

## WICKLIFFE SENIOR PROGRAM NEWSLETTER

Gerri Hubbell – Senior Activities Coordinator

440-373-5015 [www.cityofwickliffe.com](http://www.cityofwickliffe.com)

SEPTEMBER 2021

Wickliffe Community Center

900 Worden Road

We will be closed for Labor Day on Monday, September 6<sup>th</sup>.

New members are welcome! Membership prices are \$5 for Wickliffe residents and \$10 for non residents for a year.

Our hours are: 8 am - 4 pm Monday - Thursday, and 8 am - 2 pm Fridays.

Please remember to wear athletic shoes/sneakers in the fitness room. Sandals and flip flops are not safe.

We started selling postage stamps again at the front desk. Stamps are 55 cents each. Only members may purchase them. You may only purchase ten stamps each week. And please remember, we do not accept anything larger than a \$20 bill. The Post Office On Wheels Program is also available here at the center on Thursday, September 30<sup>th</sup> from 2 pm - 2:20 pm. Services include the purchase of stamps & money orders, purchase of packaging supplies, mail letters & packages, and special services available (certified, insured, registered & delivery confirmation).

Podiatrist Dr. Ben Esraelian will be here to provide his services on Wednesday, September 1<sup>st</sup> and Wednesday, October 6<sup>th</sup>. Appointments begin at 9 am and each will last ten minutes. Dr. Ben has requested that everyone arrive ten minutes before their assigned time. 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 or by stopping at the front desk.

Attorney Deborah Loughner will offer free consultations on Friday, September 17<sup>th</sup> 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.

Selena Cox will be here on Wednesday, September 15<sup>th</sup> from 10:30 am - noon to offer assistance and answer questions from The Lake County Council on Aging.

The Holiday Party Committee will be meeting on Wednesday, September 22<sup>nd</sup> at 10 am.

Please join us for Fall Bingo on Friday, September 24<sup>th</sup> at 9 am. Cost is \$1 and must be paid at the time of registration. Must be a member.

Breakfast snacks & prizes! Limited room so please sign up ASAP.

The Senior Shop is now set up in the arts & craft room. Please do not attempt to open the glass cases, stock room, cabinets, drawers, and boxes under the tables. Everything for sale is laid out and priced on top of the tables in front of the dividing wall. Please see Gerri or a volunteer for assistance. And as always please remember we do not accept anything larger than a \$20 bill.

We are also now accepting donations of certain items. The donations WE DO NOT ACCEPT at this time include: books, magazines, newspapers, clothing, food and any other items that are damaged or soiled. We ask that you turn in any donations to Gerri in the office. Because we receive so many, please limit your donation to one box a month until we slow down. Thank you so much - and we appreciate your generosity!

Coffee is 25 cents each day. Even if you bring your own cup, it is still 25 cents a day. Buying a cup and hiding it within the building to avoid buying another cup is a health hazard and can not be tolerated.

Mark your calendars! We will have our Annual Holiday Party at The Patrician on Thursday, December 9<sup>th</sup> from 2 - 5 pm. More information will follow, including ticket prices! Thank you!

We will be having a Halloween party at the end of October! So keep your eyes out for more information!

When using the library, please do not reshelf books. I will have a large basket in the library and you can just put the books in the basket and I will take care of getting them back to their proper places. Thank you!

We will now offer Reiki sessions! Reiki is an ancient Japanese technique that is the laying of hands. It is energy flowing throughout your body. It helps with stress and anxiety. And it promotes relaxation and improves sleep by giving you a sense of well being. It is also helpful with pain and discomfort, which can be caused by arthritis. There will be a free Reiki Information session on Monday, September 13<sup>th</sup> from 10 - 10:30 am. Registration is required at the front desk. Snacks will be served at the information session. Actual Reiki sessions will be offered on Thursday, September 23<sup>rd</sup> beginning at 10 am. Each session will last 20 minutes and will cost \$15 (which must be paid in cash at the time of registration).

Michelle Waldron will be here on Tuesday, October 26<sup>th</sup> to conduct FREE Medicare Annual Enrollment Reviews. No obligation!

