Mission
To engage, enrich and empower those we serve, especially 50+ adults and Westlake residents of all ages in need.

Published by
Westlake Community Services
28975 Hilliard Blvd, Westlake, OH 44145
Phone: 440-899-3544

Hours of Operation
Monday—Friday: 8:00am—5:00pm

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Online Registration
Use MyActive Center for a quick and easy registration option. Call us if you need assistance getting started—440-899-3544.

Pathways Subscription (now bi-monthly)
Payment Options: Activities/Pathways (now $20) may be paid by cash (bills of $20 or less in person only), check (payable to City of Westlake), Visa, Discover, MasterCard, or American Express. Pick-up a copy at front desk for $4.00.

Refunds and Cancellations
Programs may be cancelled and refunded if minimum participation is not met. If you paid for a program but need to cancel, you may receive a refund if you cancel before the pay-by-date (if over $2). Refunds for $2.00 or less will not be processed. After the pay-by-date we are unable to process refunds unless there is a wait list and the spot is filled and paid for by another patron. Trip refund and cancellation policy is 30 days before the date of trip for a full refund unless otherwise stated. Center gift cards are non-refundable.

Holiday Schedule
City Offices are closed on Thursday and Friday, November 25 & 26 and Fridays, December 24 & 31.

Panera Bread
Come “help yourself” on Thursday mornings from 9:15-11:00am.

Service Club
Assemble Pathways for Community Services on Wednesday, December 8, 9:30am—call to let us know you are coming! We are assembling one week earlier this month.

Transportation
Transportation is available for Westlake residents age 60 years and older. Contact Donna Feorene, Outreach Coordinator for more information 440-899.3544.

Community Information

SENIOR SUPPER CLUB
Cafeteria open Monday—Sunday: 4:00-5:30pm.
Seniors can eat at St. John Medical Center’s Terrace View Café (cafeteria) for a 40% discount with a card. Take out is preferred, however, there is limited seating available in the dining room.
Discount Cards available to pick up. Call 440-899.3544.

WESTLAKE PORTER PUBLIC LIBRARY
With the rate of COVID-19 cases in Cuyahoga and Lorain Counties continuing to rise, the Library has continued to evaluate our pandemic safety measures including mask policy. Starting September 7, 2021, the Library will require masks for all persons aged 2 and older, regardless of vaccination status, attending an indoor program or utilizing a meeting space with more than 2 people in it. Patrons within the main, open portion of the library will continue to be highly encouraged to wear masks.

Additional services available during regular library hours include:
• Telephone Reference, Curbside Pickup, Computer Use Homebound Delivery.
The Drive-up Book Drop and Wi-Fi are available 24/7. Visit us on social media for up-to-date information.
Dear Friends,

“We’re in the soup now” usually refers to some mutual trouble. In this case it means mutual enjoyment as I happily announce the much anticipated opening of our Connections Café! Just in time for the colder months, soup will be a regularly featured menu item Tuesday through Friday from 10am-3pm. A variety of sandwiches will also be featured to pair with the soup or as a solo act. Our plan is to start out small and “get it right”. As a part of that plan our new food service coordinator, Chef Garrett Baglier, will be on hand at the café every Monday at 10:00am (beginning on 11/8) for CULINARY COFFEE & CONVERSATION. Get to know Garrett and give him feedback about menu items. You will also learn some cooking tips during this casual encounter at the café counter.

Italian Wedding Soup, creamy mushroom, corn chowder, tomato bisque, and loaded baked potato are just some of the featured soups. To learn more about the Tuesday through Friday offerings, a weekly menu will be posted at the café as well as on our website. If you are a consummate soup lover you may even consider joining our Senior Soup Club. As a member of this elite group, you will purchase a card for 20 soups (no expiration date) at the cost of $50, which is a $10 savings overall.

Garrett did not forget about breakfast items. A variety will be available for purchase as you arrive early for a program or stay after to enjoy some time with friends in the café.

“Soop’s on!” at the Westlake Community Services. See you there.
Lydia Gadd, Director

Thank you to the following for their generous donations to Westlake’s Community Services Department.

Monetary Donations
Kevin Barre
Richard & Cathy Crabtree
Stephen Freeman
Dolores Jazwa
Kathrine Jensen
Jane Philpott
Kamji Kurokawa
Misao Kurokawa
Carol Riordan
St. Paul Lutheran Church
Dave Young & Lyn Witwer

Non-Monetary Donations

Chili Cook-off Winners
1st Place—Symphony at Olmsted Falls
2nd Place—Bankers Life (Susan Todd) and Chef Garrett
3rd Place—St. Mary’s of the Woods
Peoples Choice—Banker’s Life (Susan Todd) and Chef Garrett

Social Services

NEED HELP?
Westlake residents may contact the Outreach Coordinator Donna Feorene, 440-899-3544. Office or home visits are by appointment. Assistance includes wheelchairs and walkers available to loan, applications for government programs, Are You Okay?™, a computerized home calling service, and food pantry assistance is available year-round to Westlake residents who qualify for our program that includes a monthly emergency three-day food supply of non-perishable food as well as holiday food baskets.

FOOD PANTRY DONATIONS
Donations are accepted at Outreach Services entrance on side of building from 9am—4pm

NOTE** WE ARE NOT PERMITTED TO DISTRIBUTE EXPIRED FOOD PLEASE CHECK DATES BEFORE DONATING.

The food pantry is available year-round to Westlake residents who qualify for our program. It includes a monthly emergency three-day food supply of non-perishable food as well as holiday food baskets.

SPECIAL REQUEST FOR NOVEMBER: STUFFING
SPECIAL REQUEST FOR DECEMBER: BOXED POTATOES

• Donations of non-perishable foods, cleaning supplies, personal care items and paper products are accepted during regular business hours. See City’s website for a list of preferred donation items.
• Perishable foods are accepted by appointment. Call 440-899-3544.
• Charitable forms are available for taxes.

Your donations make a tremendous difference and for this we are extremely grateful. If you know of someone who can, or if you have the ability to donate the following, thank you—

Upright Freezer (for our food pantry)
Special Events Pathway

VETERANS DAY CELEBRATION
10:00: Angel in a Foxhole: Smoky The War Dog, WWII’s Mascot of the SW Pacific “Smoky” was a 4lb. Yorkshire Terrier found in a New Guinea foxhole at the height of World War II. Fate would entrust her to Cpl. William A. Wynne, a 5th U.S. Army Air Force, 26th Photo Squadron reconnaissance photographer, who became her beloved friend and trainer. Smoky provided service as an entertainer, performed as a war hero, and provided comfort, healing and support in military hospitals. Smoky flew on combat and reconnaissance missions and was named “Mascot of the Southwest Pacific by YANK Down Under Magazine in July, 1944. Presenter Dave Tarbar is the son-in-law of Bill Wynne. Following the film Dave will be answering questions about Bill and Smoky’s amazing story.

