

APRIL 2017
WICKLIFFE SENIOR CENTER NEWSLETTER
JUDY TEGNER - DIRECTOR

NOTES FROM JUDY: PLEASE READ THE NEWSLETTER!

WE WILL BE CLOSED ON GOOD FRIDAY, APRIL 14TH

Please save the date, May 16, 2017. Again Great Lake Mall is having Senior Day at the Mall. An outstanding senior is chosen from each senior center in Lake County to be honored. I will announce who that person is in the May Newsletter!

Please consider participating in the Senior Day at Great Lakes Mall. Cost is \$1 with lunch on your own and using your own transportation. This can be a fun filled day!

WORLD ELDER ABUSE AWARENESS DAY EVENT! “Preventing Financial Abuse of Older Adults, Thursday, June 15, 2017 from 3 to 4:30 PM at Wickliffe Senior Center. ASA (The Association of Specialists in Aging) and the Lake County Council on Aging are co-hosting this event to promote awareness of Elder Abuse and provide concrete ways for community to prevent it. Please mark your calendar. There will be more information to follow in next month’s newsletter.

Computer classes are cancelled for the time being while Wickliffe Library is continuing to outreach within the Wickliffe Community. If you have any computer questions please feel free to call and ask the Wickliffe Library.



SENIOR CENTER HOURS: Monday - Friday 8 AM TO 4:30 PM

WICKLIFFE SENIOR CITIZENS BOARD MEMBERS:

PRESIDENT	STEVE BOLAS
VICE-PRESIDENT	JOE DELISA
TREASURER	HARVEY CONTENZA
SECRETARY	MARY ANN BOOS

TONY MASSEY	PAUL WOOD
JOE PITINGOLO	JOYCE LUTZ
DAVE KRYCH	

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

REMEMBER THE DIFFERENT LEVELS FOR TRIPS: In order to clarify more about trips and the amount of walking and standing during a trip, below are the guidelines:

Level 1: Riding and/or very little walking

Level 2: Minimal walking

Level 3: Excessive walking and/or stairs

Level 4: Strenuous - long periods of standing and/or walking

HANNAH'S HOME:

Is a Maternity Group Home designed to provide the needed strength and encouragement and life skills to face the future in a positive way for single, pregnant women 18 and over. They do not receive state or federal funding. They depend on those who graciously support their ministry through financial gifts and material donations, Especially now your partnership is needed since mothers are now able to comeback with their baby's to adjust to living as a mother with child on their own. There is a large "baby bottle" on the desk for anyone who would like to contribute.

FITNESS ROOM: The hours for the Fitness Room are from 8 AM to 3:30 PM. You must wear fitness shoes to work out. *Thank you!*

EXERCISE CLASS FOR SENIORS:

Instructor: Diane Nicholes

Monday: Noon

Wednesday: 2:30 PM

Thursday: 12:15 PM

Class includes stretching, balance, cardio and toning made especially for active seniors. Remember to bring a bottle of water to keep hydrated during exercise and remember to Smile!

LINE DANCING:

Instructor: Sharen McDivitt

Wednesday: 1 PM

Sharen has been with Wickliffe Senior Center for over 12 years. Line Dancing is a class that has many routines made up of a series of steps for particular songs. This class helps with memory, coordination and balance. The social interaction can help with self esteem and enhances life with better quality. **If you are interested and have never line danced before, please see Sharen to set up a time before class to learn some basic patterns.**

ZUMBA GOLD:**Instructor: Diane Nicholes****Tuesday: 1 PM**

This is a dance fitness class that achieves balance of cardio, muscle toning and benefits the heart. By definition and design, the 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: Kate Hazel****Tuesday: 9 AM**

THE POWER OF 10:

*This is about the power of ten minutes

*The first ten minutes of class is very easy stretching in the chair

*the last ten minutes is slow, winding down time, to relax and rest

*Ten slow breaths, ten smiles!

*Come in and try 10 minutes of chair Yoga!

***Open door policy – you are always welcome to come and go, I just ask you to do so quietly. Please come and join !!

BEGINNING TAP: Norma Reaville a "Forever Young Tapper" has decided to teach a beginners class on **Wednesdays from 9 to 10 AM**. If you have ever had a desire to tap please come. Maybe this is on your bucket list. Always be open to learn something new!

