

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

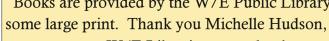
#### Thurs, July 21 & August 18 Room 1

Everyone has a story. Come learn how to turn your unique life story into a treasured memory for your family and friends. <u>Please pre-register</u> at least 2 days prior.

**Book Discussion Group with** W-E Public Library Presents:

Monday, July 25 & August 29 10:00am July 25: The Radium Girls by Kate Moore Aug. 29: The Thur. Murder Club by Rich Osman

Books are provided by the W/E Public Library,





W/E Libraries as our book discussion facilitator. Please note that the books are due back on the next scheduled program date.

#### **Veterans Meeting**

Monday, July 11 & August 1

9am

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



#### **Song Bingo**

#### Presented by Landerbrook Transitional Care Friday, July 15 10:30 am

Enjoy this new twist on Bingo. Match the classic hits that will be played to the titles on your card for a chance to win a prize. Pre-register by July 8. Free

#### Bingo! \$5 per day 12pm

Tues. July 26

Mon. August 8

Tues. August 30



Join us for a fun afternoon of Bingo with prizes. Pre-register 2 days prior or until sold out. Sign-up begins June 27.

#### Outdated & No Longer Used Drug Collection Monday, August 15 10 am-1pm

Accepting – Pills, capsules, powders, vitamins, inhalers, ointments, prescriptions, cough medicines, and pet meds. Please place pills and capsule in sealed plastic bag. You can recycle your bottles, but don't forget to scratch your name off the bottles. NOT accepting – NEEDLES, Pepto Bismol or over the counter cough medicines. Willoughby Police Dept. will dispose of properly.

#### 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.

#### **Fitness Center News**

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

Fitness Center is included in your membership

\*Every Member needs to sign a Release and Waiver form before using the Fitness Center, stop by desk.

#### **Table Tennis**

Tues. & Thurs. 1-4:30 pm Field House Must be a current member to play with this group.

Monthly fee is \$3.00

#### Cornhole

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

#### Men's Basketball

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

Monthly fee is \$3.00



#### The WALKING TRACK -

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. Please put a tally mark in the binder by the door when you walk for levy counting purposes.

Senior Market Free Fresh Produce
Willoughby Senior Center Parking Lot
Thursday, July 28 & August 25
1:30 PM while supplies last
No Line before 1:00 PM

Call the **Willoughby Senior Center** at 440- 951-2832 to pre-register.

This does not guarantee you a box of food.

First come/served.

## Senior Center Pickleball Summer Schedule

#### Must be a Senior Center member

Monday - Wednesday - Friday

Time Slots: 10:45-12:15pm-Advanced 2:05pm-3:35pm-Intermediate

**NEW to Pickleball?** 

Tuesdays/Thursdays

8:00-9:30 am-Beginners ONLY

Sign-ups started June 13 for July play July 11 for August Play, August 15 for Sept. play Fee \$4.00/\$2.00 Willoughby Resident per time slot No Refunds - 18 players max per slot Register online at:

> willoughbyseniorcenter.activityreg.com Or call 440-951-2832

#### Want to Learn how to play Pickleball?

Dwight McHugh will have teaching sessions on Wednesdays at 12:25-1:55 pm
Please sign up, please pay \$3. Limit 8 to classes Some paddles available for use.



#### Chair Volleyball (Beachball used)

Mondays and Fridays 12:25-1:55pm
Sound like fun? Chair Volleyball is a physical activity that provides a fun way to be active. Players are required to remain seated, chair volleyball allows those with physical limitations to participate on a level playing field with those who may be more active. Regular participation in this activity can increase flexibility and stamina. More fun than you can possibly stand – while seated! Chair volleyball is great for upper body mobility and joint flexibility. It enhances your muscle tone, reflexes, hand-to-eye coordination, and endurance. 16 people max.

Monthly fee is \$3.00





#### Welcome to all our new members.

Sign up for lots of Red Hat events so we can get to know you. Remember to wear a red hat and purple clothing to all Red Hat activities except the month of your birthday—reverse the colors and wear a purple hat and red clothing. We are looking forward to some exciting, fun things to do in the next few months.

#### **Red Foxes Membership**

Come join us. Dues this year (2022) are \$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.

#### July Fun Day

Thurs. July 14 \$7 (Sign up until July 8)

Depart upper lot at 10am. Brunch at Gene's Place on Rocky River Dr. Shopping, playing mini golf, eating ice cream at Sweetie's (the largest candy store in country). Pay on your own. Return 4pm.

#### Goodtime III Lunch & Cruise

Thurs. Aug. 4 \$50 (Sign up until July 15)

Depart upper lot at 10am. 11am Board the Goodtime III for a buffet lunch catered by Normandy Party Center. Enjoy a 2-hour narrated cruise. Wear red and purple. Return by 3pm.

#### Last Stop Willoughby Parade Saturday, Aug. 13 Sign up in Info Center

Meet at the Senior Center parking lot at 12noon to help decorate. Bring lots of candy to throw. Wear red and purple comfy clothes. Parade begins at 2.

#### Save the date, more details to follow:

Tues. Oct. 25 Fall Trip "A slice of Lake County"
Fri. Dec. 2 Christmas Party at Pine Ridge CC

## Red Hat Picnic at Daniels Park Friday, Aug. 19 11:30am Pre-pay \$15 by 8.12

Enjoy a picnic lunch, and the East Coast Custard truck will bring us ice cream. This is a "BYOB" (bring your own beverage) event. Drive to Daniels Park at 11:30am. Lunch is at 12noon. There will be a money raffle, prizes, and surprises.

