

WICKLIFFE COMMUNITY CENTER – SENIOR PROGRAM NEWSLETTER – JUNE 2019
Gerri Hubbell – Senior Program Coordinator
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 & older)

A donation of \$1.50 is appreciated.

SENIOR PROGRAM 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.

A few things to look forward to this spring/summer: focus groups, summer day trips, ALICE Training by the Wickliffe Police Department, a Father's Day event, monthly themed bingo events, balance & strength training, Blue Zones, bake sales, music programs, a Princess Di presentation (with a tea party & hat contest), Wickliffe Wellness Day, concerts in the park, a car show, National Senior Citizen's Day Celebration, a senior program community sale, brain games, a community meeting with Wickliffe City Council Member Joe Sakacs, and much more!

Please make sure you are signing in and showing the front desk volunteer your membership card. If your membership is expired, please stop at the front desk and take care of it for the next year. It is mandatory that you have a current membership to go on any trips, take part in any programs/classes/events, use the fitness room, etc.

There will be NO NUTRITION SERVICES on Tuesday, June 25th. Please feel free to pack a picnic lunch and enjoy in the dining hall or outside on the back patio!

We offer Father's Day and Graduation cards, along with many other cards, in the lobby! Many are Hallmark cards and a great price! And of course, the proceeds directly benefit the senior program.

**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!

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

Senior Community Sale – We are now selling table space for the Senior Program Community Sale on Saturday, August 24th from 9 am – 2 pm. You may set up as early as 7 am the day of the event. Unfortunately, we are not able to have seniors bring their sale items in the day before. Long tables are \$12 each, and round tables are \$7. You may purchase up to two tables. At this time, the tables may only be purchased by Wickliffe senior members (must have a current membership) and employees of the senior program. Sale will end at 2 pm, and all items must be out of the center by 4 pm the same day. Please bring your own change. We will also host a bake sale in the lobby. Please stop by the front desk to purchase your table space and sign a copy of the guidelines/policies. All table fees and bake sale donations will benefit the senior program!

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

Tuesday, June 11 th –	The Pop Tarts & Car Show
Tuesday, July 9 th –	Solid Gold
Tuesday, August 6 th –	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).

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

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

Summer Fun 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

NO CLASS ON MONDAY, JUNE 17th

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: Chuck Lehman

Tuesday & Thursday: 9AM – 10 AM

"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 Esraeilian

Tuesday, June 4th

Wednesday, June 19th

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

First come, first serve.

Doctor arrives at 9 am

FREE BLOOD PRESSURE SCREENINGS:

Tuesday, June 4th, 10 – 11 am (Wickliffe Fire Department)

Tuesday, June 25th, 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, June 3rd: 1 – 2 pm

Monday, June 17th: 1 – 2 pm

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

Sign up at the front desk

SAVVY SENIORS BOOK CLUB:

Thursday, June 6th : 10:30 am

“The Camel Club”, David Baldacci

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

LAKE COUNTY COUNCIL ON AGING:

Selena Cox

Tuesday, June 18th: 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, June 7th: 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:**Friday, June 28th: 12:15 PM****Join us for ice cream sundaes, compliments of
“Wickliffe Country Place”!****VETERANS GROUP:****Deborah Williams - Cleveland Veterans
Administration****Wednesday, June 19th at 10 am****LUNCH BUNCH:****Red Hawk Grill****7481 Auburn Road, Concord****Thursday, June 20th – 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 Tuesday, June 18th.

We will sit on the patio if the weather is nice!

Lunch and gratuity on your own!

Wii BOWLING:**Monday & Wednesday: 10 am****CORNHOLE/BOCCE:****Monday: 1 pm****PINOCHLE:****Monday, Wednesday & Friday: 12:30 pm****BINGO GROUP:****Thursday: 9:30 am****SUMMER BINGO EVENT:****Friday, June 21st: 9:30 – 11 am**

No cost! Lots of fun and prizes! Held in the community room. Please sign up at front desk.

BAKE SALE:**Wednesday, June 19th****9 am – 2 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.