11:00: Pinning ceremony provided by Hospice of the Western Reserve. All Veterans in attendance will be recognized and honored for their service to our Country.

Brunch: Breakfast bake, fruit and muffin will follow the pinning ceremony, prepared by Chef Garrett.

Thursday, November 11, 10:00am. Cost: Veterans attend at no charge, $6 for non veterans; RSVP and/or payable by 11/5.

COFFEE WITH A COP
Drop in any time between 9 am and 12 pm to share a cup of coffee and some conversation with our police officers. Find out about their many safety and outreach initiatives, get all of your safety questions answered and share any concerns you might have. Our officers come from many interesting backgrounds and have fascinating stories to share. They are truly looking forward to getting to know all of you too!
Friday, November 12, 9:00am—12:00pm. No RSVP needed.

RECYLE RIGHT with Westlake Service Department
Join Shannon Neudecker, Secretary and Chris Stuhm, Deputy Director, as they present the proper way to Recycle Right for the City of Westlake and the majority of Cuyahoga County. They will also be sharing how to sign up for City alerts that share important information for the residents. All are welcome! Please come with any questions or concerns you may have for the presenters.
Tuesday, November 16, 10:00am. Call or use MyActive Center by 11/15.

THANKSGIVING LUNCHEON
Join us as we are entertained by Opus 216 a classical music group. Opus 216 began in 2012 with their first performance at the inaugural MIX event at Cleveland Museum of Art. Since then the ensemble has been providing music for hundreds of events throughout Ohio. The musicians are versatile and professional, with most holding multiple degrees from some of the country’s top classical music conservatories. Opus 216 are just at home with the Beatles as they are with Bach and Beethoven. Sit back and be entertained by this outstanding musical group. (Favors provided by O’Neill Healthcare, Door prizes provided by The Normandy, Always Best Care of Grafton.)
Wednesday, November 17, 11:00am. Cost: $23; payable by 11/8.

HOLLY JOLLY HOLIDAY
We welcome back our favorite songstress Debbie Darling performing for our Annual Holiday “Song-Fest!” As always, Debbie will have you tapping your toes and singing along to her repertoire of seasonal music classics. In her usual style, Debbie will intersperse interesting anecdotes about some of our favorite holiday songs. We hope this program invites the spirit of the season into your life.
Lunch: Soup, Sandwich and holiday treat. (Lunch sponsored by Home Instead Senior Care.)
Wednesday, December 1, 10:00am. Cost: $2 + a food pantry donation of “Bounty 2-pack of quick size paper towels” day of program; payable by 11/24.

HOLIDAY GIFT WRAPPING
Hospice of the Western Reserve has offered to provide gift wrapping for patrons free of charge. You may bring a few gifts of appropriate size to have wrapped. Stop by and show your appreciation for this generous service.
Friday, December 10, 9:00am—11:00am. No RSVP required.

HOLIDAY MUSIC REVIEW—Christmas Music
A seasonal staple for centuries, this music began as chants, litanies and hymns intended for use during church liturgies. History isn’t clear as to when the first carol appeared but it was supposedly written in the vernacular sometime between 1350 and 1550. We will follow the development of Christmas music from its earliest days through the 20th Century, with examples played from many eras.” (Sponsored by O’Neill Healthcare.)
Friday, December 10, 10:00am. FREE. RSVP by 12/7.
Social Pathway

NEWS AND VIEWS
Janet Carnall will discuss current and world events including a lively discussion about trending new topics.
(11/3 program is sponsored by Foundations)
Wednesdays, November 3 and December 8 (this is the second Wednesday in December), 11:00am.
Cost: $2; payable by one day prior to each date.

BREAKFAST CLUB FOR MEN—NOVEMBER
Jane Russell and Cleveland’s Forgotten Champions.
It is Autumn 1945. Movie star Jane Russell has taken up residence in Cleveland to be with her husband, Bob Waterfield, who is leading the Cleveland Rams to the NFL championship game. Presented by Dennis Sutcliffe of Lost Cleveland Memories. (Lite breakfast generously sponsored by Life Care Center of Westlake, and ABC of Grafton.)
Tuesday, November 9, 9:45am. Call to reserve or use MyActive by one week prior to each date.

BREAKFAST CLUB FOR MEN—DECEMBER
Everlasting Gratitude.
Our speaker, Mel Mauer, recalls memories of WWII beginning with 12-7-1941, Pearl Harbor Day, and his time as a child growing up during those years. You are encouraged to share your memories following the presentation.
Tuesday, December 7, 9:45am. Call to reserve or use MyActive by one week prior to each date.

PAGE TURNERS—Teaming Up for Mystery
More than a hundred years ago Sherlock Holmes teamed up with Dr. Watson to solve crime, Nero Wolfe and Archie Goodwin carried it on, and crime-solving teams continue today in mystery fiction with sleuths like Stephanie Plum and Grandma Mazur, Jazz Ramsey and her dog Luther, Charlene Morris and the ghost Jack Strathmore, and other intrepid and sometimes comic-teams prevailing against crime. Light Refreshments from mystery cookbooks or mystery authors will be served. Presented by Irma Baker, M.A.
Tuesday, November 9, 1:30pm. Cost: $2; payable by 11/5.
Social Pathway

COFFEE AND CONVERSATION
Join Director, Lydia Gadd, as she shares news from our department and the City. Questions will be taken from those attending the program.
Tuesday, December 14, 11:00am. Call to reserve or use MyActive by 12/13.

BALLROOM DANCE
Featuring the music stylings of John Kowalski including a variety of music that are sure to keep you on the dance floor. Pre-registration with payment is required prior to attending.
Thursday, December 30, 2:00-4:00pm. Cost $6; payable by 12/23.

Merry Monday Movie Pathway
Few things bring as much holiday joy as a good Holiday movie – whether you prefer a good Christmas Comedy or a Hallmark Holiday film that pulls on your heartstrings, we have a month of both just for you!
9:30am. Each date as listed. RSVP by one day prior for each film.

