

WICKLIFFE SENIOR PROGRAM NEWSLETTER

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Wickliffe Community Center
900 Worden Road

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

We will be closed on Monday, January 3rd and Monday, January 17th!

When using the library, please do not reshelv 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!

The Senior Shop is 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 bring your merchandise with you as you pay at the front desk. All proceeds benefit the Wickliffe Senior Program.

Coffee is sold for 25 cents. We only serve until lunch time. If you bring your own cup, you still must pay for coffee.

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. Also, please do not place any donation items on the brochure tables. Thank you so much - and we appreciate your generosity!

Mark Your Calendars!!!!

Podiatrist Dr. Ben Esraelian will be here on Wednesday, January 5th. Appointments begin at 9 am & last ten minutes. Everyone must arrive ten minutes before their assigned time. The cost is \$25 (cash only) & the payment goes directly to the doctor at the time of the visit. You must make an appointment in advance by calling 440-373-5015 or by stopping at the front desk.

The Book Club will meet on Thursday, January 6th at 10:30 am. The book discussed will be "The Four Winds" by Kristin Hannah.

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, January 27th 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.

The next Wickliffe Senior Program Board Meeting will be Tuesday, January 11th at 10 am. As always, meetings are open to all members.

Selena Cox will be here on Wednesday, January 19th from 10:30 am until noon offer assistance and answer questions from The Lake County Council on Aging. First come, first serve.

Attorney Deborah Loughner will offer free consultations on Friday, January 21st beginning at 9 am. Reservations are required. Please call the center at (440) 373-5015 to make an appointment.

Clogging is a new class being offered in January. This class will be held on Tuesdays at 9:30 am. Please wear your tap shoes and comfortable clothing. No need to sign up in advance. Membership is required. No extra cost.

Great news Veterans!!!!!!

Deb Williams from Veterans Outreach will be here on Wednesday, January 19th at 12:15 pm in room D to meet with our Veterans! Registration would be appreciated as we will call you the day before to remind you of the appointment! Please leave a good phone number when you register. Thank you.