



Committed Service for Quality Living

OUR SENIOR MOMENTS

Kerri Davidson, Coordinator - kdavidson@cityofwillowick.com
Judy Tegner, Assistant - jtegnert@cityofwillowick.com

Willowick Senior Center
321 East 314th Street
440-585-5112 (Phone)
440-585-7776 (Fax)
www.cityofwillowick.com

JULY 2010

UPCOMING TRIPS AND EVENTS

Please show membership cards when signing up.

TRIP SIGN UPS START TUE.
JULY 6TH AT 9 AM AND CA-
SINO SIGN UP STARTS WED.
JULY 7TH AT 10 AM.

ADVISORY BOARD MEETING—Wed.

July 7th at 10 am.

ICE CREAM SUNDAES—Mon. July 12th at
11:30 am outside on the patio. Cost is \$1.00.

Build your own sundae.

RED HAT MYSTERY TRIP—Tue. July
13th. Cost is \$7. Lunch on your own. Bus
leaves at 10 am. Sign up by Wed. July 7th.

**Membership dues are due! You must be
paid up to take the trip.**

PANCAKES IN THE PARK—Wed. July
14th. Cost is \$3 and bus leaves at 9:30 am to
head to Fairport Harbor Beach. There will be
kayak demonstrations too.

WAGON TRAILS ANIMAL PARK—Fri.
July 16th. Cost is \$12 per person and child,
bus leaves at 8:30 am. Take an hour long safari
ride and see zebra, buffalo, ostrich, etc. Then
feed the animals in the petting zoo. Lunch is
on your own at the Yankee Kitchen (they do
not accept credit cards—only cash). **BRING**

YOUR GRANDCHILDREN for this trip!

PRESQUE ISLE—Mon. July 19th. Cost is
\$22 and you will get \$20 back. Bus leaves
from Dudley at 9 am. Sign up starts on Wed.

July 7th at 10 am. Please pay with cash.

REIKI PRESENTATION—Wed. July 21st
at 10:30 am. Learn all about this natural heal-
ing technique and then enjoy a free sample.

On the Road Again

Sitting on the side of the road waiting to catch speeding drivers, a state trooper sees a car pattering along at 22 mph. He thinks to himself, "This driver is as dangerous as a speeder." So he turns on his lights and pulls the driver over. Approaching the car, he notices that there are five elderly

ladies, wide-eyed and white as ghosts. The driver, obviously confused, says to him, "Officer, I don't understand. I was going the exact speed limit. What seems to be the problem?" The trooper trying to contain a chuckle, explains to her that 22 was the route number not the speed limit. A bit

embarrassed, the woman grinned and thanked the officer for pointing out her error. "But before you go, Ma'am, I have to ask, is everyone in this car OK? These women seem awfully shaken." "Oh, they'll be alright in a minute, officer. We just got off Route 127...

ONGOING ACTIVITIES

MONDAYS

Crafts 9-3 pm
Yoga 9-10:30 am (reg)
10:30-12 pm (chair)
Nutrition 11:10 am
Pinochle 12:30 pm
Bingo 12:45 pm

TUESDAYS

Ceramics 9-3 pm
Exercise class 9:30 am
Art class 10-12 pm
Wii Bowling 10:30 am
Pinochle 12:30 pm

WEDNESDAYS

Crafts 9-3 pm
Ceramics 9-3 pm
Tai Chi 10 am
Nutrition 11:15 am
Pinochle 12:30 pm
Bingo 12:45 pm

THURSDAYS

Ceramics 9-1 pm
Line Dancing 10-11:30 am
Wii Bowling 10 am
Dup. Bridge 11:45 am
Music group practice
12:30 pm
Medicare help 1-3 pm
(call for appointment)

FRIDAYS

Exercise class 9:30 am
Nutrition class 10:30 am

Computer classes will resume in Sept. Inquire in office.

Beautician services Mon-Fri.

Anna— 440-221-1449
Chris will be out for awhile due to an injury.

**See Calendar for
daily activities**

**Please sign in when
you enter the
center**

Inside Story Headline



Caption describing picture or graphic.

This story can fit 150-200 words.

One benefit of using your newsletter as a promotional tool is that you can reuse content from other marketing materials, such as press releases, market studies, and reports.

While your main goal of distributing a newsletter might be to sell your product or service, the key to a successful newsletter is making it useful to your readers.

A great way to add useful content to your newsletter is to develop and write your own articles, or include a calendar of upcoming events or a special offer that promotes a new prod-

uct.

You can also research articles or find "filler" articles by accessing the World Wide Web. You can write about a variety of topics but try to keep your articles short.

