



Senior Center Spotlight



DAVID E. ANDERSON SENIOR CENTER

NOVEMBER-DECEMBER 2020



The Lake County Health Department made the recommendation to delay the opening of Lake County Senior Centers.

The Willoughby Senior Center will remain

CLOSED for the months of November and December



Willoughby Senior Center Fitness Center Availability

Must be a registered senior center member with a concurrent Fitness Center membership.



Due to
Covid 19.

Call to schedule a time slot; 4 people per time slot. Appropriate social distancing measures will be strictly adhered to. Temperatures of all that are entering the Center will be taken. Facial coverings to be worn while walking in and out, but not while working out.

You can now register for programs and trips (when they start again) online with the Willoughby Senior Center. Registration is easy, follow these steps:

1. Visit willoughbyseniorcenter.activityreg.com
2. Select Register for activities
3. Select the + (plus sign) on Activities Only 2020
4. Select the Category
5. Select the Program
6. Click the blue paper icon under the Sign up column
7. Complete your information, create an account and click the Add to Cart
8. To register for another activity, click Register for Programs online and follow steps 3-6. To complete the registration, click Check out.
9. Complete the payment information. Questions.....call us at 440-951-2832

Its fast, SAFE and done from the comfort of your home!



Cell Phone numbers and e-mails WANTED

**Help us inform you with valuable information
please supply us with your updated information!**

Call us at 440-951-2832 to update

- Name - Cell Phone Number
- Email address

Days of Note

Election Day

Vote on Tues. Nov. 3

Veteran's Day

Wed. Nov. 11

Happy Thanksgiving

Thurs. Nov. 26

Black Friday Shopping

Fri. Nov. 27

Hanukkah Begins at Sundown

Thurs. Dec. 10

Christmas Eve and Christmas Day

Thurs. Dec. 24, Fri. Dec. 25

New Years Day

Fri. Jan. 1, 2021

facebook

The Center has a facebook page that is full of information about the center, city services and the Willoughby community. It's a great way to stay up to date on our happenings. Search Willoughby Senior Center while on your facebook app, please don't forget to like and follow. Share this info with your family and friends!

**IF YOU NEED A MASK,
PLEASE CALL US AT
440-951-2832 AND
LEAVE YOUR NAME AND
ADDRESS SO WE CAN
MAIL IT TO YOUR HOUSE.**



Dr. Ben, Podiatrist**Thurs., Nov. 12****Thurs., Dec. 10**

Even though the center is closed, Dr. Ben will be providing his service to our seniors. Please call 440-951-2832 to schedule.

You must pay when you schedule your appointment. Cost: \$27/Wlby. Resident \$25



Does not bill Medicare, private pay only. No refunds after Tuesday prior to your appointment.

Medicare Open Enrollment Begins

Confused about your Medicare Health options for Annual Enrollment

Oct. 15-Dec. 7? The Costs, Benefits, Plans and how to compare? Are these Medicare Advantage Plans really Free? Come see Robin Craig, a licensed agent and she can help you to understand so you're not confused anymore! Call Robin at 440-897-0101 to schedule your appointment on one of the following dates: November 5, 12, 19, starting at 10am at the center. Must wear a mask, your temperature will be taken at the door.

Robin is available on evenings and weekends, will meet at a restaurant or at your home if desired. Robin is available for phone or email enrollments as well.

3rd Annual 2021 Mind Challenge

Think you would do well on the tv show "Jeopardy"? Why not take that challenge with a little trivia fun. Calling all Trivia Buffs... the Center is forming teams (6 Members per team) to represent our Center at the area "Mind Challenge Trivia" competitions next year.

We had 8 teams last year and hope to have more this year. Please call the Center if you are interested in being on a team. This is a good way to keep your brain sharp! The competitions against other Centers is scheduled to begin mid-April 2021.

**Polarity Therapy****Provider: Tim Polak****Thurs. Nov. 5 & 19 at the Senior Center****Thurs. Dec. 3 & 17 at the Senior Center**

Even though the center is closed, Tim will be providing his service to our seniors. Enjoy a non-invasive wellness service. Polarity

Therapy is a form of bodywork that combines acupressure (not acupuncture) light stretching, energy work, and more to help you feel relaxed, energized. 9:15 am start time. Call 440-951-2832 to schedule an appointment. You must pay when you schedule, cost is \$33 for 30 minutes.

