

WICKLIFFE SENIOR PROGRAM NEWSLETTER

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NOVEMBER 2021
Wickliffe Community Center
900 Worden Road

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

We will be closed on Thursday, November 25th and Friday, November 26th in observance of Thanksgiving!

We will be closed on Thursday, November 11th in observance of Veteran's Day.

On Wednesday, November 10th we will celebrate our Veterans between 8 am and 2 pm. Coffee and refreshments will be served in room D. No need to register just please stop in so that we may thank you for your service!

As we approach winter, please bring athletic shoes/sneakers with you when working out in the fitness room. Please do not wear boots in the fitness room. And please remember to be courteous and after use wipe down the equipment. There are several different cleaning materials for everyone to use in the fitness room. Thank you!

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.

Podiatrist Dr. Ben Esraeilian will be here to provide his services on Wednesday, November 3rd and Wednesday, December 1st. 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.

Please join us for Thanksgiving Bingo on Friday, November 19th at 9 am. Cost is \$1 and must be paid at the time of registration. Non refundable. 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. All proceeds benefit the Wickliffe Senior Program. 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 until the end of the year. We only serve coffee until lunch time. As of January 3rd, the price of coffee will be 50 cents.

Mark your calendars! We will have our Annual Holiday Party at The Patrician on Thursday, December 9th from 2 - 5 pm. You may purchase your ticket for \$25 in Gerri's office. The Holiday Party Committee worked hard to make sure tickets are the same price as they were two years ago. Cash or checks accepted.

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. Reiki sessions will be offered on Thursday, November 18th 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 and is non-refundable). Limited sessions so if you are interested do not delay in signing up.

Brenda Carter is returning with Foot Reflexology! She will have a free Foot Reflexology Information Meeting on Monday, November 15th at 10 am for anyone who is interested in learning more. And if you interested in having a private Foot Reflexology Session with Brenda, you may sign up for a session between the hours of 10 am and 3 pm on Monday, November 22nd. The cost is \$25 for 25 minutes and \$40 for 50 minutes. Sign up at the front desk. You pay (cash only, please) to Brenda the day of the session.

Attorney Deborah Loughner will offer free consultations on Friday, November 19th beginning at 9 am. Reservations are required. Please call the center at (440) 373-5015 to make an appointment.

Selena Cox will be here on Wednesday, November 17th from 10:30 am until noon offer assistance and answer questions from The Lake County Council on Aging. First come, first serve.

The Holiday Party Committee will be meeting on Wednesday, November 17th at 10 am.

The Book Club will meet on Thursday, November 4th at 10:30 am. The book discussed will be "The English Girl" by Daniel Silva.

University Hospitals will be here on Monday, November 8th between 9 am and 3 pm to offer health screenings including blood pressure, glucose, and pulse oxygen saturation. Pre registration is not required.

The Senior Art Class will be having a Pop Up Art Show on Thursday, November 18th between the hours of 11-2. There will be some items for sale for the holidays. Light refreshments will be served. Stop by and show our senior artists some support!

