

WICKLIFFE SENIOR PROGRAM NEWSLETTER

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MAY 2021

Wickliffe Community Center
900 Worden Road

We are excited to announce we will be adding more activities to the senior program schedule in May. We understand that everyone wants “their” activity back as soon as possible. We ask that everyone be patient as we continue a gradual opening process with everyone’s health and safety our main concern.

We will need your help throughout this transition! The more we work together, the smoother this will go, and the faster we can get back to “normal”.

First and foremost, please do not enter the center if you are not feeling well. Please seek medical attention and stay home for seven days if you are ill. If you start feeling ill during a visit at the center, please let us know immediately. If you do test positive for COVID, please let us know as soon as possible.

As you enter the building, you will be required to stop at the front desk. Your temperature will be taken and you will be asked a series of screening questions. If you have a fever or do not pass the screening, we will not be able to allow you to stay. There will be absolutely NO BYPASSING the front desk. As we begin some classes, you may need to wait your turn at times. We trust everyone will be understanding and patient, as we are doing our best to open up and offer activities/classes.

You will then be asked to show your membership card. We realize your membership might have expired during the pandemic. We are prepared to give everyone a free year of membership. In order to do this though, you must stop at the “membership table” in the lobby during your first visit to have this taken care of. If your membership expired before we closed for the pandemic in March 2020, you will need to renew at that time. Membership prices are still \$5 for Wickliffe residents and \$10 for non residents.

In May, we will continue our congregate meal pick up on Tuesdays at 11:30 am. There will be no dine in services during May. Please call Joe or Dee with any meal questions at 440-373-5017.

The center will look different as you return. You will notice many of the rooms are closed and not in use, including the dining hall. Our goal is to bring back safe, social gathering places as soon as possible. Until then, some of our spaces will be limited. You will also notice hand sanitizing stations throughout the facility. We are also providing sanitizing supplies within each room to be used by anyone as so desired to assist in providing safe and clean spaces. Also, we will not have a coffee table until later notice. Our drinking fountains have been converted into water bottle refilling stations, so if you are exercising, please bring a water bottle.

On Mondays, Wednesdays and Fridays (AM only), we will have the fitness room open and it will be scheduled in 45 minute shifts. Again, first come, first serve. We kindly ask that you do not arrive more than ten minutes before your shift. We will open promptly at 9 am and the last shift will end at 3:45 pm. There will be an hour break for lunch in the afternoon. There will be 15 minutes in between shifts which gives us the opportunity to sanitize before the next group arrives. We do need each of you to do your part though and wipe down the equipment as you move from one piece to another. Four people will be allowed in the room at one time. And as always, being respectful and sharing the equipment is very much appreciated!

The billiards room will be open on Thursdays. The time slots will be for one hour and forty five minutes, with a fifteen minute window in between each shift for sanitizing. A maximum of eight people in the room will be permitted to help maintain a safe distance between participants. You must bring all of your own equipment. The middle table will be blocked off from use.

On Tuesday and Thursday afternoons, between 1pm - 3:30 pm the library will be open. We will also add some times beginning at 9 am on Fridays (am only). Three people will be permitted in the library at the same time. You may check out books and puzzles to take home, or use the computer. If there are others waiting, you will have a maximum of 30 minutes. When you return the books and puzzles, you must take them directly to the office so that they may be sanitized. Please do not place them back in the library. The puzzle table will not be up in May. And as much as we appreciate donations, we will not be accepting donations of books, puzzles, magazines, etc. in May.

Podiatrist Dr. Ben Esraelian will be here to provide his services on Wednesday, May 5th. Appointments begin at 9 am and each will last ten minutes. The cost is \$25 (cash only) and the payment goes directly to the doctor at the time of the visit. Please note we will no longer accept walk ins for this service. You must make an appointment in advance by calling 440-373-5015. If we do not answer the phone right away, please leave a voicemail with your name and phone number and we will return your call. Please do not enter the building any sooner than ten minutes before your scheduled time. If you need assistance, you may bring one person with you. When you arrive, please check in at the desk and you will receive further instructions.

Attorney Deborah Loughner will begin offering free consultations again starting on Friday, May 21st beginning at 9 am. Reservations are required and walk ins will not be permitted. Please call the center at (440) 373-5015 to make an appointment. We kindly ask that you do not arrive any sooner than ten minutes before your appointment.

We are excited to announce that in May we are adding Chair Yoga, Advanced Tap and Line Dancing back into the schedule.

Chair Yoga will be held on Tuesdays and Thursdays from 9 am to 10 am. We are limiting the class to 15 seniors. Reservations are suggested as we are sure the class will fill up in advance. To make reservations, please email g Hubbard@cityofwickliffe.com no sooner than one week in advance. We are working with a very limited crew so please understand reservations will not be accepted by phone. Until we have a grasp on how many seniors will be returning for Chair Yoga, please only request one day a week - either Tuesday or Thursday. Please include the following information in your email:
Name & date of class you are requesting
I will email back a confirmation. Please do not arrive any sooner than ten minutes before your class. Once you do arrive, please stop at the front desk for the screening process.

