

WICKLIFFE SENIOR CENTER NEWSLETTER – APRIL 2019
Gerri Hubbbell – Director
440-373-5015

YEARLY MEMBERSHIP FEES

\$5 Wickliffe Residents

\$10 Non-Residents

You must be 55 years of age

Wickliffe Senior Center Life Membership - Age 90 and older has no fee!

LAKE COUNTY COUNCIL ON AGING LUNCH PROGRAM (60 years old and up)

A donation of \$1.50 is appreciated.

SENIOR CENTER HOURS

Monday –Friday

8 AM - 4:30 PM

MISSION STATEMENT

Empower adults 55 and older for personal independence, healthy aging, socialization and education in a positive environment.

Note from Gerri:

Spring is finally here! You will see a steady increase in activities and trips as the months go on. And I am even going to plan some outside activities. If there is anything in particular you would like to see planned, please let me know.

Thank you to all of our amazing volunteers! You have all helped me become acclimated to this new adventure. Please know you are all appreciated very much. I will begin planning a volunteer recognition event very soon. And stay tuned for a very exciting announcement involving one of the center's volunteers!

Just a sneak peek into May – we will be having Spring Bingo on May 24th, Senior Appreciation Day on May 21st, and much more!

Warmly,
Gerri

We now accept cash and checks as payment for membership. Please understand that if a check is bounced, I am charged a \$10 fee, which I am required to pass on to the person who wrote the check. Please feel free to let me know if there are any questions about payment methods. Thank you!

**WICKLIFFE SENIOR CENTER IS FUNDED IN PART BY THE LAKE COUNTY SENIOR
CITIZENS LEVY.**

REMEMBER THE DIFFERENT LEVELS FOR TRIPS: In order to clarify more about trips and the amount of walking and standing during a trip; below are the guidelines:

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

“Lost & Found” Basket - There is a “lost and found” basket outside of my office. Please take a moment to check to see if any of your belongings are in basket. Thank you!

Senior Community Sale - Great news! We have been approved to have a Senior Community Sale here at the center on Saturday, August 24th. We will sell tables, and all of the proceeds will benefit the Senior Center! Everyone will be responsible for setting up their own table, pricing and selling their items, and then tearing down at the end of the day. And of course, any money made in the sale will belong to you! More information coming soon!

Concerts In The Park – Mark your calendars for the following events:

Tuesday, June 11th – The Pop Tarts & Car Show

Tuesday, July 9th – Solid Gold

Tuesday, August 6th – Joey Tomsick Orchestra

All concerts will be held 6:30-8:30 pm. Concessions will be available. And of course, you are welcome to bring your own picnic dinner (no alcohol, please).

Red Cross Blood Drive – Wednesday, April 24th 12:30 – 5:30 pm. Please spread the word!

Bingo – Bingo has been a huge hit and many of you have requested the bingo schedule for the entire year. So here it is:

Easter Bingo – Friday, April 12th – 9:30 – 11 am

Spring Bingo – Friday, May 24th – 9:30 – 11 am

Summer Bingo – Friday, June 21st – 9:30 – 11 am

Patriotic Bingo – Friday, July 12th – 9:30 – 11 am

Luau Bingo – Friday, August 16th – 9:30 – 11 am

Fall Bingo – Friday, September 13th – 9:30 – 11 am

Halloween Bingo – Friday, October 11th – 9:30 – 11 am

Thanksgiving Bingo – Friday, November 8th – 9:30 – 11 am

Holiday Bingo – Friday, December 13th – 9:30 – 11 am

FITNESS ROOM: The hours for the Fitness Room are 8 AM to 4 PM, Monday through Friday. You must wear clean and dry fitness shoes when working out. Please leave wet and dirty shoes/boots on the tray inside the fitness room. Also, if there is a waiting line, please let someone else use the equipment after 30 minutes. Thank you!

EXERCISE CLASS FOR SENIORS:

Instructor: Diane Nicholes

Monday: 12 – 12:45 PM

Wednesday: 12 - 1 PM

Thursday: 12 - 1 PM

Class includes stretching, balance, cardio and toning designed especially for active seniors. Remember to bring a bottle of water to help stay hydrated.

