

## WICKLIFFE SENIOR PROGRAM NEWSLETTER

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**JANUARY 2026**

**Wickliffe Community Center**  
900 Worden Road

Happy JANUARY- we celebrate MLK Day (Jan 19), National Hot Tea Month, Alaska Statehood (1959), and Edgar Allen Poe (born Jan 19, 1809).

The Center will be Closed on New Year's Day (Jan 1st) and MLK Day (Jan 19th).

The Wickliffe Senior Center hours are:  
Monday - Thursday 8:00 AM - 4:00 PM  
Friday 8:00 AM - 2:00 PM

Reminder - you can always check the Center's Facebook Page (City of Wickliffe Community Center) for updates on Center Closings and upcoming Events. We also post the monthly Calendar and Newsletter.

It is very important to sign in at the Front Desk with your membership card every time you visit the Center. Signing in is how we track our attendance, pay our instructors, and receive our share of funding from the Lake County Commissioners. Thank you for your cooperation!

Please remember to wear athletic shoes/sneakers in the Fitness Room. Also, be courteous and wipe down the equipment after use. Please limit your equipment use to 30 minutes if someone is waiting. Thank you!

Coffee is 50 cents per person, even if you bring your own mug. Coffee is available daily until Lunch. If you would like to pay for everyone's coffee for the day to celebrate a special occasion, the cost is \$15. Please see Bob in the office to reserve a date. Thank you!

The "Senior Shop" is set up in the Arts & Craft room. Please pay for your items at the front desk. All proceeds benefit the Wickliffe Senior Program.

Please limit the puzzles taken home to three at one time. Reminder that use of the puzzle room and puzzle check-out is reserved for Wickliffe Senior Center Members. Thank you!

When using the library, please do not reshelve books. Kindly place all returned books in the large basket in the library. We have a wonderful library volunteer (Rose) who returns books to their original spaces and keeps things organized. Thanks.

### Regular Classes & Activities

#### Senior Exercise

- Meets Mondays @ 9 AM & Fridays @ 10 AM

#### Senior Free Dance

- Meets Mondays @ 10:15 AM

#### Pinochle

- Meets Mondays @ 12:30 PM

#### Bocce

- Resumes in Spring 2026

#### Crochet Club

- Meets Mondays at 12:30 PM
- Will Meet Jan 5<sup>th</sup>, 12<sup>th</sup>, and 20<sup>th</sup> (Tues)

#### Chair Yoga

- Meets Tuesdays & Thursdays at 9 AM

#### Reader's Theatre

- Meets Tuesdays & Thursdays at 10 AM
- Meetings resume Jan 20<sup>th</sup>

#### Senior Line Dancing

- Meets Wednesdays at 1 PM

#### Senior Stretch and Balance Class

- Meets Every other Wednesday at 10:00 AM
- Will meet Jan 7<sup>th</sup> and 21<sup>st</sup>

#### Wii Bowling

- Meets Thursdays at 12:30 PM
- Every other Wednesday at 9:00 AM
- Will bowl Jan 14<sup>th</sup> and 28<sup>th</sup>

#### Meditation

- Will meet January 8<sup>th</sup> and 22<sup>nd</sup> at 12:30 PM

Reminder that we have bread/bakery distributions on most Monday/Wednesday/Fridays. Our continued thanks to Ryan Best and Willoughby Giant Eagle for their generosity. Additionally, Joe Washington and Erika Vella have picked up running the lunchtime pastry raffles (when available). Also, our thanks to Tony Zizzo for his help every week. Thanks ALL!!

Welcome 2026! All in all, 2025 was a pretty successful year at the Center as we transitioned to a new Center Director. The year ended on a down note for me, as I lost my mom on 12/7. I truly appreciate all the kind thoughts and prayers from everyone as my family dealt with her passing. As we move into January, please take note of a couple of Focus Groups that we will hold mid-month. While I like to think that I am always open to ideas and thoughts, the Focus Groups provide a structured opportunity to share information on the Center's programs and direction. Space is limited, so please sign up for a spot if you are interested. Also, be sure you bring solutions for any problems you may wish to discuss. 😊

Have a great month, and, as always, Go Irish!  
- Bob Liddy

### MARK YOUR CALENDARS!

NOTE - There will be no Veteran's Meeting held in January. Meetings will resume in February.

#### Wednesday, January 7<sup>th</sup>

Dr. Ben (Podiatrist) will be here beginning at 9 AM. Appointments are required and can be made at the front desk. \$30 cash is due to the doctor at the time of service. Please arrive 10 minutes before your scheduled time. \*\*Wickliffe Senior Center Members Only\*\*

#### Friday, January 9<sup>th</sup> (9:00 AM)

We will have Happy Bingo at 9 AM on Friday, January 9<sup>th</sup>. \$5 per member. Registration at the Front Desk is required. NOTE - everyone who attends is guaranteed a prize!

#### Monday, January 12<sup>th</sup> and 26<sup>th</sup> (10:15 AM)

Jennifer Woo, Licensed Massage Therapist, will be offering relaxing chair massages. The massage is done in a specially designed chair while fully clothed in an upright position. Cost is \$15 for a 15-minute session and is due at the time of registration. Sign-up at Front Desk.

