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

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

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

Community Services Staff
Lydia Gadd, MA, LPCC-S—Director
igadd@cityofwestlake.org

Cindi Lindgren—Office Manager
clindgren@cityofwestlake.org

Jodi Rodriguez—Program Planner
jrodriguez@cityofwestlake.org

Jennifer Yoo—Program Planner
jyoo@cityofwestlake.org

Donna Feorene—Outreach Coordinator
dfeorene@cityofwestlake.org

Mary Kalassay—Youth Coordinator
mbodmann@cityofwestlake.org

Michele Hassen—Administrative Assistant
mhassen@cityofwestlake.org

Susan Laschinger—Secretary
slaschinger@cityofwestlake.org

Garrett Baglier—Food Service Coordinator
gbaglier@cityofwestlake.org

Cate Paras—Cook
cparas@cityofwestlake.org

Ed Stitt—Custodial
estitt@cityofwestlake.org

Bob Crowley, Paul Del Vecchio, Dan DeVito, Nancy Fox, Marty Kelly, Bob Kowal, Patrick McNamara, Peggy Marquard, John Price, Mary Rabatsky, Joe Starin, Tom Weaver, Transportation

Community Services Advisory Council Members
Judy Cornelius, Carmela Freeman, Cris Kennedy, Stephanie Morgan, Jen Thomas

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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 Monday, January 17 in observance of MLK Day and Monday, February 21 in observance of President’s Day.

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

Service Club
Assemble Pathways for Community Services on Wednesday, February 16, 9:30am—call to let us know you are coming!

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
Westlake Porter Public Library will require masks for all persons aged 2 and older, regardless of vaccination status, to enter and use the library beginning Friday, September 17. This is being done in accordance with the Universal Indoor Masking Advisory issued by the Cuyahoga County Board of Health on Wednesday, September 15. Masks will be available to those who do not have them.

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
Pathways Perspective - Lydia Gadd, Director

Dear Friends,

In November, we had the opportunity to honor the men and women who served our country during our Veteran’s Day Celebration. Witnessing the strong bonds among the often teary-eyed, veterans in attendance was awesome. Whether or not they even knew each other was irrelevant. The point being that they shared a common, challenging experience with the goal of preserving our freedoms and our country. Their spirit of brotherhood and sisterhood epitomizes the word community.

Some people despair that we have lost that sense of community in our society. I don’t believe it is all lost, but maybe just found in different places and different ways. I certainly see a spirit of community here at our center. The vibrancy of our new dwelling is amply fueled your enthusiasm, participation, support and ideas. Many of your suggestions directly resulted in new program offerings (line dancing, mahjong, puzzle exchange and thrown for a loop). Also, in 2022, by your request, The Let’s Relax meditation class will meet more frequently. The informal Coffee with a Cop gathering at the café will expand to Coffee with other people of interest (Coffee with a Vet, Coffee with a Fireman, for example.) Also, new in 2022 is Simply Virtual Inc., who will be offering 1:1 technology assistance. Just bring your device (smart phone, laptop or tablet) and they will be here to assist. The best part of all of it is that you don’t ever have to be in a hurry to leave after your class or activity is done. There’s plenty of room to stay, visit with friends and take advantage of the café offerings. In other words, there’s plenty of room to experience and enjoy COMMUNITY here with each other. So come on in and “set-a spell”.

Lydia Gadd

P.S. you can find pictures and even a video of our Veteran’s Day Celebration on our Facebook page by going to https://www.facebook.com/WestlakeCommunityServices. Follow our Facebook page to keep up with our postings.

Donation Pathway

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

Monetary Donations
- Sandra Livingston
- Bradley & Carole McGloine
- Diane & Kevin McNally
- William May
- Patty Mihaele
- Mr. & Mrs. Richard Ormsby
- Beatrice & Saiffidin Rasiwala
- Susan Reusser
- Carol Riordan
- Stephen & Pat Sebesta
- Francine Sobon
- Claude Thompson
- Joseph & Saber Vandetta

Non-Monetary Donations
- Mary Bunk
- Creative Playrooms/Westlake
- Roy Danahey
- Lisa & Elias Nader
- OHIO COMP
- Lisa & Joel Tomkalski

We would like to recognize and thank two generous sponsors at our Connections Café in 2022:

Coffee in the Connections Café provided by O’Neill Healthcare.
Assorted teas in the Connections Café provided by Holy Family Hospice.