Holi-DIY Craft

These cute candy bar wrapped crafts are sure to make someone smile this Holiday season.

Cost \$5 for 2 craft's-Snowman and a Reindeer

The bag will include all materials, instructions and candy bars to make your crafts. You will need glue and scissors.

You can give them as a gift or keep for yourself!

Send us a picture of your completed crafts (to bsutton@willoughbyohio.com) to be featured on our Facebook page

Curbside pick-up available 9 am-4 pm

Tuesday, November 17 or 24

Thursday, November 19

Call us at 951-2832 when you are on your

way to pick up your craft and tell us what

kind of car you will be in.



A word from our local AARP Tax Aid Leader:

AARP hopes to offer tax help if the Center is open and if he has volunteers to provide the service.

It is in your best interest to line up someone else to do your taxes and possibly has AARP as a back up – no guarantee. More news in January newsletter.

Willoughby Parks & Recreation Pickleball

November 3,5,10,12,17,19,24

December 1,3,8,10,15,17,22,29

Not available on Dec. 31st.

Tuesdays & Thursdays

Time Slots: 9:00-10:30 am– sold out

11:00-12:30 am

1:00-2:30 pm

Field House Court #4

- 16 people max per time slot
- Fee is \$3 / \$1 resident discount per date
- Do not arrive more than 10 minutes prior to your start time; if you do, PLEASE wait in your car for your entry time
- Temps will be taken at the door/masks must be worn while walking to the field house and when not playing
- You must exit immediately after your time

Pre-registration is a MUST

Register online at
Willoughbyohio.activityreg.com



Join Dee Blansett for Live On-line Line Dance Lessons
Thursday Mornings: Nov. 5,12,19 and Dec. 3,10,17.
NEW to Dancing? We have a class for you!!

True Beginners 11AM - 12Noon EST

Seasoned Beginners 12 - 1PM EST

Visit: <https://www.udancers.com/Classes/Online>

Registration is a MUST, please email Dee at
DeeBlansett@udancers.com Dee will need your
email address to send you the registration link to her
website. All you need to tune in is an Smart Phone,
iPad/Tablet, laptop, desktop, or a Smart TV.



Honk Your Horn if you ❤️ Bingo!

Wednesday, November 4 & 18

1:00 pm \$5 per person per date

All participants will remain in their vehicles
and play along through the radio. Please use
the restroom before attending as the center
remains closed to the public.

Please pre-register at 951-2382

*****Power Yoga Group and Friends*****

November Meet to Hike Schedule

Monday, Wednesday, Friday 8:30 am

This is a free self-guided hike. Please remember to social distance while hiking. If that is not possible then please wear a mask. Call Patty if you have any questions 440-725-1313. Everyone welcome to join.

Friday, Oct. 30	Chagrin River Park 3100 Reeves Rd Meet at parking lot near pavilion Wear a costume for great photo ops
Mon. Nov 2	Patterson's Fruit Farm 11414 Caves Rd Meet and Park Behind to hike Orchard Hills Park Don't forget money for shopping
Wed. Nov. 4	Squires Castle 2844 River Rd Meet and Park closest to the restrooms
Fri. Nov. 6	Strawberry Picnic Area & Shelter Located off of Buttermilk Falls Parkway In North Chagrin Reservation, Cle Metroparks
Mon. Nov 9	Headlands Dunes State Nature Preserve Headlands Beach State Park
Wed. Nov. 11	Pete's Pond Preserve 2255 Rockefeller Rd Meet and park closest to trailhead entry
Fri. Nov. 13	Nature Center N Chagrin Reservation Meet and Park closest to Nature Center Trails to hike, nature center closed
Wed. Nov. 16	Chagrin River Park
Wed. Nov. 18	Chapin Forest Reservation Pine Lodge Ski Center
Fri. Nov. 20	Squires Castle N. Chagrin Reservation
Mon. Nov. 23	Patterson's Fruit Farm Hike Orchard Hills park and shop at Patterson's
Wed. Nov. 25	Strawberry Picnic area and shelter North Chagrin Reservation, Buttermilk Falls Pkwy
Fri. Nov. 27	Gullybrook Park 2100 River Rd Meet and Park near restrooms
Mon. Nov. 30	Chagrin River Park 3100 Reeves Meet at the parking lot near pavilion



LAKE COUNTY GENERAL HEALTH DISTRICT ⁶



Lake County
General Health District
Public Health
Prevent. Promote. Protect.