ADVANCED LINE DANCING:

Instructor: Sharen McDivitt

Wednesday: 1:15 – 2:15 PM

ZUMBA GOLD:

Instructor: Diane Nicholes

Tuesday: 1 – 2 PM

This class is specifically targeted to active, older adults who are looking for a modified Zumba class that recreates the original moves of a Zumba class at a lower intensity.

CHAIR YOGA:

Instructor: Kate Hazel

Tuesday & Thursday: 9AM – 10 AM

No class on Tuesday, April 30th

"FOREVER YOUNG TAPPERS": Advanced Tap

Wednesday: 10:15 - 11:15 AM

This advanced class has been part of Wickliffe Senior Center for many years. This group entertains throughout Northeast Ohio.

BEGINNING TAP:

Instructor: Norma Reaville

Wednesday: 11:30 AM - 12:30 PM

PODIATRIST:

Dr. Ben Esraelian

Tuesday, April 2nd

Wednesday, April 17th

Cost is \$20 - Sign up at the front desk

First come, first serve.

Doctor arrives at 9 am

FREE BLOOD PRESSURE SCREENINGS:

Tuesday, April 2nd, 10 – 11 am (Wickliffe Fire Department)

Tuesday, April 23rd, 10 – 11 am (Wickliffe Country Place)

Please sign up at the front desk.

CROCHETING/KNITTING:

Tuesday: 12:30 PM

ART STUDIO CLASS:

Instructor: Lisa Urankar

Thursday: 1 - 3 pm

Now in classroom D!

Learn drawing skills in graphite or colored pencil. Try your hand at watercolors or acrylic painting. This class will include demonstrations, practice exercises, class projects and a whole lot more. Have fun, relax and enjoy the healing power of art!

CHAIR MASSAGE:

Jennifer McChesney, Licensed Massage Therapist

Monday, April 15th: 1 – 2 pm

Cost is \$1 per minute, please pay with cash.

Sign up at the front desk

SAVVY SENIORS BOOK CLUB:

Thursday, April 4th : 10:30 am

For further information call Carol Anthony at 440-942-2562.

LAKE COUNTY COUNCIL ON AGING:

Selena Cox

Tuesday, April 16th: 10:30 am

The Lake County Council on Aging offers programs for those age 60 and over including: information and referral, social work services, Meals on Wheels, in-home safety, homemaker services, and more. Please call (440) 205-8111 for more information or visit www.lcco.org

ATTORNEY:**Friday, April 5th: 12:30 – 2 pm****Deborah Loughner**

Please sign up at the front desk.

There is NO CHARGE for any of the consultations.

ICE CREAM SOCIAL & 50/50 RAFFLE:**Tuesday, April 30th: 12:15 PM****Join us for ice cream sundaes, compliments of
“Wickliffe Country Place”!****VETERANS GROUP:****Deborah Williams - Cleveland Veterans
Administration****Wednesday, April 17th at 10 am****LUNCH BUNCH:****Zappitelli’s****9570 Mentor Avenue, Mentor****Thursday, April 18th – 1:30 pm****Bus leaves at 1:00 PM**

Cost of transportation is \$3 per person if you are taking the bus.

Max 25 people (you must sign up even if you are driving yourself).

Deadline to sign up is Monday, April 15th.

Lunch and gratuity is on your own!

Wii BOWLING:**Monday & Wednesday: 10 am****CORNHOLE:****Monday: 1 pm****PINOCHLE:****Monday, Wednesday & Friday: 12:30 pm****BINGO GROUP:****Thursday: 9:30 am****REIKI: A Peaceful Way To Health****Marla Katz RN, BSN****Tuesday, April 2nd****Noon – 2 pm**

\$15 for 20 minutes, must pay at time of sign up at front desk.

In tap room.