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 JANUARY: BOXES OF CEREAL
SPECIAL REQUEST FOR FEBRUARY: SMALL PACKAGES OF TOILET PAPER
- 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.
Special Events Pathway

AARP TaxAide Program at Westlake Community Services
At this time, the Tax-Aide Program plans to offer services at 29694 Center Ridge Road, the FORMER location of Community Services, starting in early February. On January 15 we will receive confirmation that this service is still being offered and if we may begin scheduling appointments.

Because of the Covid pandemic, the local Tax-Aide Program is placing limitations on the complexity of tax returns they will be able to prepare this year.

The taxpayer(s) financial situation must be limited as follows:
- Your total Income must be limited to no more than 10 income forms, including (a) Forms W-2 relating to employment, (b) Form 1099R relating to retirement income; (c) Form SSA-1099 for Social Security, and (d) Forms 1099 for interest and dividend forms.
- If you have investment income, such as capital gain, interest, and the like, the form must be limited to a Consolidated Form 1099 Statement. The taxpayer cannot have individual investment transactions to report.

You should ensure that the above limitations apply to your financial situation before an appointment is scheduled as a return will not be prepared for you if any of the limitations do apply, and this could result in your having trouble securing an appointment with a paid preparer to timely complete your tax return.

JANUARY LUNCHEON—It’s Magic!
11:00am—Magician Rick Smith Jr. returns for a terrific show. For the past 20 years Rick has been amazing audiences with his trademark card throwing, close up magic, sleight of the hand, and stage shows. Rick has made guest appearance on ABC’s Shark Tank, America’s Got Talent, The Tonight Show with Jay Leno and many more. Come ready to be amazed!
12:00pm—Lunch: I can’t believe it’s a Cheeseburger Casserole, Green Salad, Magic Cookie Bar, Coffee/Tea.
Wednesday, January 19, 11:00am. Cost: $13; payable by 1/12.

WOMENS RECHARGE AND REJUVENATE RETREAT—(Women’s R&R)
Open to women of all ages, this retreat is a time for renewal and rejuvenation of spirit, mind and body. Center Director and Professional Counselor Lydia Gadd will facilitate this day to meditate, de-stress and set your intention for the year ahead. If you feel the need for some R&R from the stress or heaviness in your life, a retreat is a gift to yourself. A light breakfast, beverages and lunch will be provided. Call Lydia Gadd if you would like more information, 440-899-3544.
Saturday, January 21, 9:00am—3:00pm. Cost: $100 in support of program activities. Payable by 1/24.

EARLY BIRD DINNER AND A MOVIE
Having a case of the winter blues? What better way to chase them away with an early evening out. We will begin with an early-bird dinner prepared by our very own Chef Garrett which will include Chicken Paprikash, Waldorf Salad, Trifle, Coffee/Tea. After you enjoy your delicious dinner come to the theater for a showing of the romantic comedy “Sleepless in Seattle.” This movie is sure to warm your heart!
Tuesday, February 8, 4:00pm. Cost: $10; payable by 2/1.

VALENTINE’S DAY LUNCHEON—With Debbie Darling!
Our favorite “sweetheart” will sing her way into your heart. Come celebrate with us.
11:00am Lunch—Pasta Bake, Garlic Bread Stick, Green Salad, Holiday Dessert, Coffee/Tea.
12:00pm Program—Debbie Darling will perform a variety of love songs for the holiday. (Dessert provided by Arden Courts, favors by Brookdale Gardens, Door prizes by Concord Reserve, Brookdale Westlake Village, Always Best Care of Grafton.)
Monday, February 14, 11:00am. Cost: $10; payable by 2/1.