NEWS RELEASE
SEPTEMBER 29, 2020

CONTACT: Ron H. Graham (440) 251-9796
LAKE COUNTY GENERAL HEALTH DISTRICT

LAKE COUNTY GENERAL HEALTH DISTRICT RECOMMENDS SENIOR CENTERS REMAIN CLOSED UNTIL 2021

Lake County General Health District (LCGHD) recommends Lake County senior centers remain closed until January 1, 2021. At that time, the decision will be reassessed. Continued closures will minimize risk, prevent morbidity and mortality, and allow the time necessary for centers to develop proper testing protocols and safety measures, train staff, and monitor the burden of COVID-19 on Lake County's most at-risk residents. Limited appointment-only services at senior centers may be approved on a case-by-cases basis.

In determining this recommendation, LCGHD considered a variety of factors including access to adequate COVID-19 testing for both staff and participants, senior center staff training needs, local hospital census, case status in both Lake and surrounding counties in accordance with the Ohio Public Health Advisory System, and seasonal flu immunizations and projections.

According to the CDC, the risk of severe illness from COVID-19 increases as people grow older, and includes people of all ages with underlying medical conditions, particularly if not well controlled, including:

- People with chronic lung disease or moderate to severe asthma;
- People who have serious heart conditions;
- People who are immuno-compromised;
- People with severe obesity (body mass index [BMI] of 30 or higher);
- People with diabetes;
- People with chronic kidney disease undergoing dialysis; and
- People with liver disease.

As people age, their immune systems change, making it more difficult for their body to fight off disease and infection, and because older adults are also more likely to have underlying health conditions, recovery can be more difficult. To date, sixty-three percent of Lake County residents hospitalized with COVID-19 were over 60 years of age. This age group also accounts for 63% of ICU admissions, and 96% of COVID-19 fatalities in Lake County.

LCGHD will work with senior center directors and staff to develop a plan for a safe re-opening of their facilities, including but not limited to testing, reporting, training, assessment, and other critical infrastructure to prevent COVID-19.

Questions regarding COVID-19 exposure can be addressed to Lake County General Health District at covid19@lcghd.org or (440)350-2188. Visit www.lcghd.org for the most updated COVID-19 information.

###



Motivate Lake County | We Thrive Together

The Lake County General Health District launched Motivate Lake County to encourage Lake County residents to take back control of their health. The initiative will promote existing health and wellness events/activities in Lake County and include new health fairs, wellness challenges, classes, presentations, support groups, and more. Motivate Lake County is a county-wide initiative designed to inspire, engage, and most importantly educate community members to become a healthier version of themselves. It will provide residents the tools and resources to achieve their unique health and wellness goals.

Visit: <https://www.motivatelakecounty.com/> to learn more information or to sign up for virtual events or challenges.

FREE **Fresh Produce**



The Fairport Senior Center will continue teaming up with the Greater Cleveland Foodbank to provide fresh, nutritious produce and other items to Lake County seniors. The Senior Market is normally available the 4th Monday of each month, but schedule is subject to change.

2020 Produce Market dates:

~~Monday, Sept. 28~~

~~Monday, Oct. 26~~

Monday, Nov. 23

Monday, Dec. 28

Monday, Jan. 25

Noon - 1:00 p.m.

First Come, First Served

Please bring ID and bags for produce
Please have trunk empty & open

Participants must certify annual gross household income is at or below \$24,119 for household of 1 or \$32,479 for a household of 2. Income is self-declared; verification is not required; **one box per household.**



**Greater Cleveland
Food Bank**



For Willoughby Senior Center Members Only:



Take advantage of this fantastic deal at the West End YMCA. Join now and pay no joiner's fee, a savings of \$50! When you join the Y, you'll find a place to do what you love, while finding togetherness. Join today and discover programs and activities that do more than promote better health. Don't forget you will also gain access to a state of the art cardio and strength training equipment, lap swim and warm water pools, track, group exercise classes **AND MORE!** Stop on in, take a tour and sign up. You already belong, you just have to join. www.lakecountyyymca.org ****You may even qualify for a membership through your health insurance. Stop in and let us check your eligibility for you.**

Frequently used numbers:

Social Security - 1-800-772-1213

Painesville 1-877-692-3143

LC Gen Health District - 440-918-2500

LC Council On Aging - 440-205-8111 website info can be found at www.lcco.org

Laketrans (Call before 3 pm) - 440-354-6100. Two business days required for reservations

Medicare - 1-800-633-4227

"2-1-1 First Call For Help Program"

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

**KEY DATES FOR THE NOVEMBER 3, 2020
PRESIDENTIAL GENERAL ELECTION**

NOVEMBER 2: Final Day of Early Voting. Hours for early voting are 8:00 a.m. – 2:00 p.m. this day. Ballots returned by mail must contain a postmark of November 2, 2020 or earlier.