#### Monday, January 12<sup>th</sup> @ 10:00 AM and

#### Wednesday, January 14<sup>th</sup> @ 12:30 PM

Each January, the Wickliffe Recreation Team conducts Focus Groups with Wickliffe Senior Center members. The purpose of these meetings is to provide members with the opportunity to share their ideas for the New Year. What should we keep doing? Suggestions for changes/additions? Please keep in mind that this not a complaint session. However, if you have a concern to put forward, please be ready to offer a solution as well. You must be a Wickliffe Senior Center Member to attend, and Registration in advance is required as space is limited.

#### Tuesday, January 13<sup>th</sup> (10 AM)

There will be a Wickliffe Senior Center Board Meeting at 10 AM (Room D). All Center members are welcome to attend. No registration necessary. Thanks!

#### Tuesday, January 13<sup>th</sup> (12:30 PM)

Calling all Arts and Crafters!! Please join us in the Arts and Crafts Room at 12:30 PM to make your own artistic Valentine's Day project. The class will be led by Pam Blackburn. Cost is \$8 to cover supplies, and the project will be completed in one session. Sign-up in advance at Front Desk.

#### Thursday, January 15<sup>th</sup> (10:00 AM) (rescheduled)

Richard Wilkens, the President of Euclid Beach Park Now will be at the Center to present A Stroll Through Euclid Beach and Its' History. You'll hear all about the beloved amusement park and the history of the Humphrey Family. Park memorabilia and a recently published book will also be available for sale. Admission is free and no sign-up required.

#### Thursday, January 15<sup>th</sup> (10AM - 11AM)

Marla Katz, RN and BSN, will be here at the Center to offer Reiki sessions. Reiki is a Japanese Healing Technique that helps to relieve stress/pain, induce relaxation and release anxiety. Cost is \$16 for a 20-minute session and is due at the time of registration. Sign-up at Front Desk.

#### Friday, January 16<sup>th</sup> (9-11 AM)

Attorney Deborah Loughner will at the Center to offer free consultations beginning at 9:00 am. Please see Front Desk to make an appointment (required).

#### Tuesday, January 20<sup>th</sup> (10 AM)

We'll have free donuts and coffee from 10 AM until they're gone, courtesy of a new sponsor, Aberdeen Crossings. Grab some information and a donut from the table in the front lobby. Enjoy!!

#### Wednesday, January 21<sup>st</sup> (9:45 AM)

Our next bus trip takes us to Cleveland's Trinity Cathedral for a Lunchtime Concert by the Cleveland Chamber Choir. We will also stop for breakfast at the E 55<sup>th</sup> St Diner on the way to the show. The bus will leave the Center PROMPTLY at 9:45 AM. \$3 is due at the time of registration at the Front Desk. It is estimated that the bus will return back to the Center no later than 2:00 PM.

#### Wednesday, January 21<sup>st</sup> (10:30 AM)

A representative from the Lake County Council on Aging (10:30 - 11:30) will be at the Center to answer questions and provide information on all the LCCOA programs. Stop by the table to learn about the services and opportunities available through the LCCOA.

#### Thursday, January 22<sup>nd</sup> (12:30 PM)

Please join us for a friendly game of Senior's Trivia. Play by yourself or on a team (up to 4 players). Free snacks/beverages to all players. Minor prizes also presented to our winners. You never know what you might learn!! Awesome host too! Did I mention snacks?

Friday, January 23<sup>rd</sup> (12:30 PM)

The next Book Club meeting will be held on Friday, January 23<sup>rd</sup> at 12:30 PM. This month, the group will be reading "The Silent Patient" by Alex Michaelides. We are always looking for new readers! If you need a copy of the book, please call the Wickliffe Library (440-944-6010) to reserve your copy.

Tuesday, January 27<sup>th</sup> (12:30 PM)

We will have Joyful Bingo at 12:30 PM on Tuesday, January 27<sup>th</sup>. \$5 per member. Upgraded prizes available to winners. Note that not everyone wins a prize at this session, but fun and snacks are a guarantee. Registration at the Front Desk is required.

Wednesday, January 28<sup>th</sup> (10:00 AM)

Jackie Payne will be hosting a Medicare 101 seminar at 10 AM. She will also answer your individual Medicare questions. Door Prizes will be available to attendees. No registration required.

Wednesday, January 28<sup>th</sup> (11:00 AM)

There will be a Mystery Lunch Trip to a local restaurant on January 28<sup>th</sup>. The bus will leave the Center PROMPTLY at 11:00 AM. \$3 is due at the time of registration. Each senior is responsible for their own lunch & tip. It is recommended each Senior bring between \$15.01-\$24.99.

Thursday, January 29<sup>th</sup> (12:30 PM)

Join us at 12:30 PM in the Room D Cineplex for our next Popcorn Classic. This month's movie is "Legally Blonde". Come watch Reese Witherspoon take those Harvard snobs down a few pegs. There will be free popcorn for the first 33 attendees. BYOB. No registration required.

MARK YOUR CALENDARS

The Wickliffe Winterfest will be held on Saturday, January 17<sup>th</sup> from 1:00 PM - 4:00 PM at Green Ridge Golf Course (29150 Ridge Rd). Lots of FREE activities for young and old like wagon rides, arts/crafts, sledding, hot chocolate, hot dogs and a chili cookoff. Rumor has it that the Wickliffe Senior Program Coordinator is entering his infamous, non-Award Winning chili too!.. Hope to see you all there!