“SOUP”ER BOWL PARTY
Let’s get ready for some FOOTBALL! Come tailgate with us as we celebrate with a party of our own. First, we have our own little friendly football inspired competition — join us on “the field” with some interactive trivia team gameplay and see which team comes out on top. Next, lunch is served as you help us choose the “Soup”er Bowl champ! We feature duo of soups created by our own Chef Garret, bread and a football themed dessert. Finally, stick around and settle in to our theatre for a fan favorite football film, Remember the Titans. Based on real events, this remarkable story celebrates how a town torn apart by friction and mistrust comes together in triumphant harmony. Movie begins at 1:30pm. (Dessert sponsored by Brookdale Westlake Village, Door Prizes provided by ABC of Grafton and Holy Family Hospice.)
Thursday, February 10, 11:00am. Cost: $10; payable by 2/3.
COFFEE WITH A VET
All Veterans are welcome to come enjoy a cup of coffee and conversation with fellow Veterans in the Connections Café—a casual way to connect!
First Wednesday of each month; 9:00-11:00am. Walk-ins welcome, just register as a guest.

COFFEE WITH...
We are providing you an opportunity to meet various community members to ask questions and learn about what they do. Meet in the Connections Café.
Friday, January 28, 9:00-11:00am—Westlake Firefighters
Friday, February 25, 9:00-11:00am—Westlake Service Mechanic
Call or use MyActive Center by one day prior to each date.
Walk-ins welcome—just register as a guest.

NEWS AND VIEWS
Janet Carnall will discuss current and world events including a lively discussion about trending new topics.
(2/2 date sponsored by Life Care Center of Westlake.)
Wednesdays, January 5 and February 2, 11:00am. Cost: $2; payable by one day prior to each date.

BREAKFAST CLUB FOR MEN—JANUARY—Coffee and Brain Health
Our presenter is Matt Hohler, Account Liaison for Heartland Home Health & Hospice and Co-Founder of Farmers First Coffee Company. Matt will discuss the effects of coffee on cognition and share studies related to caffeine and brain health. He will also educate us about the coffee industry, discuss different types of coffee, and treat each guest to a freshly brewed cup of coffee! Guests will have an opportunity to network while they sip coffee and enjoy a complimentary continental breakfast. (Speaker/breakfast sponsored by Ganzhorn Suites.)
Tuesday, January 4, 9:45am. Call to reserve or use MyActive Center by 12/29.

BREAKFAST CLUB FOR MEN—FEBRUARY—Our Place In Space
Join us as we explore the vastness of space and see just how big our universe really is. We'll take a look at our Sun, the planets, our immense galaxy, and what lies beyond in an attempt to gain some cosmic perspective. Presented by Bill Reed, NASA Solar System Ambassador. (Breakfast provided by Parkside Villa.)
Tuesday, February 1, 9:45am. Call to reserve or use MyActive Center by 1/25.

PAGE TURNERS with Irma Baker—Booked for Mystery
January is a perfect time to curl up with a good book, especially if it’s a mystery about writers, librarians, bookstores, book clubs and even a book fixer. We'll delve into fictional crime solving where Jane Austen and Agatha Christie are sleuths; librarians Charlie Harris and Carrie Singleton (with the help of the ghost of a former librarian) catalog clues; bookstore owners and other book-loving characters around the country close the covers on crime. Light refreshments from mystery cookbooks or mystery authors will be served.
Tuesday, January 11, 1:30pm. Cost: $4; payable by 1/7.

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, February 15, 11:00am. Call to reserve or use MyActive Center by 2/14.

BOOK DISCUSSION—The Four Winds by Kristin Hannah
An epic novel of love and heroism and hope, set against the backdrop of one of America's most defining eras—the Great Depression. Texas, 1934. In this uncertain and dangerous time, Elsa Martinelli—like so many of her neighbors—must make an agonizing choice: fight for the land she loves or go west, to California, in search of a better life. The Four Winds is an indelible portrait of America and the American Dream, as seen through the eyes of one indomitable woman whose courage and sacrifice will come to define a generation. Read book prior to and be ready to discuss that day. Facilitated by Cindi Lindgren, Office Manager.
Tuesday, February 8, 10:00am. Call to reserve or use MyActive Center by one day prior to date.

REMEMBER WHEN
Join Michele Hassen, Administrative Assistant, as she helps us walk down memory lane. Come prepared to share your favorite memories.
Tuesday, January 11, 10:00am. Call to reserve or use MyActive Center by one day prior.