NOVEMBER 3: Election Day. Polls Open 6:30 a.m. until 7:30 p.m. Check your polling location with: voterlookup.ohiosos.gov and follow the prompts. Voters still in possession of Absentee Ballot Must Return the Ballot to the Board of Elections' drop box by 7:30 p.m. Any questions call 440-350-2700



Up-to-Date

INFORMATION

*Keep up with the City of Willoughby's
events by visiting their website
www.willoughbyohio.com*

Service Dept. 953-4111 Building Dept. 953-4118
Parks & Rec. 953-4200 Golf Course 953-4280
Police Non-Emergency 953-4212
Fire Dept. Non-Emergency 953-4343

Eastlake Nutrition Site

Congregate Monday Drive-Thru Program

In addition to the regular Monday—Friday meals, they also offer a Monday Drive Thru

Hours: 11:30-12:30pm

Age: 60 and over

Each person will receive one (1) hot and four (4) frozen for the week. A confidential registration form has to be completed by each person one week prior to pick up.

The Alzheimer's Association provides care and support services free of charge for caregivers. Information on our virtual education programs and support groups can be found by calling our Helpline (800.272.3900) or on our website alz.org/cleveland. We also have some great tips about caregiving during this time that can be found here: <https://alz.org/alzheimers-dementia/coronavirus-covid-19>

Meal Assistance Programs

McKinley Outreach Center Food Pantry is open Mondays (6-7 pm), Wednesdays (12-2 pm) and Thursdays (12-2 pm). Please bring a photo ID & a current utility bill, lease, cable bill, bank statement or JFS letter to show residency in western Lake County. Households may visit the Food Pantry once every 30 days.

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

Eastlake Senior Center 1580 E. 332nd ST
(440) 946-8822

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

Wickliffe Community-Senior Center is offering pick-up only Lunch Monday – Friday at 11:30 AM. Cost is \$1.50 for those 60 years old and over. Please call Nancy Krause for a reservation at (440) 373-5017 one week in advance.

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

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

Lunch in the Lot Programs



Friday, November 20
12 pm
Cracker Barrel
Box Lunch
Musical Entertainment
by Greg Markel



Thursday, December 31
12 pm
Box Lunch
Musical Entertainment
by the Sanson Brothers

Come and enjoy MUSIC and LUNCH while sitting and keeping warm in your vehicle in the Senior Center Parking Lot.

\$9 per person, please register by the Tuesday before the concert.

You will turn your radio (can be your car radio or a handheld one) on a designated station in order to hear the music. You will be told what station once you arrive.

We will follow these guidelines:

*Stay 6 feet apart

*You must stay in your allotted parking spaces

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Health Insurance Questions?

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Torsten Marburger
Executive Chef

Torsten Marburger is our Executive Chef, he fell in love with cooking 20 years ago. He served as a United States Marine for 4 years. After completing his time with the Marines, he graduated from Le Cordon Bleu Institute of Culinary Arts in Pittsburgh in 2011. Torsten prides himself on being able to put smiles on our residents' faces three times a day. He lives locally in Mentor, Ohio with his beautiful wife Joann and their 3 dogs. He is an avid outdoorsman and really loves to fish.

Danbury
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440.225.1371



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CONTACT

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**Offer valid through December 1, 2020. Subject to eligibility and availability.*



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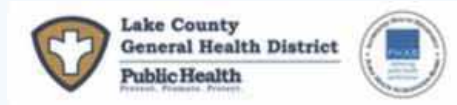
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Online Learning Opportunities

Welcome to “Connections” Virtual Senior Programming



We Thrive Together

Key Partners of “Motivate Lake County”

“Connections” virtual programming will be available Monday through Friday beginning Nov. 1, 2020. Senior specific programs for Lake County adults age 60 and over will be offered in a monthly calendar .