December 6—Christmas With Holly. Hallmark. 2012. Maggie Conway’s had it with big-city living, especially after her husband-to-be leaves her at the altar – literally! Mark’s number one priority is his six-year-old niece, Holly, whose mother has passed away, leaving him caregiver-in-chief along with her two other uncles. Is there room in Maggie and Mark’s busy lives for romance? To be (in love) or not to be (in love) -- that is the question! (TV-PG. 1hr. 28min.)

December 13—National Lampoon’s Christmas Vacation. 1989. Clark Wilhelm Griswold wants to have a special “Griswold Family Christmas”, and after months of careful planning he invites both of his parents, both of his wife, Ellen’s parents even his uncle Louis and his senile aunt Bethany. Clark even prepares his house for Christmas with over 20,000 lights and a tree. As Christmas eve comes, Clark will soon realize that a series of unfortunate events will start to unravel for him. Can Clark keep it together and understand the true meaning of Christmas? (PG-13. 1hr. 37min.)

December 20—The Most Wonderful Time of the Year. 2008. Five-time Emmy nominee and Golden Globe winner Henry Winkler stars in the story of what happens when you open your heart to the power of Christmas. Disenchanted single mom Jennifer Cullen is a Scroogette when it comes to anything Christmas. In fact, even her six-year-old son, Brian, is having trouble believing in Santa Claus. But when her Uncle Ralph visits and brings a fellow passenger from his flight named Morgan Derby, Jennifer’s dubious heart awakens to the possibility that perhaps Christmas really does hold miracles. Its uplifting and laugh-packed and a story that will inspire the whole family to believe. (TV-PG. 1hr. 28min.)

Visit us on our Facebook page—https://www.facebook.com/WestlakeCommunityServices

Thursday Movie Pathway
Call if you need to cancel. All movies Subject to Change due to unforeseen circumstances. No food or drink permitted in the theater.

Panera (9:00am) and Popcorn (1:00pm) provided in the Gathering Hall prior to each movie showing. 9:30am and 1:30pm show times.

Only movie titles, actors and ratings will be shared here. For an overview of each movie, flyers will be posted on our website and on our announcement monitors which can be viewed in the Café.

November 4—Six Minutes to Midnight. Drama/Thriller. 2020. Starring Nigel Lindsay, Judy Dench, Eddie Izzard. PG-13 for some violence. 1hr. 39min.


December 2—Holiday Inn. Comedy/Drama/Music. 1942. Starring Bing Crosby, Fred Astaire, Marjorie Reynolds. NR. 1hr. 32min.


December 16—The Bishop’s Wife. Comedy/Drama. 1947. Starring Cary Grant, Loretta Young, David Niven. NR. 1hr. 49min.

December 23—Miracle on 34th Street. Drama/Romance. 1947. Starring Maureen O’Hara, John Payne, Edmund Gwenn. NR. 1hr. 36min. MORNING MOVIE ONLY.
December 30—It’s A Wonderful Life. Drama/Family/Fantasy. 1946. Starring James Stewart, Donna Reed, Lionel Barrymore. NR. 2hr. 10min. ONE SHOWING ONLY TODAY—12:30 PM!
CRAFTING WITH DEBBIE—NOVEMBER
You will be creating a wooden Turkey for use as a display piece on your table, shelf or counter—you choose! Using a 2x4 piece of wood (pre-cut of course) and other items, you will be able to create this cute friend for the upcoming holiday. All supplies provided by Instructor, Debbie Wang.
Tuesday, November 9, 1:30pm. Cost: $12; payable by 11/3.

CRAFTING WITH DEBBIE—DECEMBER—Offsite this month!
This month the group will be meeting at “Artist for a Day” located at 28649 Lorain Road, North Olmsted. Each person will choose an item/items to paint. The prices vary depending on the item and size. There is a $6.00 studio fee in addition to the cost of the item you select. Debbie will be returning the items after they are fired at the studio to our Center for pick-up. We will call to let you know when they are complete. Any questions, please feel free to call us.
Tuesday, December 7, 1:30pm. Cost: $6 + item you select; payable to business on day of event. RSVP to reserve your space by 12/2.

BEGINNING DRAWING
Chris, a former artist with Walt Disney World, will teach the basics of translating what we see into a drawing. The goal is to eventually be able to draw with confidence any object that interests you in any arrangement. A materials list is available prior to registration. This is an on-going class.
Tuesdays, 10:00–12:30pm. FREE. No RSVP needed.

THROWN FOR A LOOP—Knitting & Crocheting Group
This group will meet the third Tuesday of each month. Bring any knitting or crochet project that you may be working on at the time. Please note, no formal instruction will be given during these sessions; this is strictly for fun and all levels are welcome!
Tuesdays, November 16 and December 21, 10:00am. RSVP by one day prior to date.

HOSPICE CARDS
You will be creating floral cards using dried flowers for VNA Hospice. No experience necessary, all supplies provided. Volunteers will walk you through the process. Join the fun and help support VNA Hospice.
Mondays, November 8 and December 13, 12:00-3:00pm.
No RSVP necessary, just walk in.
Hospice Cards will resume in February 2022.

WATERCOLOR CLASS WITH DIANE
You are required to bring your own class supplies.
Fridays, 9:30-12:00.
Cost: $12/class; payable before class.
THERE WILL BE NO WATERCOLOR CLASSES (Adv. or Beg.) ON 11/26, 12/24 & 12/31.

BEGINNER WATERCOLOR CLASS WITH DIANE
You are required to bring your own class supplies.
Fridays, 1:00-3:00.
Cost: $10/class; payable before class.

BINGO FOR FUN
We will be calling Bingo for Fun and giving prizes to the winners. A boxed/bagged lunch will be given out at the end of the event for you to enjoy. (November lunch provided by The Ganzhorn Suites; December lunch provided by Foundations.)
Fridays, November 5 and December 3, 10:00am.
Cost: $2; payable by one week prior to each date.

Puzzle Exchange
On the 2nd Wednesday of each month we are holding a puzzle exchange. Bring your old puzzles to exchange with someone else’s puzzle. If you do not have a puzzle but would still like to participate, feel free to come and look at the puzzles we have on hand.
Wednesdays, November 10 and December 8, 9:00am—11:00am. Call or use MyActive Center to

MUSIC BINGO
This Bingo is exciting and fun using familiar music of the Big Band, Golden Oldies, Crooners and 50’s & 60’s theme songs. Breakfast at 9:30am, Bingo at 10:00am. (Breakfasts are sponsored by Holy Family Hospice & Emerald Village.)
Wednesdays, November 10 & December 8, 10:00am.
Cost: $4; payable by one week prior to each date.