Appointments are required. Time slots are 45 minutes each. Please bring the following with you to your appointment:

- \*List of doctors
- \*List of medications
- \*Medicare & insurance cards

CENTER: 440-373-5015  
 NURITON: 440-373-5017  
 BUS: 440-943-7120

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## WICKLIFFE SENIOR PROGRAM

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>6</p> <p>HOURS: M-TH 8 AM - 4 PM FRI 8 AM - 2 PM</p> <p>CLOSED FOR LABOR DAY!</p>	<p>7</p> <p>CHAIR YOGA 9 AM BEGINNING TAP 9:30 AM SENIOR EXERCISE 10:15 AM LUNCH 11:30 AM KNITTING/CROCHETING 12:30</p>	<p>1</p> <p>1 PEDIATRIST - APPT. REQUIRED MEDICARE TABLE - MICHELLE WALDRON - 10 AM ADVANCED TAP 10:15 AM LUNCH - 11:30 AM LINE DANCING 1:30 PM</p>	<p>2</p> <p>CHAIR YOGA 9 AM SENIOR EXERCISE 10:15 AM BOOK CLUB 10:30 AM LUNCH - 11:30 AM ART CLASS 1-3 PM</p>	<p>3</p> <p>LUNCH - 11:30 AM</p>
<p>13</p> <p>REIKI INFORMATION SESSION - 10 AM PINOCHLE 12:30-3:30 LUNCH 11:30 PINOCHLE 12:30-3:30 BOCCE BALL 1 PM</p>	<p>14</p> <p>CHAIR YOGA 9 AM BEGINNING TAP 9:30 AM SENIOR EXERCISE 10:15 AM LUNCH 11:30 AM KNITTING/CROCHETING 12:30</p>	<p>8</p> <p>ADVANCED TAP 10:15 AM LUNCH - 11:30 AM LINE DANCING 1:30 PM</p>	<p>9</p> <p>CHAIR YOGA 9 AM SENIOR EXERCISE 10:15 AM LUNCH - 11:30 AM ART CLASS 1-3 PM</p>	<p>10</p> <p>LUNCH - 11:30 AM</p>
<p>20</p> <p>LUNCH 11:30 PINOCHLE 12:30-3:30 BOCCE BALL 1 PM</p>	<p>21</p> <p>CHAIR YOGA 9 AM BEGINNING TAP 9:30 AM SENIOR EXERCISE 10:15 AM LUNCH 11:30 AM KNITTING/CROCHETING 12:30</p>	<p>15</p> <p>ADVANCED TAP 10:15 AM LUNCH - 11:30 AM LINE DANCING 1:30 PM</p>	<p>16</p> <p>CHAIR YOGA 9 AM SENIOR EXERCISE 10:15 AM LUNCH - 11:30 AM ART CLASS 1-3 PM</p>	<p>17</p> <p>ATTORNEY 9 - 11 AM LUNCH - 11:30 AM</p>
<p>27</p> <p>LUNCH 11:30 PINOCHLE 12:30-3:30 BOCCE BALL 1 PM</p>	<p>28</p> <p>CHAIR YOGA 9 AM BEGINNING TAP 9:30 AM SENIOR EXERCISE 10:15 AM LUNCH 11:30 AM KNITTING/CROCHETING 12:30</p>	<p>22</p> <p>HOLIDAY PARTY COMMITTEE MEETING - 10 AM ADVANCED TAP 10:15 AM LAKE COUNTY COUNCIL ON AGING 10:30 - NOON LUNCH - 11:30 AM LINE DANCING 1:30 PM</p>	<p>23</p> <p>CHAIR YOGA 9 AM REIKI SESSIONS BY APPT. STARTING AT 10 AM SENIOR EXERCISE 10:15 AM LUNCH - 11:30 AM ART CLASS 1-3 PM</p>	<p>24</p> <p>FALL BINGO 9 AM LUNCH - 11:30 AM</p>
<p>27</p> <p>LUNCH 11:30 PINOCHLE 12:30-3:30 BOCCE BALL 1 PM</p>	<p>28</p> <p>CHAIR YOGA 9 AM BEGINNING TAP 9:30 AM SENIOR EXERCISE 10:15 AM LUNCH 11:30 AM KNITTING/CROCHETING 12:30</p>	<p>29</p> <p>ADVANCED TAP 10:15 AM LUNCH - 11:30 AM LINE DANCING 1:30 PM</p>	<p>30</p> <p>CHAIR YOGA 9 AM SENIOR EXERCISE 10:15 AM LUNCH - 11:30 AM ART CLASS 1-3 PM POST OFFICE ON WHEELS 2-2:20 PM</p>	<p>HOURS: M-TH 8 AM - 4 PM FRI 8 AM - 2 PM</p>