Registration is required for tracking purposes. You will see local instructors and senior center specific personalized programs.

How To Sign Up:

Call: 440-478-5640

Go online: MotivateLakeCounty.com/Events

Needed:

Smart phone, tablet, pad lap or desktop.

A traditional landline can also offer audio connection.

Do you not own a connective device?

Call the senior center and we will try to assist you.

SUPPORTING YOU

Facing a financial hardship?

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Winter Rates

WEEKDAYS	9 Holes	18 Holes
Golf / Walking	\$8.50	\$14.00
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 WEEKENDS	 9 Holes	 18 Holes
Golf/ Walking	\$8.50	\$14.00
Golf with Cart	\$16.00	\$28.00
 PULL CARTS	 9 Holes	 18 Holes
	\$ 3.00	\$ 4.00



Check out our **DRIVING RANGE!** Call for hours and conditions

Small Bucket (20-30 balls) \$5

Medium Bucket (50-60 balls) \$8

Large Bucket (80-90 balls) \$10

WALKING TRACK

The **WALKING TRACK in the FieldHouse** is available for members of the senior center **Monday through Friday** from 12:00-2:00 pm for senior hours only **on Tuesdays & Thursdays** from 9:30 am—2 pm.

If you enter on **M/W/F** You will:

- Enter through the YMCA main entrance
- Sign the clip board at the main desk stating that you are a member of the senior center.

No other YMCA facilities will be available for you to use during this time.

If you enter on **T/TH** You will:

- Enter through the Senior Center Doors

- - - **NEW** - - -

Lockers installed to hold your valuables!

Bring your own locks.

MALL WALKING

Doors open at 10:00 am, Monday - Sunday, for mall walking. The Mall Walker Program is sponsored by Lake Health.

Lake Health also offers each registered mall walker a promotional gift and contributes to our monthly Mall Walker Program newsletter with beneficial health news and information. Pick up your copy of the newsletter near the play area or in the mall office. Visit <https://shopgreatlakesmall.com/events-news/program/mall-walkers> to join.

The length of one full lap, which includes every side concourse of the mall is 1 mile.

Community Information



Public transit travel in Willoughby & Lake County is about to expand.

Route 8 will operate hourly from 6 a.m. to 8 p.m. on weekdays and every two hours on Saturdays.

Route 9 will provide peak service connecting downtown Painesville and Tyler Boulevard with service to Diamond Centre in Mentor. Service will operate weekdays from 5:30 a.m. to 8:30 a.m. and 2 to 6 p.m.

Route 9 will operate with a smaller Dial-a-Ride style bus equipped with amenities of a traditional fixed-route bus, including bike racks, stop cords, a destination sign and a fare box.

Laketran is also making a slight change to Route 3 along Lake Shore Boulevard in Willoughby to travel along Tamarac Boulevard/Lost Nation Rd. in efforts to better serve the residential area.

Ride Laketran Dial-a-Ride to any Senior Center in Lake County free! Laketran and the Lake County Board of Commissioners partner to provide Lake County Senior Citizens free Laketran Dial-a-Ride transportation to any Senior Center in Lake County. The trips will be paid for by funds from the Lake County Senior Services Levy. You simply need to reside in Lake County and be 60 or older.

Call Laketran at 440-354-6100 for more info!

The Lake County Council on Aging's Gatekeeper Program

The Council on Aging provides care and service for older adults. This agency is dedicated to supporting those adults feeling isolated, living alone, and in need of some type of assistance to their independence.

The Gatekeeper Program has been designed by community volunteers to watch and listen for the signs that indicate an elderly person is in need of assistance. Once a referral is received, it is reviewed by a nurse and a social worker who discuss the action to be taken. A referral is then made to other resources in the community. If the plan is accepted by the elder, ongoing case management is received and followed for a minimum of three months.

If you know of an elder who needs assistance or if you would like to become a Gatekeeper, please contact the Lake County Council on Aging at (440) 205-8111.



Coronavirus/COVID19-Related Stress Factors and Resources

The impacts of coronavirus/COVID19 aren't confined to physical health. If you or a family member experiences stress related to this pandemic we want to reassure you that help is available.

From the Lake County Alcohol, Drug Addiction, and Mental Health Services (ADAMHS) Board

Free, confidential local resources

Crossroads Health Virtual Support Group

Open to all!