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 appreciated prior to date. (Refreshments provided by The Normandy Thursday, February 24, 2:00-4:00pm. Cost $6; pre-registration appreciated—pay at door with exact change only! Next dance is scheduled for April 28.)
Lifelong Learning Pathway

TECHNOLOGY HELP SESSIONS WITH SIMPLY VIRTUAL
ONE ON ONE personal assistance with your electronic device including: phone, tablet, laptop or IPAD. Designed for ALL levels. The instructors are professional, patient and specialize in older adults who are new to technology. There is no cost for this service.
Second Friday of each month-January 14 and February 11, 10:00 – 12:00. Call to reserve by one day prior to each date.

GREAT COURSES—Crimes of the Century
Delve into some of the most infamous, ghastly, and mysterious crimes of the last hundred-odd years with Crimes of the Century: A Selective History of Infamy. Taught via Great Courses Video Series by Professor Richard B. Spence of the University of Idaho, this enthralling course gives you a dozen case studies of murders most foul. From an intriguing Irish domestic murder to a world-shaking political assassination, you’ll get an inside look at some of the most heinous and maddeningly unknowable crimes in modern history. One Monday each month, join Community Services staff as we facilitate this murderous and mysterious series and discussion.

January starts off the course with Lecture 1: A Murder That Almost Killed Hollywood - Unsolved murders are as compelling as anything you might see in the movies. It is fitting then that our first “crime of the century” is the mysterious murder of a Hollywood director in 1922. William Desmond Taylor was not who he seemed to be, and his death continues to fascinate a century later.

February we move to Lecture 2: The Deadly Irish Fairytale of 1895 - The ghastly murder of Bridget Cleary in turn-of-the-century Ireland takes us into the mystery of human psychology. On the surface, it seems her husband, Michael, murdered her because he believed she was a “changeling” fairy in disguise. Could he really have believed that? Was he mad? What else could have driven this murder?

Mondays, January 10 and February 7, 11:00 am. RSVP by one week prior each month’s date.

GREAT TOURS—Washington, D.C.
Join us as we “meet up” again in Washington DC via our virtual Great Courses Tour Guide, Richard Kurin PhD – Smithsonian Distinguished Scholar and Ambassador-At-Large- for a continuation of our in depth tour of our Nation’s Capital. We begin the second half of the 24 part series with a visit to the Smithsonian Museums and wind our way through various DC neighborhoods, Historic homes, the Arts in DC and even a little spiritual education. The scheduled lectures for this section are as follows:

1/12 – Museums on the Mall: Smithsonian and Beyond
1/26 – The Kennedy Center and the DC Arts Scene
2/9 – Washington’s Historic Homes and Gardens
1/19 – Washington, City of Scandal
2/2 – Neighborhoods of Northwest DC
2/16 – Spiritual DC: The National Cathedral & More

Wednesdays, January 12 – February 16, 1pm. RSVP by one week prior for each date of for entire series.

WORLD RELIGION DAY
Please join us for an introduction to World Religions presented by The Cleveland Muslim Association. This program will focus on Islam, its history, close connection to Judaism and Christianity and its global presence in the world.

Friday, January 21, 2:30pm. Call to register or use MyActive Center by 1/19.

TED TALK—Your Brain Hallucinates Your Conscious Reality
Right now, billions of neurons in your brain are working together to generate your conscious experience of the world around you and of yourself within it. How does this happen? According to neuroscientist Anil Seth, we’re all hallucinating all the time. What we call “reality” is simply agreed upon hallucinations. Prepare to experience a delightfully interesting, and perplexing talk that may leave you questioning the very nature of your existence.

Facilitated by Director, Lydia Gadd.
Wednesday, January 26, 11:00am. Call or use MyActive Center to reserve by 1/20.

TED TALK—The Rise of Predatory Scams and How to Prevent Them
Questionable phone calls, concerning emails, heart-rending stories from a sudden new friend in need of endless financial support: elder abuse takes many forms, says attorney Jane Walsh. As technology becomes more sophisticated, susceptibility to tricks and scams will increase – regardless of age or intellect. Walsh spotlights the rise of this predatory crime, and how you can protect you or your loved ones’ kindness, dignity and self-respect from being manipulated.