"Forever Young Tappers"**Wednesday: 10 AM**

This is an advanced class that has been part of Wickliffe Senior Center for many years. This group entertains throughout Northeast Ohio.

PODIATRIST:

Dr. Ben will be here on Tuesday, April 4, 2017 and on Wednesday, April 19, 2017. Dr. Ben is here at 9 AM. **Cost is \$20. PLEASE NOTE CHANGE IN COST!**

Please sign up at Desk.

REMEMBER: FIRST COME FIRST SERVED DOORS OPEN AT 8 AM.

BLOOD MOBILE: The American Red Cross is here at the Senior Center for those who wish to donate blood, **Wednesday, April 19, 2017 from 12:30 to 5:30 PM.**

BLOOD PRESSURE: Blood Pressure will be taken on the **1st Tuesday, April 4, 2017 by Wickliffe Paramedics and 4th Tuesday, April 25, 2017 by Judy, from Ohio Living!** Please sign up at desk!

COUPONS: Please be aware that we have cut out coupons for you to take home. They are on a table in the lobby.

ARTS AND CRAFTS: Tuesdays @ 12:30 PM.

A group of ladies will be crocheting and knitting. Please feel free to come and join in the craft room. There is someone there to help you learn if need be.

ART STUDIO CLASS:**LISA URANKAR INSTRUCTOR****Thursdays 1 - 3 PM in Room D**

Have you ever wanted to learn art or try a new medium? Would you like to get creative by drawing and painting? Come check out the new ART Studio Class. 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. Above all else come have fun, relax and enjoy the healing power of ART!

**REIKI: WITH MARLA KATZ
HOLISTIC/WELLNESS PRACTITIONER****Marla will be back on****April 4, 2017 from 12:30 PM to 2 PM
(20 minute session)****Cost is \$15****IN TAP ROOM**

Reiki is a technique that increases a person's supply of life energy. It is extremely relaxing and calming. Please come and participate!

Sign up at the desk!**CHAIR MASSAGE:****First Monday of the month:****April 3, 2017 1 to 2:30 PM****IN THE LOBBY BY THE LIBRARY**

Jennifer McChesney, L.M.T., licensed massage therapist will be offering chair massage here at the center. The cost is \$1 per minute. (Please pay in cash).

Sign up at desk!

SAVVY SENIORS BOOK CLUB

MISSION STATEMENT: *“Discover, share and discuss books with interesting people.”*

Meetings are held on the first Thursday of the month @ 10:30 AM. We are always looking for new members.

“Sins of the Flesh” by **Fern Michaels** is our selection for **April 6, 2017**. The unhappy lives of two exceedingly successful married men – Reuben Tarz, head of a major Hollywood studio, and Daniel Bishop, a sought-after corporate lawyer are forever altered when a woman from their past resurfaces. This is a sequel to “Sins of Omission”.

“The One Man” by **Andrew Gross** is our selection for **May 4, 2017**. Physics professor Alfred Mendl is separated from his family and sent to the men’s camp where all of his belongings are tossed on a roaring fire. His books, his papers, his life’s work. The Nazis have no idea what they have just destroyed. Without that physical record, Alfred is one of only two people in the world with this particular knowledge.....knowledge that could start a war, or end it.

For further information call Mary Ann Boos at 440-943-6209.

LAKE COUNTY COUNCIL ON AGING:

Selena Cox from Council on Aging will be here on the 3rd Tuesday of the month to assist you with any questions you might have pertaining to health, Medicare, HEAP and many more issues. This month it will be **April 18, 2017 from 10:30 to 11:30 AM.** Please call (440) 205-8111 for more information or visit www.lccoa.org

***PLEASE NOTE DAY CHANGE**

MONTHLY LEGAL CLINIC:

Friday, April 7, 2017 from Noon to 3 PM. Deborah Loughner, ESQ *will be here.* Please sign up at the desk. There is **NO CHARGE** for any of the consultations. She is at eight Senior Centers in Lake County.

50/50/50 RAFFLE AND MONTHLY BIRTHDAY CELEBRATION will be Friday, April 28, 2017 @ 12:15 PM. Please join us for ice cream sundaes compliments of **“Wickliffe Country Place”**. Also included is entertainment by **“Flashbaxx.**

FEBRUARY 2017 (YELLOW TICKET) DRAWING WINNERS

#934321 TONY MASSEY

#934466 TERRY KUZIOUS

#934583 CHUCK FATICA

Congratulations!