OSTEOSTRONG:**Gina Fletcher will be visiting to conduct free
bone density exams.****Monday, April 29th: 9:30 – 11 am****EASTER BINGO EVENT:****Friday, April 12th: 9:30 – 11 am**

No cost! Lots of fun and prizes! Please sign up at front desk.

HOLIDAY PARTY COMMITTEE MEETING**Thursday, April 4th, 10 – 11 am**

Would you like to help plan the holiday party for 2019? If so, please attend this meeting!

BAKE SALE:**Tuesday, April 2nd****9 am – 1 pm**

The Wickliffe Senior Center will be the recipient of all donations! All items must be individually wrapped for safety and health reasons. Please do not price items. Please sign up at the front desk if you would like to donate baked goods or volunteer to work the sale!

LUNCH EASTER EGG EVENT:**Wednesday, April 17th****11:30 am**Eat lunch in the dining hall on April 17th. Each table will receive an Easter basket filled with eggs and prizes. Must sign up for lunch with Nutrition by Wednesday, April 10th!**Q&A WITH WICKLIFFE SCHOOLS****SUPERINTENDANT JOSEPH SPICCIA:****Tuesday, April 2nd****10 – 11 am**

Learn all about Wickliffe’s Resource Center & how you can help! Breakfast snacks provided. Raffle & prizes! Please sign up at front desk!

FOOD OVER MEDICINE:**Tami Pace – Serenity Wellness Center****Friday, April 5th****10 – 11:30 am**

Review organic, clean eating and fat vs. low fat and non fat foods. Will be raffling off cookbook and other items! No charge. Please sign up at front desk.

GRIEF RECOVERY PROGRAM:

**Denise Pahlman, Bereavement Coordinator from
Crossroads Hospice
8 week program – every Friday (except Good
Friday), 10 -11 am**

No charge

April 5th, 12th, 26th

May 3rd, 10th, 17th, 24th, 31st

Please sign up at front desk.

There are 43 losses which can produce the range of emotions that we call grief. The list includes:

Death of a loved one

Divorce, or the end of a relationship

Death of a pet

Major financial changes

Moving

And many others

ELDER CARE OPTIONS:

Eric Sailor from Care Patrol

Wednesday, April 10th

10 – 11 am

No charge.

Please sign up at front desk.

PAIN MANAGEMENT:

Joanna Moore, LPN

Wednesday, April 24th

10 – 11 am

Please come listen to Joanna make a presentation on pain management as she completes her BA in Nursing from Kent State University!

FOOT REFLEXOLOGY:

Brenda Carter

Thursday, April 25th

10 – 11 am

Reflexology balances the body by applying pressure to specific points on the feet which corresponds to various parts of the body. Pressure is applied to release blockages and allow energy to flow so that the system may correct itself. Benefits include: deep state of relaxation, improvement of circulation, pain management, improvement of memory, reduction of anxiety, migraine/tension headache relief and relief of sinusitis.

Raffle for free session!

**MEDICAL MUTUAL SUPPLEMENT
INFORMATION MEETING:**

Roydean Avery

Friday, April 26th

10-11 am

MGM NORTHFIELD PARK CASINO TRIP:

Used to be the Rocksino

Monday, April 22nd

Bus leaves at 8:30 am, be here by 8:15 am

Bus leaves casino around 2 pm

Bus ride is only about 35 minutes

20 passengers maximum

Will receive \$20 free play

Will receive Classic 55 Buffet Lunch for \$9.99 plus gratuity

\$5 for bus ride

No car drivers allowed!

Please sign up at front desk

PRESQUE ISLE CASINO TRIP:

Tuesday, April 30th

Bus will leave here at 8:30 am, must be here by 8:15 am

Bus will return around 5 pm

Trip in conjunction with Euclid Senior Center

Will receive \$25 free play

Meals on your own

\$27 paid at time of sign up at front desk (cash or check)

AND COMING SOON!!!!!!!!!!!!

POLYNESIAN DANCE:

Starting Friday, May 3rd

10:30-11:15 am

Dahmia will lead this class every Friday in May as we learn “party hula” auwana dances! Enjoy music from Hawaii and Tahiti (and even some Elvis!)