Let’s watch this TED talk together followed by a discussion and resources to protect ourselves. Awareness is part of the solution. Discussion led by Director Lydia Gadd.
Wednesday, February 23, 11:00am. Call or use MyActive Center to reserve by 2/21.

Visit us on our Facebook page—https://www.facebook.com/WestlakeCommunityServices
CRAFTING WITH DEBBIE—FEBRUARY
You will be making a Valentine sign made out of burlap ribbon and a chalk board painted “Love.”
Great project for the upcoming Valentine’s Day! Give to someone or keep it for yourself. All supplies provided by Instructor, Debbie Wang.
Tuesday, February 8, 1:30pm. Cost: $12, payable by 2/2.

FOOD FOR THOUGHT—January—What Probate is and How to Avoid It.
In this presentation, Estate Planning Attorney Elizabeth Perla will teach you what probate is, why you should avoid it and what steps you can take to keep probate court out of your life. Bring your questions and get informed! Speaker: Attorney Elizabeth Perla of the Perla Law Firm, LLC (Lunch and program provided by Perla Law Firm, LLC)
Tuesday, January 25, 11:00am. Cost: $2; payable by 1/18.

FOOD FOR THOUGHT—February—Have a Laugh For The Health Of It
In this program we will define the history of therapeutic humor, identify the benefits of humor and distinguish between appropriate and inappropriate uses of humor. Presented by Maureen Shannon, Provider Relations for Hospice of the Western Reserve. (Lunch provided by Symphony at Olmsted Falls)
Monday, February 28, 11:00am. Cost: $2; payable by 2/18.

WORLD HIJAB DAY
World Hijab Day is an annual event founded by Nazma Khan in 2013, taking place on February 1st each year in 140 countries worldwide. This event is in recognition of millions of Muslim women who choose to wear the hijab and live a life of modesty. We will explore the history and meaning surrounding this piece of clothing.
Tuesday, February 1, 1:00pm. Call to register or use MyActive Center by 1/28.

WHAT MAKES THE WORLD GO AROUND—Janet Carnall, Presenter/Facilitator
For 2022, we will be taking a different approach. Instead of reviewing significant influential personalities, we will be researching broader topics.
January—we will be discussing the city of Jerusalem to try to answer why this small remote town became the Holy City, the “Center of the World.”
February—Our topic will be quite different—namely, automation and how it can influence the future. The machines are coming and each of us needs to know what that may mean.
Thursdays, January 27 & February 24, 10:00am. Cost: $2; payable by one day prior to each date.

THE ART OF POP MUSIC—ARETHA FRANKLIN—Dr. Joel Keller, Presenter
Aretha Franklin recorded a total of 112 charted singles on Billboard, including 77 hot 100 entries, 17 top ten pop singles, 100 R&B entries and twenty number-one R&B singles, becoming the most charted female artist in the chart’s history. We will follow her career from 1967 through her performance at the 2015 Kennedy Center Honors concert and play selections of her music.
Wednesday, February 16, 10:00am. Cost: $4, payable 2/14.

BEGINNING DRAWING
Chris, a former artist with Walt Disney World, will teach the basics of translating what we see into a drawing with a goal of drawing with confidence any object that interests you in any arrangement. A materials list is available.
Tuesdays, 10:00–12:30pm. Cost: $10; payable day of class.

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Tuesdays, 10:00–12:30pm. Cost: $10; payable day of class.

SONG BIRDS
Do you enjoy singing? If yes, this class is for you. Join us as we sing familiar songs, so you don’t need to be a professional—all you need is that you enjoy singing, sharing time with old and new friends and having fun. Singing is beneficial for your physical, and mental health. Please join us. Fourth Tuesday each month, 1:00pm. Call or use MyActive Center by one day prior to each date.
Arts Pathway

OIL PAINTING
Join Bert Sanchez as he demonstrates the painting techniques for this art medium. All material is included.
Thursdays, 1:00-3:00pm. Cost: $12; payable before class.

HOSPICE CARDS
You will be creating floral cards using dried flowers for VNA Hospice. No experience needed, all supplies provided. Volunteers will walk you through the process. Join the fun and help support VNA Hospice. No meeting in January.
Mondays, February 14 & 28, 12-3:00pm. Just walk in!

