

JULY 2017
WICKLIFFE SENIOR CENTER NEWSLETTER
JUDY TEGNER - DIRECTOR

NOTES FROM JUDY:
PLEASE READ THE NEWSLETTER!

***WE WILL BE CLOSED ON TUESDAY, JULY 4TH 2017**

***CONCERT IN THE PARK & CAR SHOW – WEDNESDAY, JULY 12, 2017**
5 PM – CAR SHOW
6:30 TO 8:30 PM CONCERT “DON DISANTIS”

Due to inclement weather we had to reschedule the Car Show !

Beginning Line Dance classes will begin in July 5th, Wednesdays @ 2:15 PM in the Tap room right after the regular class. Basic Beginner – Learn the Steps- Dance Patterns. The first class will be a trial to see if you want to continue, if so you MUST JOIN AS A MEMBER!

Kate Hazel will be taking some time for vacation. There will be no Chair Yoga on July 4th, 6th and 11. Classes will resume on July 13, 2017.

There will be no Chair Massage sessions in July since Jennifer will be on vacation. Sessions will resume in August.

Wickliffe Bicentennial will be on Saturday, July 15, 2017. Please read the newsletter. There is a lengthy description of events under July15th.



SENIOR CENTER HOURS:
Monday – Friday
8:00 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. It does not receive state or federal funding. Hannah's Home depends on those who graciously support the ministry through financial gifts and material donations. Your partnership is needed especially since mothers are now able to come back with their babies to adjust to living as a mother with a 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

BEGINNING LINE DANCING

Wednesday: 2:15 PM
TAP ROOM

ZUMBA GOLD:

Instructor: Diane Nicholes
Tuesday: 1 PM

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 and Thursday 9 AM

Yoga Saves the World!!!

Ok, now that I have your attention. Does Yoga save the world..., well probably not? But, it can be part of a vehicle in your journey to a better you.

Yoga can help you by just noticing your breath and relaxing your muscles which in turn can help you breathe easier. While exploring and strengthening your poses Yoga can help you move easier, stronger & safer. Yoga helps you let go, relax and enjoy the moment right now reducing tension and stress. Life will not get easier and problems will not go away, but perhaps, just with some movement, easier breaths and with calm minds, you will find you can sleep better, breathe better and find peace. Will Yoga save the world? No, but perhaps it can make for a better you!

BEGINNING TAP: Norma Reaville a "Forever Young Tapper" teaches beginning class on **Wednesdays from 10:15 to 11:15 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" – Advanced Tap

Wednesday: 11:30 AM to 12:30 PM

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

BLOOD MOBILE:

The American Red Cross is here at the Senior Center for those who wish to donate **blood, Monday, July 24, 2017 from Noon to 4:30 PM.**

PODIATRIST:

Tuesday, July 11th, 2017 and

Wednesday, July 19th, 2017 at 9 AM.

COST IS \$20

PLEASE NOTE: DUE TO THE JULY 4TH HOLIDAY FALLING ON THE FIRST TUESDAY, DR. BEN WILL BE HERE ON THE 2ND TUESDAY AND 3RD WEDNESDAY!

Please sign up at Desk.

REMEMBER: FIRST COME FIRST SERVE - DOORS OPEN AT 8 AM.

BLOOD PRESSURE: Blood Pressure will NOT BE taken on the **1st Tuesday, July 4, 2017 due to the holiday but will be on the 4th Tuesday, July 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: Every Tuesday @ 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

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: MARLA KATZ HOLISTIC/WELLNESS PRACTITIONER

12:30 PM to 2 PM (20 minute session)

JULY 11, 2017

IN TAP ROOM

PLEASE SIGN UP AT FRONT DESK!

CHAIR MASSAGE:

***NO CHAIR MASSAGE IN JULY**

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.

At the July 6, 2017 meeting we will discuss "Plain Truth" by Jodi Picoult. The discovery of a dead baby under a pile of old blankets in Aaron Fisher's barn sets off a scandal in Amish country and an investigation that could implicate Fisher's eighteen-year old daughter. **August 3, 2017 meeting we will discuss "The Girl from Corona Del Mar" by Rufi Thorpe.** "The Girls from Corona Del Mar" is a beautiful story about friendships made in youth

and how these bonds, challenged by loss, illness, parenthood and distance either break or endure. It is a staggeringly honest novel of family, motherhood, loyalty and the myth of the perfect friendship.

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, July 18, 2017 @ 10:30 AM. She will be able to assist you with any questions you might have pertaining to health, Medicare, HEAP and many more issues. **Please call (440) 205-8111 for more information or visit www.lcco.org**

MONTHLY LEGAL CLINIC:

Friday, July 6, 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 Monday, July 31, 2017 @ 12:15 PM. Please join us for ice cream sundaes compliments of "Wickliffe Country Place". Also included is **entertainment by "Flashbaxx."**

MAY 2017 (GREEN TICKET)

DRAWING WINNERS ARE:

#461461 MARY ANN HEISS
#461788 UNCLAIMED
#295856 JOE DELISA

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, July 19, 2017 10 TO 11 AM IN Room D.** All veterans are welcome.

JULY 2017

COOKING DEMO - FREE FOOD!

Thursday, July 6, 2017

10:30 AM

Room D

MOUNT ST. JOSEPH'S CHEF Randy Eagles - along with Annemarie Donnelly will be here to talk about healthy eating life style. You must sign up to attend!

SENIOR SPA DAY! SYMPHONY @ MENTOR - TUESDAY, JULY 11, 2017

10 AM TO NOON

YOU ARE INVITED TO A FREE Senior Spa Day at the Symphony at Mentor!_ Join us for express manicures, aromatherapy, meditation and a complimentary lunch!