GAMES & GRUB
Enjoy an afternoon of camaraderie and games. Choose from our “stock” games or bring something from home to play while enjoying a lunch you have purchased from our Cafe—or BYOL!
Wednesdays, November 24 and December 22, 12:00pm. FREE. RSVP by one week prior to each date.
Games Pathway

CHAIR VOLLEYBALL
Come join the fun and friendly competition that includes exercise which enhances your muscle tone, reflexes, hand-to-eye coordination, and endurance. The game is played with a beach ball and a five foot high net. Rules are similar to regular volleyball but you will need a cheek on the chair.
Mondays, 1:00pm. Free. RSVP by or just drop in.

CHESS
Friendly competition between friends—come join in the fun if you are former or new player.
Tuesdays and Fridays, 1:00-4:00pm.
Meet in the Café to join in a match.
(Not 11/26, 12/24, 12/31)

PINOCHLE
Have experience playing pinochle? This group of friendly players welcomes you to join the fun.
Mondays, 1:00-4:00pm.

MAHJONG
Looking for a group to play with and have prior knowledge of the game? This group is accepting new players.
Tuesdays, 1:00-4:00pm.

Lifelong Learning Pathway

TED TALK—The Three A’s of Awesome.
Neil Pasricha, writer, speaker, podcaster and one of the world’s leading authorities on intentional living came to recognition through his blog 1000 Awesome Things, where he savors life's simple pleasures. As a way to get into the spirit of the holidays, let’s listen to this heartfelt talk where we will learn the 3 secrets to leading a life that’s truly awesome. We will follow up with an “awesome” discussion led by Director Lydia Gadd.
Wednesday, November 16, 11:00am. Call or use MyActive to reserve by 11/15.

TED TALK—The question I almost didn’t ask and how it changed my life.
Many people fail to ask themselves what they want either because they think they have everything already, or they’re afraid it's too late. Listen to this TED Talk by well-known film actress/producer, Rita Wilson. She shares “I was living an amazing, beautiful life, and I didn’t feel I deserved to even contemplate anything more. This talk is about why I decided to finally ask myself that question and what happened when I did.” We will view this TED Talk together followed by a discussion facilitated by Director, Lydia Gadd. It’s never too late to pursue your dreams!
Wednesday, December 22, 11:00am. Call or use MyActive to reserve by 12/20.

GENEALOGY CLASS
Discover your family history! Learn how to begin, where to find records, and how to use the leading genealogy websites. Explore the top resources available to you for free to begin your journey on this fascinating and fun hobby. The presentation will be followed by a hands-on workshop where you can begin building your family tree and go home with the tools you need to continue to uncover your family story. You may bring a laptop or iPad if you wish. Please be sure to have them fully charged for class if you are bringing a device.
Instructor: Sue Bennis.
Monday, November 8, 10:00–11:30am. FREE. Call or use MyActive Center to register by 11/5.

LUNCH AND LEARN—Beauty As We Age
“Age is just a number,” so the saying goes. Well, with the right mindset, you can always remain “young at heart” and pursue life with passion! While, for some, growing older can be a scary time filled with change and loneliness—it doesn’t need to be that way. We’re social creatures and growing old isn’t a solo sport. Positive aging allows us to weather the expected, as well as the unexpected changes we experience. So, how will you plan and prepare for the next decades of your life? You only live once, but if you do it right, once is enough. Today’s speaker is Russell Elmore. (Lunch and speaker provided by Sunrise Senior Living.)
Tuesday, December 21, 11:00am. Call or use MyActive Center to register by 12/14.
Support Pathway

SENIOR STRONG
Bob Piovarchy of the Far West Center will be here to discuss all thing related to our mental health. Come discuss diverse topics such as happiness, coping with loneliness, boundaries and creating strong relationships. Bob looks forward to continuing these important conversations with all of you!
**Wednesdays, November 10 and December 8, 10:00am. Call to reserve by two days prior to each date.**

**MEDICARE HELP—Free service.**
Help is available for Medicare options that are best for you. **Call to arrange a phone appointment with the Medicare Consultant in November. 440-899-3544.**

**LEGAL HELP—Free service.**
Attorney, Justin Watling, helps with Living Wills and Health Care Directives at no cost. **Call to arrange an appointment with attorney, 440-899-3544.**

Health & Wellness Pathway

**BLOOD PRESSURE**
Nurses on staff with different facilities will be stationed in our Wellness room on Thursdays of each month. Our sponsors are Rae-Ann (1st & 3rd), Hospice of the Western Reserve (2nd), UHSJMC (4th), Holy Family Hospice (5th).
**Thursdays, 11:30am—1:00-pm, just walk in. (Not 11/25 or 12/23)**

**WALK WITH US**
As winter is quickly approaching, we will try to get a few more outdoor walks in. The more the merrier, so please come join us for exercise and laughs! Walking will occur on days where the temperature is over 50 degrees and there is no rain. Monday/Wednesdays (no Fridays) at 10 am. Please meet in our front vestibule.
**Mondays/Wednesdays in November and December, 9:00–10:00am. Call by at least one day prior to let us know you will be walking.**

**BALANCE TRACK SCREENINGS**
Schedule a time to work with a healthcare provider to check your balance each month. This service is provided by Always Best Care of Grafton.
**First Tuesday of the month, November 2 and December 7, 9:00am-12:00pm. Call to schedule an appointment time by at least one day prior to each date.**

**LET’S RELAX**
Meditation is good for your physical as well as emotional health. The problem is that most people do not set aside the time for it. During this program, Lydia Gadd, Director and Licensed Counselor, will lead us through various meditations. Prepare to relax!
**Tuesdays, November 2 and December 7, 11:00am. Call or use MyActive Center by one day prior to each date.**

**CHAIR MASSAGE**
We are now offering 15-minute chair massage sessions the 2nd and 4th Monday of each month. The licensed therapist is Meilee and her goal is to help people feel better by utilizing the healing benefits of massage. Her massage focuses on the back and neck. Self-care is a must in today’s busy world. By doing regular bodywork, you help yourself to live your best life.
**2nd & 4th Mondays, 2:00pm-4:00pm. Cost $15; payable before session.**

**CREATIVITY AND MENTAL HEALTH**
Join Bob Piovarchy as he focuses on the benefits of creativity to our mental health. Creativity builds our identity, reduces anxiety, and increases happiness and well-being. Hobbies and handicrafts are great creative outlets. A presentation and discussion along with demonstrations of creative arts will be presented. Individuals participating are also asked to bring in examples of their creative outlet, art or hobby that they are involved with, a sort of creative show and tell. It will be a morning of creative fun.
**Tuesday, November 16, 10:00am. Call or use MyActive Center by one day prior to reserve your space.**

**DREAMS FULFILLED—Creating and Achieving Your Bucket List**
You’ve heard the term “bucket list”, come learn how to create your own list and pursue your lifetime dreams one at a time, it’s never too late! **Presented by Hospice of the Western Reserve. Thursday, November 18, 11:00am. Call or use MyActive Center by 11/17.**
LINE DANCING
_The “exercise in disguise” program._ Tired of the treadmill? Give line dancing a try, no partner needed. It’s not just country anymore, we dance to Oldies, Latin, Modern Pop, and of course, some Country. Instructor, Mary would love to have you join the class!