WATERCOLOR CLASS WITH DIANE
You are required to bring your own class supplies.
Fridays, 9:30-12:00.
Cost: $12/class; payable before class.

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.

NEEDLE AWAY WITH US (Formerly Thrown For A Loop)—Knitting & Crocheting, Hooking Group
This group will meet the third Tuesday of each month. Bring any "needle" 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, January 18 and February 15, 10:00am. RSVP by one day prior to date.

Games Pathway

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. (January lunch provided by Life Care Center of Westlake, February lunch provided by Always Best Care of Grafton)
Fridays, January 7 and February 4, 10:00am.
Cost: $4; payable by one week prior to each date.

MUSIC BINGO and Continental Breakfast
This Bingo is exciting and fun using familiar music of the Big Band, Golden Oldies, Crooners and 50's & 60's theme songs. (January sponsored by Huntington Woods, February sponsored by Rocky River Village.)
Wednesdays, January 12 and February 9, 10:00am.
Cost: $4; 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, January 12 and February 9, 9:00am—11:00am. Call or use MyActive Center to reserve by one day 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 Café—or BYOL!
Wednesdays, January 26 and February 23, 12:00pm. FREE. RSVP by one week prior to each date.

CHAIR VOLLEYBALL
Come join in the fun and friendly competition that includes exercise which enhances your muscles 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. (Not 1/17 or 2/21)

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 at the tables by theater (look for reserved signs) to join in a match.

PINOCHLE
Have experience playing pinochle? This group of friendly players welcomes you to join the fun. (Not 1/17 or 2/21)
Mondays, 1:00-4:00pm.

LAKE ERIE BRIDGE
Lake Erie Bridge has over 30 bridge groups and is now offering a “Find-A-Partner” session to help individuals form new partnerships. Each month, players will have a new partner for the day. If you have questions, call 440-899-3544 for more information.
First Tuesday of each month, 11:00am-2:30pm. RSVP one day before each date—no walk-in’s.
Health & Wellness Pathway

BALANCE TRACK SCREENINGS
Schedule a time to work with a healthcare provider to check your balance each month. Service is provided by Always Best Care of Grafton.
First Tuesday of the month, January 4 & February 1, 9:00-12:00. Free. Call to schedule appointment.

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), Concord Reserve (2nd), UHSJMC (4th), Holy Family Hospice (5th).
Thursdays, 11:30am—1:00-pm, just walk in.

LET’S RELAX
Meditation is good for your physical and emotional health and even more effective when practiced in a group. During this 30-minute program, Lydia Gadd, Director and Licensed Counselor will lead us through various meditations. Prepare to relax!
1st and 4th Tuesdays of each month, 11:00am. Call or use MyActive Center by one day prior to each date.

CHAIR MASSAGE
These 15-minute chair massage sessions are done by licensed therapist Meilee and her goal is to help you 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 each month, 2:00-4:00pm. Cost $15; Call to reserve time; payable before session.

BRAIN HEALTH
Give our “revamped” program a try! Each month we will bring a guest group leader with their own style of fun and games designed to give your brain a workout.
January’s guest speaker is our friend Lisa Anthony of Generations Healthcare.
February’s speaker will be Carleen Broberg of Rae–Ann.
Wednesdays, January 12 and February 9, 1:00pm. call to register or use MyActive Center by one day prior to each date.

WHOLE-ISTIC YOU
January- Using Mindfulness to Cope with Stress. We will explore a “Whole”-istic approach for managing stress and living a better life. Learn some useful tools for helping to stay calm. Presented by Susan Uranker-Todd, Insurance Agent with Bankers Life
Friday, January 14, 10:00am. Call to register or use MyActive Center by one day prior to date.

February—Alternative Medicine and how to stay away from the doctor for the rest of your life! Maintaining health is an important part of aging and many of us would like to do so without a litany of medications and constant trips to the doctor’s office. Increasingly alternative therapies such as chiropractics, massage, acupuncture and functional medicine/nutrition are accepted, proven ways to stay healthy and pain-free. Great Lakes Chiropractic will sponsor this program on staying well.
Friday, February 11, 10:00am. Call to register or use MyActive Center by one day prior to date.