Much of the content you put in your newsletter can also be used for your Web site. Microsoft Publisher offers a simple way to convert your newsletter to a Web publication. So, when you're finished writing your newsletter, convert it to a Web site and post it.

Inside Story Headline

This story can fit 100-150 words.

The subject matter that appears in newsletters is virtually endless. You can include stories that focus on current technologies or innovations in your field.

You may also want to note business or economic trends, or make predictions for your customers or clients.

If the newsletter is distributed internally, you might comment

upon new procedures or improvements to the business. Sales figures or earnings will show how your business is growing.

Some newsletters include a column that is updated every issue, for instance, an advice column, a book review, a letter from the president, or an editorial. You can also profile new employees or top customers or vendors.

"To catch the reader's attention, place an interesting sentence or quote from the story here."

Inside Story Headline

This story can fit 75-125 words.

Selecting pictures or graphics is an important part of adding content to your newsletter.

Think about your article and ask yourself if the picture supports or enhances the message you're trying to convey. Avoid selecting images that appear to be out of context.

Microsoft Publisher includes thousands of clip art images from

which you can choose and import into your newsletter. There are also several tools you can use to draw shapes and symbols.

Once you have chosen an image, place it close to the article. Be sure to place the caption of the image near the image.



Caption describing picture or graphic.



Inside Story Headline

This story can fit 150-200 words.

One benefit of using your newsletter as a promotional tool is that you can reuse content from other marketing materials, such as press releases, market studies, and reports.

While your main goal of distributing a newsletter might be to sell your product or service, the key to a successful newsletter is making it useful to your readers.

A great way to add useful content to your newsletter is to develop and write your own articles, or include a calendar of upcoming events or a special offer that promotes a new prod-

uct.

You can also research articles or find "filler" articles by accessing the World Wide Web. You can write about a variety of topics but try to keep your articles short.

Much of the content you put in your newsletter can also be used for your Web site. Microsoft Publisher offers a simple way to convert your newsletter to a Web publication. So, when you're finished writing your newsletter, convert it to a Web site and post it.



Caption describing picture or graphic.

Inside Story Headline

This story can fit 100-150 words.

The subject matter that appears in newsletters is virtually endless. You can include stories that focus on current technologies or innovations in your field.

You may also want to note business or economic trends, or make predictions for your customers or clients.

If the newsletter is distributed internally, you might comment

upon new procedures or improvements to the business. Sales figures or earnings will show how your business is growing.

Some newsletters include a column that is updated every issue, for instance, an advice column, a book review, a letter from the president, or an editorial. You can also profile new employees or top customers or vendors.

"To catch the reader's attention, place an interesting sentence or quote from the story here."

Inside Story Headline

This story can fit 75-125 words.

Selecting pictures or graphics is an important part of adding content to your newsletter.

Think about your article and ask yourself if the picture supports or enhances the message you're trying to convey. Avoid selecting images that appear to be out of context.

Microsoft Publisher includes thousands of clip art images from

which you can choose and import into your newsletter. There are also several tools you can use to draw shapes and symbols.

Once you have chosen an image, place it close to the article. Be sure to place the caption of the image near the image.



Caption describing picture or graphic.



Hewlett-Packard Company

Primary Business Address

Your Address Line 2

Your Address Line 3

Your Address Line 4

Phone: 555-555-5555

Fax: 555-555-5555

E-mail: someone@example.com

Your business tag line here.


Organization

**We're on the
Web!**
example.com

This would be a good place to insert a short paragraph about your organization. It might include the purpose of the organization, its mission, founding date, and a brief history. You could also include a brief list of the types of products, services, or programs your organization offers, the geographic area covered (for example, western U.S. or European markets), and a profile of the types of customers or members served.

It would also be useful to include a contact name for readers who want more information about the organization.

Back Page Story Headline

This story can fit 175-225 words.

If your newsletter is folded and mailed, this story will appear on the back. So, it's a good idea to make it easy to read at a glance.

A question and answer session is a good way to quickly capture the attention of readers. You can either compile questions that you've received since the last edition or you can summarize some generic questions that are frequently asked about your organization.

A listing of names and titles of managers in your organization is a good way to give your newsletter a personal touch. If your organization is small, you may want to list the names of all employees.

If you have any prices of stan-

dard products or services, you can include a listing of those here. You may want to refer your readers to any other forms of communication that you've created for your organization.

You can also use this space to remind readers to mark their calendars for a regular event, such as a breakfast meeting for vendors every third Tuesday of the month, or a biannual charity auction.

If space is available, this is a good place to insert a clip art image or some other graphic.



Caption describing picture or graphic.