**Fridays, 1:00pm. Cost $6/session (correct change appreciated); payable before class, passes available. (Not 11/26, 12/23)**

EQUIPPED FITNESS ROOM
Outfitted with eight pieces of functional Keiser strength equipment and four cardio machines there is everything you need to get a complete workout. Keiser’s unique pneumatic resistance technology allows the muscles to remain active and engaged throughout the entire range of motion while reducing shock loading to connective tissues and joints. The four pieces of cardio include two NuStep recumbent steppers and two Keiser total body trainers. One of the total body trainers is also wheelchair accessible. The **Equipped Fitness Room is staffed by Recreation Department Fitness Personnel and available to patrons 50+ years of age. Silver Sneakers/Renew Active memberships may be used.**

Monday-Friday, 9:00am to 3:00pm. Membership: $50/yr. for current Rec members; $75/yr. for residents; $100/yr. for non-residents. (Room not open 11/25-26 & 12/24 & 31)

EXERCISE WITH KELLY
Kelly Rigo, Certified Group Exercise Instructor, Ace and Certified Personal Trainer, NCSF, brings a unique exuberance to our exercise program. Her strengths reside in her abilities to motivate, understand and assess limitations and potential.

Working with varying demographics has given Kelly the knowledge and experience to develop training programs to best fit an individual’s unique needs. Kelly has been a fixture at both the Westlake Community Services teaching exercise classes and personally as a member at the Recreation Center.

**Mondays & Wednesdays, 8:30-9:15am. Cost: $5/class; pay prior to each class. Passes available.**

WII BOWLING
The players from our mixed bocce group are moving inside for the winter. Join them for some friendly competition as we play Wii bowling on the large screen TV in the Inspiration Center.

**Wednesdays, 9:00-11:00am. No RSVP necessary, just drop in.**

TAI CHI SIMPLIFIED WITH MICHAEL RHOADES—Tuesdays only
Qigong and Tai Chi are slow-moving, gentle methods of exercising to maintain and improve physical and mental well-being. Classes will be 60 minutes long, and will include two sets of standing qigong movements, and learning and practicing Simplified 24 Movement Tai Chi form, suitable for any level of experience.

**Tuesdays, 1:00pm; Cost: $6/class (correct change appreciated); pay prior to class. Passes available.**

ADVANCED TAI CHI WITH MICHAEL RHOADES—Thursdays only
This 90 minute class will include a study of a traditional 108 movement Wu Style Tai Chi Long Form.

**A minimum of one year of experience is recommended for the advanced class.**

**Thursdays, 10:00am; Cost: $6/class (correct change appreciated); pay prior to class. Passes available. (Not 11/25)**

TAI CHI FOR YOU
Bert Sanchez leads the class in more advanced level Tai Chi movements.

**Thursdays, 5:30-6:30pm. Cost: $5/class; pay before 5:00pm. (Not 11/25, 12/23)**
CHAIR YOGA
This accessible class is suitable for all bodies and levels of experience. Poses are performed seated in a chair and/or standing while using the chair for support. Chair yoga reduces strain on the limbs and joints. Chair yoga is a gentle practice and is also a great form of yoga for beginners or anyone who wants to focus on balance and flexibility. Yoga encourages breathing techniques and movements that stretch and strengthen your body. Yoga also brings awareness to help ease and relax the areas of tension held in the body that cause stress. You are encouraged to wear comfortable clothing that you can move easily in. Please join Jackie Chavez-Anderson, certified 500 hour yoga teacher, for this new and exciting exercise experience.

Mondays and Wednesdays, 1:30pm; Cost: $8/class (correct change appreciated); pay prior to class.

YOGA—FLEXIBILITY
At this evening and in-person class, Chris will help you stretch and strengthen. Perfect for beginners as well as practiced yogis. Class location will be updated when you call to make your reservation—440-899-3544.

Mondays, 6:00-7:15 pm; Cost: $8/class (correct change appreciated); pay before 5:00pm. Passes available.

MINDFUL MONDAYS
An accessible, enjoyable practice to nurture balance, strength, resiliency, range of motion, focus, and stress reduction. Lizbeth blends the tried and true benefits of Yoga, Thai Chi and Qi Gong for fun and rejuvenating classes. All movements are modified to meet you where you are and support your wellness goals.

See below for an explanation of this movement yoga with Lizbeth.

ACCESSIBLE THERAPEUTIC FUSION FLOW
If you thought Yoga was for the flexible and perhaps not for you, come join us and let go of that myth. We use chairs and props to accommodate all movement abilities and balance concerns. Movement sequences are designed and modified for increased range of motion, balance and deep stress reduction. You’ll come away refreshed and knowing a bit more about how to take what you’ve learned into your daily living. Bring your own props and mats.

Mondays, 10:30-11:30am. Cost: $8/class (correct change appreciated); pay prior to each class. Passes available.

FUSION FRIDAYS
An accessible, enjoyable practice to nurture balance, strength, resiliency, range of motion, focus and stress reduction. Lizbeth blends the tried and true benefits of Yoga, Thai Chi and Qi Gong for fun and rejuvenating classes. All movements are modified to meet you where you are and support your wellness goals.

See below for an explanation of these yoga classes with Lizbeth. Correct change appreciated.

MODERATE YOGA FUSION (With deep relaxation)
If you are new to yoga or looking to connect with a practice to meet you where you are, or to deepen an established practice, this moderately paced class offers a range of options from mat work on the floor and chair through sitting and standing sequences designed for increased range of motion, strength and balance and deep stress reduction. Each class incorporates tried and true practices to increase your enjoyment and functionality in everyday life. Bring your own props and mats. Suitable for men and women.