HEALTH AND FITNESS SCREENINGS
This vital, annual service returns after our Covid hiatus. University Hospital/St. John Medical Center will sponsor this one-stop, free health screening service. Screenings include Glucose/Cholesterol, Blood Pressure, Balance, Bone Density, Mental Health and more. You will leave with solid advise for any needed follow-up.
Wednesday, February 23, 10:00am-12:00pm.
Call to register by 2/21.

WOMENS RECHARGE AND REJUVENATE RETREAT—(Women’s R&R)
Open to women of all ages, this retreat is a time for renewal and rejuvenation of spirit, mind and body. Center Director and Professional Counselor Lydia Gadd will facilitate this day.
See page 4 for more exciting details about this day.
Saturday, January 29, 9:00am—3:00pm.
Cost: $100 in support of program activities. Payable by 1/21.
**Support Pathway**

**SENIOR STRONG**

January is the perfect time of year to get a little more organized. One thing many people neglect to do is to have the information that a loved one may need in order to help you in an easy to find place in a way that is easy to understand. Join Margie Kaufmann of Integrity HealthCare to learn a SIMPLE, INEXPENSIVE method to keep the important information that someone may need in an emergency accessible. You will leave with the knowledge to set up the information in your home.

Wednesday, January 12, 11:00am. Call to reserve by 1/11.

February and perhaps you are feeling the winter gloom. Bob Piovarchy of the Far West Center will discuss methods to beat these wintertime blues. Learn skills that will help you sail through winter peacefully.

Wednesday, February 9, 11:00am. Call to reserve by 2/27.

**MEDICARE HELP**—Free service. 440-899-3544.
Call to arrange a phone appointment with the Medicare Consultant.

**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. First three Tuesdays each month, 3:30 & 4:00pm.

**Fitness & Exercise Pathway**

**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.

**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 is not open on 1/17 or 2/21)

**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. (Not 1/17 or 2/21)

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

**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 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.
Fitness & Exercise Pathway

**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. (Not 1/17 or 2/21) This instructor is not accepting multiple class cards.
Mondays and Wednesdays, 1:30pm; Cost: $8/class (correct change appreciated); pay prior to class.

**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 (correct change appreciated); pay prior to class. Passes available. (Not 1/17 or 2/21)

**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.

**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.

**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. (Not 1/17 or 2/21)

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

**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.

**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. (Not 1/17 or 2/21)

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

**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.

**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.
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. Stop by the café to purchase a muffin in the morning or a cup of soup or wrap sandwich in the afternoon. Hot Chocolate may be purchased. Coffee/Tea are free. (Courtesy of our generous sponsors O’Neill Healthcare and Holy Family Hospice)

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.

JANUARY MOVIES


January 27—No Time To Die. Action/Adventure/Thriller. 2021. Starring Daniel Craig, Ana de Armas, Rami Malek. PG for sequences of violence and action, some disturbing images, brief strong language and some suggestive material. 2hr 23min.

FEBRUARY MOVIES


February 17—Roman Holiday. Comedy/Romance. 1953. Starring Gregory Peck, Audrey Hepburn, Eddie Albert. NR. 1hr. 58min.


CONNECTIONS CAFÉ

Café Hours:
Tuesday—Friday
10:00am—3:00pm

MENU OFFERINGS

Please check our website daily for soup/sandwich/muffin options and other daily specials.

SOUP CLUB

20 cups of soup for $50 (savings of $10 over individual cup price.)
Dine in or take out. NO EXPIRATION DATE.

A smaller denomination card, $25 for 10 cups of soup, is now available for purchase at the Connections Café—same savings over individual cup price!
2022 OVERNIGHT TOURS

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, Beaufort, 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!

Detailed trip sheets now available in reception area.

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.

JKL DAY TRIPS
Travel along with us in 2022 - More information coming in March on lots of fun day trip adventures including:
My Fair Lady at Playhouse Square – A Mystery Trip – Wine Tasting – Covered Bridges of Ashtabula County – Hidden Cleveland – Ohio Light Opera – Amish Country – Christmas in Kirtland – Tannenbaum 5.0 – Holiday Pops and more...