Mondays, 11:00 a.m.

- To access online log onto <https://crossroadshealth.zoom.us/j/6044743547>
- You can also elect to participate by phone: 888-788-0099, meeting ID: 604-474-3547

Lake Co. ADAMHS Board Compass Line: 350-2000 or 918-2000 (both 440)

- Call the Compass Line for information about all behavioral health services, including those relative to COVID-related stress or anxiety, and/or to explore telehealth options.
- Compass Line hours are Monday through Friday 8:00 a.m. - 4:00 p.m.

Lake County Crisis Hotline: 440-953-8255

- Free, 24/7 help if you or a family member experiences overwhelming stress that impacts ability to function normally.

Crossroads Health Coronavirus Warmline: 440-754-3340

- For help with coronavirus-related stress, or anxiety.
- Warmline hours: Monday - Friday, 8:00 a.m. - 8:00 p.m.

The ADAMHS Board is responsible for planning, evaluating, monitoring, and funding services available for Lake County residents who are dealing with mental illness and/or addiction disorders.



YOU.ME.US. We're in this together. There is no them.

WILLOUGHBY TRIVIA CONTEST

What was the name of the first permanent settler in Willoughby?

Who was the town of Willoughby named for?

At one time or another Willoughby has belonged to six different counties, can you name all six

What Famous comedian, actor, writer and director was born in Willoughby?

What was the town named before it was Willoughby?

What business was in the building where Fiona's now resides? (hint: the stain glass window is still there)

The Jehovah Witness Hall on Vine St. was once a movie theater, do you remember the name of it?

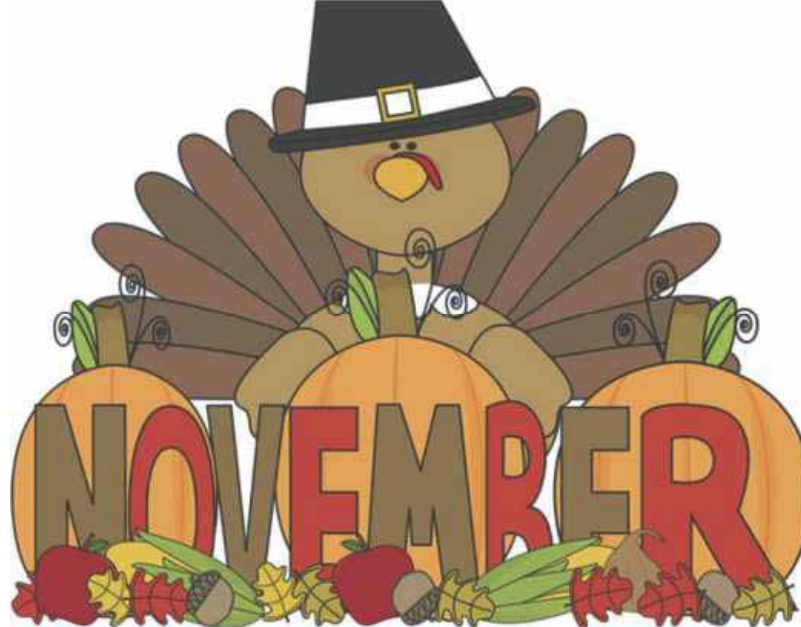
Willoughby once had a wonderful bakery at the corner of Erie and Glenn, can you name it?

What was the name of the Pharmacy across the street from the bakery?

What years was the Willoughby University of Lake Erie Medical College open?

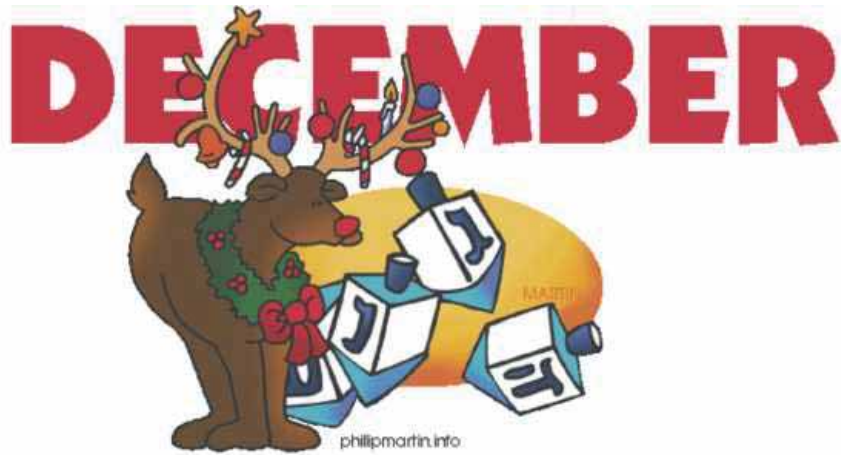
What year was the Little Red Schoolhouse built?