#### Wagon Trails Safari Adventure

Thurs. Sept. 1 Pre-pay \$22 now until Aug. 24

Depart upper lot at 9:30am.

This is our last chance to enjoy the Wagon Trails Safari in Vienna, OH because they are closing permanently on Sept. 4. Experience the thrill of seeing and feeding over 350 animals in an hour long safari ride through 62 acres. Very little walking for the petting zoo. Lunch is on your own at the Yankee Kitchen. Dress in your casual red and purple. Time permitting we hope to make a stop at Marianne's Chocolates. Return about 5pm.

#### Mum Festival

Sat. Sept. 24 Pre-pay \$6 by Sept. 16.

Depart upper lot at 8:30am. Dress in casual red and purple. Travel to Barberton for the Mum Festival. You will be on your own to check out the food, arts and crafts, water show, and more. Moderate walking at your own pace. Return about 4:30pm.

#### Purple PJ Party at St. Noel Banquet Hall Thurs. Oct. 13 \$30pp Sign up 7/18-9/30

**St. Noel** Banquet Hall is located 35200 Chardon Rd in Wlby Hills. Doors open at 10am. Red and purple pajama and lounge wear will be the attire of the day. Come comfy and enjoy a full family style luncheon served at 12noon. Entertainment by Greg Piscura.

#### "Great Music, Memories, and More"!

Shop with our vendors, money raffle, Chinese raffle baskets, door prizes and more. Sign up in tables of 8 or 10. This is for Red Foxes, all Red Hat groups, and any individual who would like to join us for the day. Come see what Red Hat fun is all about.

## NEVER MISS A NEWSLETTER!

Sign up to have our newsletter emailed to you at www.mycommunityonline.com





#### Parks & Rec Summer Trips and Events ~ 440-953-4200

June 25-Put in Bay Pirate Day \$45/\$40 Resident July 23-Wine & Walleye Festival \$35/\$30 Resident August 6-Put in Bay Boat Regatta \$45/\$40 Resident Sept. 24-Barberton Mum Festival \$20/\$15 Resident October 8-Put in Bay Octoberfest \$45/\$40 Resident For more information on these trips contact Parks & Recreation at 440-953-4200 or go on-line @willoughbyohio.activityreg.com

#### OSBORNE PARK

Wednesdays | 6:30-8:30 pm
5:30 pm Food Trucks & Trendy Pop Up Shops
June 22 In The Heartland | MSB Tribute
June 29 Disco Inferno | Disco
Sept 7 The Jersey Beat | Frankie Valli and
The Four Seasons

#### **USA** Dance

Ballroom dancing
Fridays 6:30-8:30 pm starting July 8
Senior Center rooms 3-7
Cost \$5.00 per person-pay at door
Any questions, email Debbie at
debbiestachurski@gmail.com
Open to all ages!





July 16 @ 10:00 am - 5:00 pm Downtown Willoughby



Shredding Event Saturday, August 20 9:00 am –12:00 pm

Free to Residents– 5 box limit
Willoughby Service Garage
37400 N. Industrial Pkwy.
NO Plastics, metals or any non-paper
product! Your items must be in a box or bag,
we will not remove loose papers.
Sponsored by the Clean City of Willoughby
Association Inc.

#### **DOWNTOWN WILLOUGHBY**

Thursdays | 7:00 – 9:00 pm

July 7 China Grove | Doobie Brothers Tribute

July 14 Pieces of Eight | Classic Rock w/ horns

July 21 Funkology | 50s through today

July 28 Country Redford | Country

Aug 4 Diamond Project | Neil Diamond Tribute

Aug 11 Risk Factor | Rock

Aug 18 Blues DeVille | Blues

Aug 25 Abbey Rodeo | 60s/Rockabilly

## Last Stop Willoughby Festival Saturday, August 13

Spend a fun day in the heart of Willoughby.

\*Visit the market from 8-12

• **Kids Zone** From 10:00 - 2:00 pm (will include arts and crafts, as well as face painting. All activities in the park are free and sponsored by the Heart of Willoughby.)



• \*The annual **parade** kicks off at 2 pm from South High School, marching down Euclid Ave and through downtown Willoughby. Come cheer on our Red Foxes Red Hat Group in the parade!

Farmers Market
City Hall parking lot
Saturday's 8 am-12 pm



## David E. Anderson Willoughby Senior Center

36939 Ridge Road Willoughby, OH 44094

Phone ......(440) 951-2832 Web......wwwwilloughbyohio.com

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## Dated Material: Must be delivered by the 1st of the month. JULY/AUGUST 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) 951-1234
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

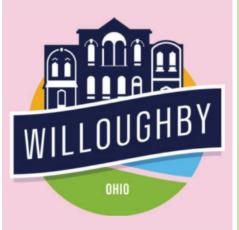
#### **BOARD OF TRUSTEES**

Thank you volunteers!

Mary Ann Sedlak President
Lynne Newman Vice Pres
Karren Warren Treasurer
Cheryl Lytle Secretary

#### **Board Members**

Don DiSantis Nancy Wallace



### 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 Cesa, Center Manager Jayme Jirousek, Program Coordinator Becky Sutton, Program Coordinator Mark Fleischer, Program Coordinator Jayne Ragheb, Office Staff Rosemary Washington, Office Staff

> Bob Fiala, Mayor Judean Keller, Director of Parks & Recreation