Fridays, 9:00-10:15am. Cost: $8/class; pay prior to class. Passes available. (Not 11/25, 12/24 & 31)

THERAPEUTIC YOGA (For focus, balance, strength, pain and stress relief)
If you thought Yoga was for the flexible and not for you, come join us and let go of that myth. We use chairs and props to accommodate all movement abilities and balance concerns. Movement sequences are designed and modified for increased range of motion, strength, balance and stress reduction. You’ll come away refreshed and knowing a bit more about how to take what you’ve learned into your daily living. Bring your own props and mats.

Fridays, 10:30-11:30am. Cost: $8/class; pay prior to class. Passes available. (Not 11/25, 12/24 & 31)
**EXTEmd DAY TRIPS WITH WENDT TOURING**

**2022 OVERNIGHT TOURS**

TOUR PRESENTATION and TRIP PREVIEW: Wednesday, November 10th at 1:15PM. Call 440-899-3544 to reserve your space for this presentation.

All are welcome. Travel arrangements made by Wendt Touring.

**Springtime Down South – 7 Days – April 23-29.**

Experience the southern charm and beauty that this Atlantic coast area has to offer. Charleston, South Carolina, Savannah Georgia and the Golden Isles are said to be a way of life preserved. Enjoy scrumptious cuisine, old world architecture, sparkling gardens and civil war history throughout this customized tour. Jekyll Island, Ft. Sumter Harbor Cruise, Beauford, Magnolia Plantation and more.

**Alaska Summertime Tour and Cruise - 11 days - June 16-26.**

Experience an adventure and voyage of a lifetime: ALASKA. Travel in elegant comfort throughout. 4 days land-hotels; 7 days cruise. Drink in the startling beauty of Alaska's untouched landscapes and wildlife. Travel aboard Holland Americas m.s. Westerdam and treat yourself to one of a kind entertainment and onboard activities. Anchorage, Denali National Park, McKinley Explorer train journey, Glacier Bay National Park, The Inside Passage, Juneau and more. Late June is a great time to visit - these are ideal tour dates.

**Treasures of Montreal and Quebec City by Rail - 6 days - September 3-8.**

Enjoy first-class tour features as we travel through French Canada on VIA Rail's ultramodern LRC train. This unique getaway combines the excitement of Quebec City and Montreal with the beauty of the Saint Lawrence Seaway and The 1000 Islands. Experience delicious meals, great service, fine hotels, good people and unforgettable sightseeing on this great late summertime trip. ALL ABOARD!

**The Great Southwest - 8 days - October 1-8.**

See the famous Albuquerque International Balloon Festival. Enjoy an exciting train journey aboard Amtrak’s "Southwest Chief". Tour Grand Canyon National Park. The dazzling autumn landscapes of New Mexico and Arizona will astonish you with colorful canyons and breathtaking views of towering mountains. Explore Cowboy and Indian lore. Santa Fe, Sedona, Historic Turquois Trail, Sandia Peak Ariel Tramway, Route 66, Chimayo Shrine, Palace of the Governors and more.

Detailed trip sheets available November 10th in reception area.

**JKL DAY TRIPS COMING IN 2022—Watch for details!**

House of Worship Tour—Mystery Trip—The Marvelous Wonderettes—Mansfield Wine Tour—May Fair Lady—and much more!

**SEVERANCE HALL—CLEVELAND ORCHESTRA-Mini Trips**

The Orchestra is back performing before live audiences and we are offering three of the matinee concerts in 2022. Space is limited (only nine seats available) and these seats go fast so be sure to reserve early. Fridays, February 18, March 11 & May 20; Depart 9:15am Return approximately 1:30pm. Cost $10/pp per trip. Purchase your concert ticket(s) on your own directly with the Cleveland Orchestra.

**GARRETT’S WINNING CHILI RECIPE—sort of!**

You know, sometimes a chef doesn't really measure—at least when cooking, baking is a different story. Here is a list of what went into his recipe. Just go for it—your taste buds are your best kitchen helper!


You are welcome to ask him for some guidance if you need it!
## November

<table>
<thead>
<tr>
<th>MONDAY</th>
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</table>
|        | SENIOR SOUP CLUB  
20 cups of soup for $50 (savings of $10 over individual cup price.)  
Dine in or take out. NO EXPIRATION DATE. |          |          |        |
| 8 10:00 | Culinary Coffee and Conversation with Chef Garrett  
National Cinnamon Day | 9        | 10        | 11      | 12 |
|        | BREAKFAST OPTIONS  
Pastries will be offered first followed by granola/yogurt and more hearty breakfast options. | 16       | 17        | 18      | 19 |
| 15 10:00 | Culinary Coffee and Conversation with Chef Garrett  
National Bundt Day | 23       | 24        | 25      | 26 |
|        | LUNCH OPTIONS  
Sandwiches, wraps and salads will be added to compliment the soup. |          |          |        |        |
| 22 10:00 | Culinary Coffee and Conversation with Chef Garrett  
National Cranberry Relish Day | 30       |          |          |        |
|        | Cafeé Hours: Tuesday—Friday  
10:00am—3:00pm |          |          |        |        |

## December

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<tr>
<th>MONDAY</th>
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<tr>
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<td>A weekly menu will be posted on the café TV's.</td>
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</tbody>
</table>
| 6 10:00 | Culinary Coffee and Conversation with Chef Garrett  
St. Nicolas Day | 7        | 8        | 9       | 10 |
|        | National Brownie Day |          |          |        |        |
| 13 10:00 | Culinary Coffee and Conversation with Chef Garrett | 14       | 15       | 16      | 17 |
|        | National Cupcake Day |          |          |        |        |
| 20 10:00 | Culinary Coffee and Conversation with Chef Garrett | 21       | 22       | 23      | 24 |
|        | National Date Nut Bread Day |          |          | CLOSED FOR CHRISTMAS HOLIDAY | |
| 27 10:00 | Culinary Coffee and Conversation with Chef Garrett  
National Fruit Cake Day | 28       | 29       | 30      | 31 |
|        | National Chocolate Candy Day |          |          | CLOSED FOR NEW YEARS HOLIDAY | |
## NOVEMBER PATHWAYS CALENDAR