BRAIN GAMES:

Facilitated by Gerri Hubbell

Thursday, June 20th**10 – 11 am**

Come ready to participate in games and with puzzles designed to help keep your brain working at its highest potential! Fun! Sign up at front desk.

FOOT REFLEXOLOGY:**Brenda Carter****Thursday, June 6th****10 am – 3 pm**

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. Sign up for a 25 minute session for \$25 or 50 minute session for \$45 at the front desk.

MUSIC & MUNCHIES:Sponsored by Laura Blair from Gates Mills Club
Come ready to have fun!!!!**Thursday, June 27th, 10-11 am**

Sign up at front desk

**PRE-PLANNING YOUR FUNERAL THE
SAFE WAY:****Monday, July 3rd, 9:30 am - Noon**

Matthew Mavar will be sitting at a table in the lobby ready to answer your questions.

MARK FISHWICK:

Did you know that there are over 2,500 different benefits available to seniors that you may be eligible for? Mark Fishwick will be in the lobby on Tuesday, June 4th, 9 – 11:30 am, to assist you in discovering which benefits you are eligible for. THIS IS A FREE SERVICE – THERE ARE NO SALES INVOLVED. Please sign up at front desk for a 15 minute time slot.

RACHEL LOVE, LCCOA SOCIAL WORKER:

The Lake County Council On Aging now has a Community Outreach Social Worker. Rachel Love will be onsite to answer questions, provide information & to make sure your needs are met. Should you have a concern or problem that you are facing, assistance is available to help you problem solve and come up with a solution. This could include information & assistance with: in-home care, home safety, health insurance, prescription assistance, legal & financial assistance, HEAP, food resources, housing, Medicaid, food stamps, mental health, hygiene, health & wellness, etc. Rachel will be here every first Friday of the month from 9–11 AM starting June 7th!

ALICE TRAINING:**Monday, June 10th****9:30 -11 AM**

Do not miss your chance to participate in ALICE (alert, lockdown, inform, counter & evacuate) training! ALICE training is the #1 active shooter civilian response training for all organizations, providing options based strategic methods against an active shooter event. Our instructor will be Sgt. Isaac Petric from the Wickliffe Police Department. No cost – sign up at front desk.

COMMUNITY MEETING WITH WICKLIFFE CITY COUNCIL MEMBER JOE SAKACS:**Wednesday, June 26th****Noon – 1 pm**

Great opportunity to meet (if you haven't already!) and listen to Council Member Joe Sakacs discuss updates in Wickliffe! No cost – please sign up at front desk.

LUNCH/BINGO SOCIAL AT HILLTOP**VILLAGE SENIOR LIVING:****Monday, June 24, Noon – 2 pm**

Hilltop Village Senior Living has invited 11 seniors from our center for a free lunch and bingo social. You will have the opportunity to visit with their residents and seniors from neighboring centers. No cost!!!!!! Sign up at desk!

BALANCE & STRENGTH TRAINING:**TUESDAY, JUNE 18TH****10 – 11 AM**

One hour presentation by Samantha Butler from Mayfield Physical Therapy, no charge, will be held in community room, please sign up at front desk.

AMERICAN RED CROSS BLOOD DRIVE:**MONDAY, JUNE 17TH****11:30 AM – 5:30 PM**

Give blood and receive a ticket to Cedar Point! Appointments are highly encouraged, and donors without appointments are not guaranteed a ticket. Spaces are limited. Call 1-800-RED-CROSS.

DADS & DONUTS:**FRIDAY, JUNE 14TH**

Gentlemen (members) – stop in during the morning of June 14th and the “ladies” will serve you a donut and orange juice in celebration of Father’s Day. No need to sign up – just stop in!

2019 SCHOOL SUPPLY DRIVE:

If you would like to assist the Lake County Salvation Army in their collection of school supplies for the new school year, there will be a collection box in the lobby during the month of June. A list of items needed is attached to the collection box. For every three items donated, you will receive a raffle ticket for some fun prize give aways at the end of month ice cream social! Thank you in advance!