***Transportation from Wickliffe Senior Center is included. AM.**

*** Please sign up at the front desk! Limited spaces available!**

GRIEF RECOVERY

CROSSROADS HOSPICE

10 AM Friday, July 14, 2017

Denise Pahlman

If you have experienced one or more losses, (losses meaning loss of job, relationship, divorce, death of a loved one, loss of a pet etc.) and you wish to move beyond the pain, this program offers you the probability of a richer and more rewarding life. This is an 8 week commitment with attendance as an essential component!

WINERY TRIP & GUIDED TOUR:

"Dubonne Vineyards"

Friday, July 14, 2017

We will leave at 1 PM

Cost is \$11 (includes bus, guided tour, 4 samples of wine, cheese, sausage and homemade bread)

THIS IS NOT LUNCH!

PLEASE NOTE:

If there are non drinkers, grape juice is available and juice or soda is provided to the bus driver

PLEASE SIGN UP WE MUST HAVE 20 PEOPLE TO HAVE THE TRIP!

LEVEL 4

**CELEBRATING
WICKLIFFE'S BICENTENNIAL-
A FUN EVENT FOR ALL AGES!
July 15, 2017 Coulby Park
Opening Ceremonies at 1 pm**

- *1:00 City Hall Open House
& Historical Tours**
- *Vintage Car Show**
- *Drone simulation**
- *1:30 Singer's Club of Cleveland**
- *2:00 Busman's Holiday
Historical Bus Tours of Wickiffe**
- *3:00 Vintage Base Ball game –
Cleveland Blues Base Ball Club**
- *4:30 Jungle Terry**
- *5:30 Tony's Truckstop Food Truck**
- *5:30 ROCK THE MANSION – Free concert
E5C4P3-The Journey Tribute with opening
act Erin Burke**
- *6:30 Disc Golf**
- *7:00 Family activities, DJ, Inflatables, face
painting, mascots +more**
- 9:15 "The Logo Batman" Movie**

REVERSE MORTGAGE:

**Herb Harrison & Barb Joyce
Monday, July 17, 2017**

*Learn about some options you may have
concerning your home.*

Noon in the lunch room

FALL PREVENTION: "Right @ Home

Presented by Shalom Plotkin

Tuesday, July 18, 2017

Learn on how to prevent falls.

Noon in the lunch room

FOREVER YOUNG TAPPERS

WEDNESDAY, JULY 19, 2017

12:30 TO 1 PM

**THEIR SHOW WILL BE IN THE LARGE
BACK ROOM!**

NO CHARGE

LIGHT REFRESHMENTS SERVED!

**COME AND ENJOY A DELIGHTFUL SHOW
WITH OUR OWN SENIOR TAPPERS.**

PLEASE SIGN UP AT THE FRONT DESK!

**PANCAKES IN THE PARK: "Fairport
Harbor Lakefront Park"**

Wednesday, July 19, 2017

Cost \$3

Bus leaves @ 7:45 AM

Enjoy a free pancake breakfast at the
Fairport Harbor Lakefront Park shelter
then head to the water for a boating
experience. Shoes and clothings from
waist down may get wet so dress
accordingly.

LEVEL 4

ASK THE PROFESSIONALS:

July 20, 2017 – 3rd Thursday of the month

**Mark Fishwick & Jennifer LaLime will be
here to discuss "Healthcare" and any
other financial concerns you may have!**

LUNCH BUNCH: "Pacers" (Mentor)

Thursday, July 20, 2017

Bus leaves @ 12:30 PM

Cost \$3

LEVEL 1

RABBIT RUN: "Peter & the Starcatcher"

Friday, July 21, 2017

Bus leaves @ 3:45 PM

Cost is \$46

Dinner before @ Springhill

LEVEL 2

PRESQUE ISLE CASINO (\$25 slot play)

Tuesday, July 25, 2017

Cost is \$27

LEVEL 4

LAKE COUNTY FAIR 2017

JULY 25 – 30

Calling all Artists, Handcrafters and Collectors:
You are invited to become a part of the Lake county
Fair by displaying your Artwork, Hand Crafted Items
and collections. The information and applications
you will need to display your items is available in
the office of your Senior Center. Sharing your
talents and collections is part of the joy of creating
and collecting.

**SUMMER CRISIS PROGRAM – LIFELINE
(HEAP)**

Tuesday, July 25, 2017

From 8:30 AM to 12:15 PM

**You must sign up! Appointments are
scheduled for 45 minutes.**

**Please bring the following for your
appointment!**

IT IS MANDATORY!

1. Social Security card for all household members
2. Gas & Electric Bills
3. All household income the past 90 days. If on Social Security, 2017 verifications are needed. Verification may either be an award letter or a bank statement.
4. If insurance premiums (not co-pays) are paid out, please provide verification of amount paid monthly-along with verification (receipt) showing the premium has been paid!

**INDIANS GAME –“Cleveland Indians vs.
Angels”**

Thursday, July 27, 2017

Cost is \$26

Bus Leaves @ 11 AM

LEVEL 4

AUGUST 2017

SUMMER SHINDIG:

BACK BY POPULAR DEMAND!

**This is our 3rd year having a fun day @
Perry Senior Center. Food & Entertainment
Wednesday, August 2, 2017**

Cost is \$10 which includes a boxed lunch

BUS LEAVES @ 10AM

Must sign up by July 26, 2017

Level 2

NAUTICA QUEEN

Friday, August 11, 2017

Bus leaves @ 10:30 AM

Cost is \$34

**Includes cruise & buffet (all you can eat lunch with
dessert, beverage & gratuity included)**

***please note – “YOU MUST BE ABLE TO**

**NEGOTIATE STEEP STEPS IN ORDER TO USE
THE RESTROOMS”**

LEVEL 4