***PLEASE REMEMBER, THE NEWS LETTER COMES OUT THE DAY OF THE 50/50/50 RAFFLE WITH SIGN UPS FOR NEWLY POSTED EVENTS.**

VA GROUP: Deborah Williams from the Cleveland Veterans Administration will meet on the **3rd Wednesday of the month, April 19, 2017 from 10 - 11 AM IN Room D.** All veterans are welcome.

APRIL 2017

MYSTERY TRIP:

Friday, April 7, 2017

Bus leaves at 9AM

RETURNING AROUND 4:30 PM

COST IS \$45

LEVEL 4

Come join us for a wonderful day in the country learning about a different culture close to many of our hearts. This trip is all inclusive. Please wear comfortable shoes and clothes. You will be getting on and off the bus frequently.

***ONLY 17 SEATS AVAILABLE**

INDIANS OPENING DAY CELEBRATION:

TUESDAY, APRIL 11, 2017

FROM 2-3:30 PM

COST IS \$3

YOU MUST SIGN UP AT THE DESK!

We will celebrate by having grilled hot dogs with condiments, baked beans, potato chips and an ice cream bar! Wickliffe High School Baseball Team will help serve the seniors. Please come and enjoy! **“Guardian Angels” Family Care will be donating ice cream bars for this event!**

LUNCH BUNCH: “Auburn Career Center” in Concord – High School Culinary Program

Thursday, April 13, 2017

Cost is \$3 and lunch on your own

Bus leaves @ 11:30 AM

LEVEL 1

**HARTVILLE:
MONDAY – APRIL 17, 2017
BUS LEAVES @ 9 AM
COST IS \$5
LEVEL 4**

**SENIOR BENEFITS SOLUTION:
Lenore Bowen will help you understand your insurance with Anthem, United Healthcare, etc.
Monday, April 17, 2017
Noon in lunch room**

**UNITED HEALTH CARE:
Tuesday, April 18, 2017
Renee Lagoni will be in the Library from 11:30 AM to 12:30 PM to answer any questions you may have pertaining to your health coverage (United Health Care).**

**BALINESE DANCE BY SWASTI CRAIN:
Wednesday, April 19, 2017 @ Noon in the lunch room.
Swasti will be here to entertain through dance.**

**ASK THE PROFESSIONALS:
April 20, 2017 - 3rd Thursday of the month
Mark Fishwick & Jennifer LaLime will be here to discuss "Healthcare". They will make themselves available for you to ask any of your concerns about your healthcare.**

**GREETING CARD CLASS:
Monday, April 24, 2017 @ 10AM
in the Craft Room.
The class is led by Eileen Killian. She is a member who wanted to share her talents with you. Have you ever wished you could make your own greeting cards? Just bring yourself. The sample cards and supplies will be PROVIDED. You will leave the class with 3 beautiful cards beautifully designed to send to your loved ones!
COST IS \$5 – PLEASE SIGN UP AT DESK**

**PRESQUE ISLE CASINO:
Cost is \$27 (\$25 Slot Play)
Tuesday, April 25, 2017
Bus Leaves @ 8:30 AM
YOU DO NOT HAVE TO BE A MEMBER TO ATTEND THESE CASINO TRIPS!
LEVEL 4**

**TRINITY CATHEDRAL TRINITY CATHEDRAL:
BROWN BAG CONCERT-
"Tops Big Band"
Wednesday, April 26, 2017
Cost \$4
Bus Leaves at 10:30 AM
Free will offering at the church for each concert. Bring a lunch (brown bag) or purchase one for \$7 also can be purchased downstairs at "Subway" or use the "Café".
LEVEL 2**

MAY 2017

**THE LETTERMAN – CROATIAN LODGE
Thursday, May 4, 2016
SOLD OUT!
*****THERE IS A WAITING LIST IF SOMEONE CANCELS – Please put your name on it if you were unable to sign up and would like to attend!**

**SENIOR DAY AT THE MALL:
Tuesday, May 16, 2017
More information to follow in the May Newsletter!**

**GREAT LAKES THEATRE - SENIOR MATINEE SERIES – Hanna Theatre
"Forever Plaid"
Wednesday, May 17, 2017
Cost is \$22
Bus leaves @ 12:15 PM
LEVEL 2
After Show we will go to *Muldoon's* on 185th Street for an early dinner (dinner will be on your own)**