HOUSES OF WORSHIP TOUR
Here is your chance to see the amazing religious heritage of the Greater Cleveland area as we visit some historic houses of worship.
Although their numbers are shrinking, Cleveland still holds a number of museum quality worship areas built by ethnic immigrant groups in the late 1800s & early 1900s! Enjoy hearing about 4 beautiful churches and exploring their interiors on our first trip of 2022...plus, we'll enjoy an elegant lunch at PIER W. Ask for a flyer after the holidays for all the details on this trip that is always a favorite.
## JANUARY PATHWAYS CALENDAR

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<td>Exercise Kelly</td>
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<td>Movie-Stillwater</td>
<td>Yoga-Lizbeth</td>
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<tr>
<td>1:30</td>
<td>Chair Yoga-Jackie</td>
<td>Washington D.C.</td>
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<tr>
<td>6:00</td>
<td>Yoga with Chris</td>
<td>Chair Yoga-Jackie</td>
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</table>

The Equipped Fitness Room is open M-F
9:00am—3:00pm (Not 1/17)
No appointment necessary at this time.
New member? Stop at front desk to register.
<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
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<td>1</td>
<td>Balance Screenings</td>
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<td>Yoga-Lizbeth</td>
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<td>Yoga with Chris</td>
<td>Early Bird Dinner and a Movie</td>
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<td>Yoga-Lizbeth</td>
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<td>AARP TaxAide</td>
<td>Needle Away with Us</td>
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<td>Watercolor—Diane</td>
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<td>Yoga –Lizbeth</td>
<td>Coffee/Conversation</td>
<td>Service Club</td>
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<td>Valentine’s Day Luncheon</td>
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<td>The Art of Pop Music</td>
<td>Yoga-Lizbeth</td>
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<td>MahJong</td>
<td>Great Tours—</td>
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<td>Tai Chi Simplified</td>
<td>Washington D.C.</td>
<td>1:00 Chess</td>
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<td>21</td>
<td>CITY OFFICES CLOSED IN OBSERVANCE OF PRESIDENT’S DAY</td>
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<td>Yoga-Lizbeth</td>
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<td>Watercolor—Diane</td>
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<td>Health &amp; Fitness Screenings-12:00</td>
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<td>Hospice Cards</td>
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<td>Chair Massage-4pm</td>
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<tr>
<td>6:00</td>
<td>Yoga with Chris</td>
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</tbody>
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**The Equipped Fitness Room**

is open M-F

9:00am—3:00pm (Not 2/21)

No appointment necessary at this time.

New member?

Stop at front desk to register.
TIP OF THE MONTH
OUTREACH COORDINATOR, DONNA FEORENE

Some version of a Senior Center or Community Services Center exists in many communities across our nation. The reasons for their presence and activities and services offered are varied and tailored to each community. As I reflect on the reasons that the Westlake Community Services Department exists, many things come to mind. We provide opportunities for nourishment, entertainment, transportation, education, and fitness, to name a few. Two things in particular stand out to me. We give people the tools they need to live successfully in our community and, most importantly, we provide an antidote to social isolation. Our motto of Engage, Enrich, Empower puts “Engage” first for a reason – engagement is the surest cure for loneliness.

Social isolation has been a major issue in our society for years. The pandemic has both magnified and highlighted the issue. Loneliness is a major contributor to early death, an even larger determinant of health than smoking. While a seemingly easy issue to solve, the fact that social isolation continues to be a problem indicates that it is not so simple. There are several issues that likely contribute to the difficulty of treating loneliness. First, we are trained from a young age (and social media has made this worse) to hide our problems and negative feelings. Secondly, solving isolation requires a person who may be introverted or lack self-confidence to reach out.

There are some things we can do to lift one another from the loneliness that plagues our society. Make a concerted effort in these dark winter months to reach out by phone, email or other means to friends or acquaintances that may be lonely. Invite them to do something with you or just talk. If you are at our center and see someone sitting alone, please reach out. Our Outreach program is always willing to check on someone you are worried about as well.

If you are suffering from feelings of isolation or loneliness know that YOU ARE NOT ALONE. Everyone suffers sometimes. I encourage you to reach out if you are lonely. Make a goal for connection in 2022. You can ALWAYS call us at 899-3544 to find a friendly voice and someone to help you with a game plan to engaging.