Advanced Tap will be held on Wednesdays at 10:15 am. The maximum permitted is one instructor and six students. Please work within your group to determine who will be attending each class. Please do not arrive any sooner than ten minutes before your class. And once you do arrive, you are required to stop at the front desk for the screening process.

Line Dancing will be held on Wednesday's beginning at 1:30 pm. The maximum of seniors is one instructor and fifteen students. Please do not arrive any sooner than ten minutes before class. You are required to stop at the front desk once you do arrive for the screening process. Bypassing the front desk will not be permitted. Make your reservation by sending an email to g Hubbard@cityofwickliffe.com no sooner than one week before the class. You will receive a confirmation email back.

FITNESS ROOM

Mondays & Wednesdays:

9 am - 9:45 am

10 am - 10:45 am

11 am - 11:45 am

Closed for lunch

1 pm - 1:45 pm

2 pm - 2:45 pm

3 pm - 3:45 pm

Fridays (AM only):

9 am - 9:45 am

10 am - 10:45 am

11 am - 11:45 am

***First come, first serve**

***You may call to make a reservation in advance (no shows will result in no longer being able to make reservations)**

BILLIARDS ROOM

Thursdays:

9 am - 10:45 am

11 am - 12:45 pm

Lunch

2 pm - 3:45 pm

***must bring own equipment**

***first come, first serve**

***You may call to make a reservation in advance (no shows will result in no longer being able to make reservations)**

LIBRARY

Tuesdays & Thursdays:

1 pm - 3:30 pm

Fridays:

9 am - 11:45 am

***limit of 30 minutes per person**

We will be closed on Monday, May 31st for Memorial Day!

Summer Concert Schedule!!!!

June 22nd - Chardon Polka Band

July 20th - Pop Tarts & Car Show

August 17th - The Big 5 Show (rain date for car show)

All concerts will be 6:30 - 8:30 pm.

Please bring lawn chairs. Food truck will be here. Feel free to bring your own food (no alcohol please).

Thank you for your patience! We look forward to adding more programming in June!

MAY 2021

WICKLIFFE SENIOR CENTER

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 FITNESS ROOM OPEN - SEE NEWSLETTER FOR TIMES	4 CHAIR YOGA 9 AM LIBRARY OPEN 1 - 3:30 PM	5 PODIATRIST APPOINTMENTS FITNESS ROOM OPEN - SEE TIMES TAP - 10:15 AM	6 CHAIR YOGA 9 AM LIBRARY OPEN 1 - 3:30 PM	7 FITNESS ROOM OPEN - AM SHIFTS ONLY LIBRARY OPEN AM SHIFTS
10 FITNESS ROOM OPEN - SEE NEWSLETTER FOR TIMES	11 CHAIR YOGA 9 AM LIBRARY OPEN 1 - 3:30 PM	12 LINE DANCING 1:30 PM FITNESS ROOM OPEN - SEE TIMES TAP - 10:15 AM LINE DANCING 1:30 PM	13 BILLIARDS ROOM - SEE TIMES CHAIR YOGA 9 AM LIBRARY OPEN 1 - 3:30 PM BILLIARDS ROOM - SEE TIMES	14 FITNESS ROOM OPEN - AM SHIFTS ONLY LIBRARY OPEN AM SHIFTS
17 FITNESS ROOM OPEN - SEE NEWSLETTER FOR TIMES	18 CHAIR YOGA 9 AM LIBRARY OPEN 1 - 3:30 PM	19 FITNESS ROOM OPEN - SEE TIMES TAP - 10:15 AM LINE DANCING 1:30 PM	20 CHAIR YOGA 9 AM LIBRARY OPEN 1 - 3:30 PM BILLIARDS ROOM - SEE TIMES	21 FITNESS ROOM OPEN - AM SHIFTS ONLY LIBRARY OPEN AM SHIFTS ATTORNEY APPOINTMENTS
24 FITNESS ROOM OPEN - SEE NEWSLETTER FOR TIMES	25 CHAIR YOGA 9 AM LIBRARY OPEN 1 - 3:30 PM	26 FITNESS ROOM OPEN - SEE TIMES TAP - 10:15 AM LINE DANCING 1:30 PM	27 CHAIR YOGA 9 AM LIBRARY OPEN 1 - 3:30 PM BILLIARDS ROOM - SEE TIMES	28 FITNESS ROOM OPEN - AM SHIFTS ONLY LIBRARY OPEN AM SHIFTS
31 CLOSED FOR MEMORIAL DAY!				