<table>
<thead>
<tr>
<th>MONDAY</th>
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<th>WEDNESDAY</th>
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<tbody>
<tr>
<td>1 8:30 8:30 8:30</td>
<td>2 10:00 10:00 10:00 10:00 10:00</td>
<td>3 8:30 Exercise-Kelly</td>
<td>4 9:30 9:00 9:00 10:00 10:00 11:30 11:30</td>
<td>5 9:00 9:30 10:00 10:30 1:00 1:00 1:00</td>
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<tr>
<td>Exercise Kelly</td>
<td>Balance Screenings</td>
<td>Exercise-Kelly</td>
<td>Movie-Six Minutes to Midnight</td>
<td>Yoga-Lizabeth</td>
</tr>
<tr>
<td>Walk With Us</td>
<td>Beginning Drawing</td>
<td>Mixed Bocce-Wii</td>
<td>Tai Chi Advanced</td>
<td>Watercolor—Diane</td>
</tr>
<tr>
<td>Yoga-Lizbeth</td>
<td>Let’s Relax</td>
<td>Walk With Us</td>
<td>Blood Pressure</td>
<td>Yoga-Lizbeth</td>
</tr>
<tr>
<td>Ancient Empires</td>
<td>Chess</td>
<td>News and Views</td>
<td>Oil Painting</td>
<td>Yoga-Lizbeth</td>
</tr>
<tr>
<td>1:00 Chair Volleyball</td>
<td>Lake Erie Bridge</td>
<td>Chair Yoga</td>
<td>Movie-Six Minutes to Midnight</td>
<td>Beg. Watercolor</td>
</tr>
<tr>
<td>1:00 Pinochle</td>
<td>MahJong</td>
<td>Yoga</td>
<td>Tai Chi</td>
<td>Chess</td>
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<tr>
<td>1:30 Chair Yoga-Jackie</td>
<td>Tai Chi Simplified</td>
<td>Yoga</td>
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<td>Line Dancing</td>
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<tr>
<td>6:00 Yoga with Chris</td>
<td>Legal Help-4:30</td>
<td>Yoga</td>
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<tr>
<td>Blood Mobile at Rec</td>
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<td>2 8:30 Exercise Kelly</td>
<td>9 10:00 Beginning Drawing</td>
<td>10 Exercise-Kelly</td>
<td>11 9:30 9:00 9:00 10:00 10:00 11:30 11:30</td>
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<tr>
<td>9:00 Walk With Us</td>
<td>Breakfast Club for Men</td>
<td>Exercise-Kelly</td>
<td>Movie-Blith Spirit</td>
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<tr>
<td>10:00 Genealogy Class</td>
<td>Chess</td>
<td>Mixed Bocce-Wii</td>
<td>Tai Chi Advanced</td>
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<tr>
<td>10:30 Yoga-Lizbeth</td>
<td>MahJong</td>
<td>Puzzle Exchange</td>
<td>Blood Pressure</td>
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<tr>
<td>12:00 Hospice Cards</td>
<td>Tai Chi Simplified</td>
<td>9:00 Puzzle Exchange</td>
<td>Oil Painting</td>
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<tr>
<td>1:00 Ancient Empires</td>
<td>Crafting/Debbie</td>
<td>9:00 Music Bingo</td>
<td>Movie-Blith Spirit</td>
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<tr>
<td>1:00 Chair Volleyball</td>
<td>Page Turners</td>
<td>10:00 Senior Strong</td>
<td>Tai Chi</td>
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<tr>
<td>1:30 Pinochle</td>
<td>Legal Help-4:30</td>
<td>1:15 Wendt Touring Trip Presentation for 2022</td>
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<tr>
<td>1:30 Chair Yoga-Jackie</td>
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<td>1:30 Chair Yoga-Jackie</td>
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<tr>
<td>2:00 Chair Massage-4pm</td>
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<tr>
<td>6:00 Yoga with Chris</td>
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<td>15 8:30 Exercise Kelly</td>
<td>16 10:00 Beginning Drawing</td>
<td>17 8:30 Exercise-Kelly</td>
<td>18 9:30 9:00 9:00 10:00 10:00 11:30 11:30</td>
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<tr>
<td>9:00 Walk With Us</td>
<td>Creativity and Mental Health</td>
<td>Exercise-Kelly</td>
<td>Movie-Mighty Orphans</td>
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<tr>
<td>10:00 Yoga-Lizbeth</td>
<td>Thrown for a Loop</td>
<td>Mixed Bocce-Wii</td>
<td>Tai Chi Advanced</td>
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<tr>
<td>1:00 Ancient Empires</td>
<td>TED Talk</td>
<td>Walk With Us</td>
<td>Dreams Fulfilled</td>
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<tr>
<td>1:00 Chair Volleyball</td>
<td>Chess</td>
<td>News and Views</td>
<td>Blood Pressure</td>
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<td>1:30 Pinochle</td>
<td>MahJong</td>
<td>Chair Yoga</td>
<td>Oil Painting</td>
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<td>1:30 Chair Yoga-Jackie</td>
<td>Tai Chi Simplified</td>
<td>Yoga</td>
<td>Movie-Mighty Orphans</td>
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<tr>
<td>2:00 Chair Massage-4pm</td>
<td>Legal Help-4:30</td>
<td>Yoga</td>
<td>Tai Chi</td>
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<td>6:00 Yoga with Chris</td>
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<td>23 10:00 Beginning Drawing</td>
<td>24 8:30 Exercise-Kelly</td>
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<tr>
<td>9:00 Walk With Us</td>
<td>Chess</td>
<td>Exercise-Kelly</td>
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<tr>
<td>10:30 Yoga-Lizbeth</td>
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<td>Mixed Bocce-Wii</td>
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<td>1:00 Chair Volleyball</td>
<td>Tai Chi Simplified</td>
<td>Walk With Us</td>
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<td>1:30 Pinochle</td>
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<td>Games &amp; Grub</td>
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<td>1:30 Chair Yoga-Jackie</td>
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<td>Chair Yoga-Jackie</td>
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<td>2:00 Chair Massage-4pm</td>
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<td>6:00 Yoga with Chris</td>
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<td>29 8:30 Exercise Kelly</td>
<td>30 10:00 Beginning Drawing</td>
<td>31 8:30 Exercise-Kelly</td>
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<tr>
<td>9:00 Walk With Us</td>
<td>Chess</td>
<td>Exercise-Kelly</td>
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<tr>
<td>10:30 Yoga-Lizbeth</td>
<td>MahJong</td>
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<td>Games &amp; Grub</td>
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<td>Chair Yoga-Jackie</td>
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<td>6:00 Yoga with Chris</td>
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### CITY OFFICES CLOSED IN OBSERVANCE OF THANKSGIVING HOLIDAY

The Equipped Fitness Room is open M-F
9:00am—3:00pm
No appointment necessary at this time.
New member? Stop at front desk to register.
Not 11/25-26
### DECEMBER PATHWAYS CALENDAR