Answer the questions and email your answers to bsutton@willoughbyohio.com or mail to Willoughby Senior Center, 36939 Ridge Rd, Willoughby.
Please return by Friday, December 4 to be entered into a drawing for fabulous prizes!



November 2020

Monday	Tuesday	Wednesday	Thursday	Friday
2 8:30am Power Yoga Walk (Friends Welcome)	3 	4 8:30am Power Yoga Walk (Friends Welcome) 1pm Car Bingo	5 9am Pickleball 9:15 Polarity Appts 10am Medicare Appts 11am Online Line Dance with Dee	6 8:30am Power Yoga Walk (Friends Welcome) 7 Saturday 8am-12:45 Fitness Ctr
9 8:30am Power Yoga Walk (Friends Welcome)	10 Fitness Center Hours 7am-7:45pm 9am Pickleball	11 8:30am Power Yoga Walk 	12 8:30 Fit Ones at Pool 9am Podiatrist Appts 9am Pickleball 10am Medicare appts 11am Online Line Dance with Dee	13 8:30am Power Yoga Walk (Friends Welcome)
16 8:30am Power Yoga Walk (Friends Welcome)	17 Pick up craft 9-4 9am Pickleball	18 8:30am Power Yoga Walk (Friends Welcome) 1pm Car Bingo	19 Pick up craft 9-4 9am Pickleball 9:15am Polarity Appt 10am Medicare appts. 11am Online Line Dance with Dee	20 8:30am Power Yoga Walk (Friends Welcome) 12pm Lunch in Lot Thanksgiving Style
23 8:30am Power Yoga Walk (Friends Welcome) 12-1pm Fairport Harbor SC Free Fresh Produce	24 Pick up craft 9-4 9am Pickleball	25 8:30am Power Yoga Walk (Friends Welcome)	26 	27 8:30am Power Yoga Walk
30 8:30 Power Yoga Walk				



December 2020

Monday	Tuesday	Wednesday	Thursday	Friday
	1 9am Pickleball	2	3 9am Pickleball 9:15 Polarity Appts 11am Online Line Dance with Dee	4 Last Day to turn in Willoughby trivia sheet
7	8 9am Pickleball	9	10 9am Pickleball 9am Podiatrist Appts 10am Medicare Appts. 11am Online Line Dance with Dee	11  Happy Hanukkah
14	15 9am Pickleball	16	17 9am Pickleball 9:15 Polarity Appts 10am Medicare Appts. 11am Online Line Dance with Dee	18
21	22 9am Pickleball	23	24 	25
28 12pm Fairport Harbor SC Free Fresh Produce	29 9am Pickleball	30	31 12pm Lunch in the Lot Noon Year's Eve	1 

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

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

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

Wlby Police (Non-Emergency) 953-4212
Willoughby City Hall 951-2800
Willoughby Service Dept. 953-4111
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

Ohio Benefit Bank: (440) 350-2056
www.ohiobenefits.org

Provided by the Lake County General Health
District. You may qualify for free tax filing, Rx
assistance, heating, nutrition, Medicaid.

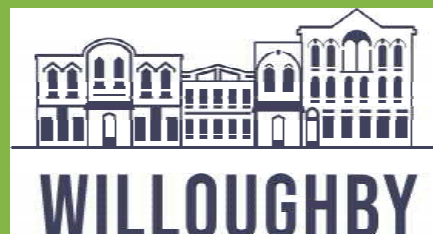
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Thank you volunteers!

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Nancy Wallace	Vice Pres
Jeff Connell	Treasurer
Cheryl Lytle	Secretary

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Lucy Carter
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WE ARE FUNDED:

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

David E. Anderson Willoughby Senior Center Staff

Amy Skolny, Center Manager
Becky Sutton, Program Coordinator
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Mary Kay Soptich, Office Staff
Janice Calabrese, Office Staff

Bob Fiala, Mayor
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Parks & Recreation