<table>
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<tr>
<th>MONDAY</th>
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<td><strong>10</strong></td>
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<tr>
<td>8:30</td>
<td>Exercise-Kelly</td>
<td>8:30</td>
<td>Movie-Holiday Inn</td>
<td>Yoga-Lizbeth</td>
</tr>
<tr>
<td>9:00</td>
<td>Walk With Us</td>
<td>9:00</td>
<td>Tai Chi Advanced</td>
<td>Watercolor—Diane</td>
</tr>
<tr>
<td>9:30</td>
<td>Movie—Christmas with Holly</td>
<td>9:00</td>
<td>Blood Pressure</td>
<td>Bingo for Fun</td>
</tr>
<tr>
<td>10:30</td>
<td>Yoga-Lizbeth</td>
<td>10:00</td>
<td>Oil Painting</td>
<td>Yoga-Lizbeth</td>
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<tr>
<td>1:00</td>
<td>Chair Volleyball</td>
<td>11:00</td>
<td>Movie-Holiday Inn</td>
<td>Beg. Watercolor</td>
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<td>1:00</td>
<td>Pinochle</td>
<td>1:00</td>
<td>Tai Chi</td>
<td>Chess</td>
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<td>1:30</td>
<td>Chair Yoga-Jackie</td>
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<td>Line Dancing</td>
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<td>6:00</td>
<td>Yoga with Chris</td>
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| **11** | **12** | **13** | **14** | **15** |
| 8:30   | Exercise-Kelly | 10:00     | Exercise-Kelly | Movie-Christmas in Connecticut |
| 9:00   | Walk With Us   | 10:00     | Mixed Bocce-Wii | Ta Chi |
| 9:30   | Movie—Christmas Vacation | 11:00     | Mixed Bocce-Wii | Blood Pressure |
| 10:30  | Yoga—Lizbeth  | 11:00     | Walk With Us   | Oil Painting |
| 12:00  | Hospice Cards  | 11:00     | Holiday Christmas Luncheon | Movie-Christmas in Connecticut |
| 1:00   | Chair Volleyball | 11:00     | Tai Chi Simplified | Tai Chi |
| 1:00   | Pinochle       | 1:30      | Legal Help-4:30 | 1:00 |
| 1:30   | Chair Yoga-Jackie | 3:30       | Chair Yoga-Jackie | 5:30 |
| 2:00   | Chair Massage-4pm | 3:00       |        |        |
| 6:00   | Yoga with Chris | 6:00       |        |        |

| **16** | **17** | **18** | **19** | **20** |
| 9:00   | Movie-The Bishop’s Wife | 9:00     | Movie-Miracle on 34th Street | Yoga-Lizbeth |
| 9:00   | Ta Chi Advanced | 9:00     | Tai Chi Advanced | Watercolor—Diane |
| 9:00   | Blood Pressure | 11:30    | Blood Pressure | Yoga-Lizbeth |
| 1:00   | Beg. Watercolor | 1:00     | Oil Painting | Chess |
| 1:00   | Beg. Watercolor | 1:00     | 1:00         |        |

| **21** | **22** | **23** | **24** |
| 10:00  | Beginning Drawing | 8:30     | Movie-Miracle on 34th Street |
| 10:00  | Remember When | 9:00     | Tai Chi Advanced |
| 11:00  | Throw for a Loop | 9:00     | Blood Pressure |
| 11:00  | Food For Thought | 9:00     | Oil Painting |
| 1:00   | Chair Yoga-Jackie | 11:00    | 1:00         |
| 1:00   | MahJong | 11:00    |        |
| 1:00   | Tai Chi Simplified | 12:00    |        |
| 1:30   | Legal Help-4:30 | 13:00    |        |
| 2:00   | Chair Yoga-Jackie | 13:00    |        |
| 6:00   | Yoga with Chris | 13:00    |        |

| **25** | **26** | **27** | **28** | **29** | **30** | **31** |
| 8:30   | Beginning Drawing | 8:30     | Exercise-Kelly | 10:00   | What Makes The | CITY OFFICES CLOSED IN OBSERVANCE OF NEW YEAR HOLIDAY |
| 9:00   | Chess | 9:00     | Mixed Bocce-Wii | 10:00   | Tai Chi Advanced |
| 10:00  | MahJong | 9:00     | Walk With Us   | 11:30   | New Year’s Eve Celebration-2:00 |
| 1:00   | Tai Chi Simplified | 9:00     | Holiday Gift Wrapping—11:00 |
| 1:30   | Chair Yoga-Jackie | 1:30     | Movie-Holiday Inn | 1:00    | Christmas Gift Wrapping |
| 3:00   | Yoga-Jackie | 5:30     | Tai Chi       | 1:00    | Christmas Gift Wrapping |

**Not 12/24 & 31**

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The Equipped Fitness Room is open M-F 9:00am—3:00pm

No appointment necessary at this time.

New member? Stop at front desk to register.

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**Christmastime Biltmore Estates**

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**CITY OFFICES CLOSED IN OBSERVANCE OF CHRISTMAS HOLIDAY**

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**CITY OFFICES CLOSED IN OBSERVANCE OF NEW YEAR HOLIDAY**
Facebook and other social media can be a great way to stay connected to family and friends. Unfortunately, criminals often use these sites for data mining and hacking purposes. Here is some information on how it works and what you should do to safely use social media.

You see a fun little questions pop up in your Facebook feed that people answer in the comments. The question comes from a public account, maybe even looking like a radio station from another part of the nation or something cute like “just for laughs” or “remember this”. Maybe friends have answered the question, which looks harmless. What is your first concert? What food would you never try? You answer in the comments.

The Facebook algorithm is set up so that after you answer this question or even liking it, you will see more content by this and similar posters. Also, your friends will see the post and your response to the post. Maybe they too will respond and receive the same kind of posts that you are now seeing. These questions seem harmless, but eventually you may answer questions that will help a data miner put together enough information to steal your identity and get into your bank accounts. The likely innocent questions, like which food you hate, one day become things like “how old would you be if your age was reversed” and “find out which celebrity shares your birthday”. These two questions give a data miner your full birthday. Some questions like favorite pet or childhood vacation are common answers to security questions. This info can allow someone to get into your bank account, steal your tax refund, or even lock you out of your accounts.

So, DO NOT COMMENT OR LIKE ANY OF THESE TYPES OF POSTS. Not even the ones that don’t seem to be important. Don’t respond to them in any way as that just helps the posts spread. Furthermore, if you see a friend post in response to one of these posts, call them up and or privately message them to explain how this works.