

SENIOR MOMENTS

Director - kdavidson@cityofwillowick.com

Pam Pyles, Assistant—ppyles@cityofwillowick.com

Hours: Mon-Thur 8-4 pm & Fri 9-12 pm

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

NOVEMBER 2015



34TH ANNUAL HOLIDAY BOUTIQUE

Sat. Nov. 14th from 9-2 pm

Crafts, Ceramics, Christmas items, Chinese Raffle Baskets, Bake sale, Lunch and pictures with Santa

We could use your goodies for our bake sale! Drop off Friday or Saturday mornings.

17 raffle baskets are displayed in the library now. Get your tickets!

TRIP SIGN UPS START

MON. NOV. 2ND AT 9 am

All trips depart from the senior center with the exception of casinos (unless told otherwise). Trips are labeled: Level 1- little to no walking, Level 2—some walking. Level 3—lots of walking. Please use your discretion.

PICKLEBALL—new! Seniors can play during the fall and winter on Mon, Wed. and Fri. From 12-2 pm at Manry Park. It's lots of fun! Try it!!!

CLEVELAND PART I WITH JKL TOURS—Wed. Nov. 4th. Bus leaves at 8:30 am from Dudley Park. \$43. See sign up sheet for details. **L2**

MUSIC BOX SUPPER CLUB—Thu. Nov. 5th. Bus leaves at 11:30 am. \$33 includes a great luncheon and music by George Foley. **L1**

ATTORNEY DEBBIE—Mon. Nov. 9th from 9:30-12 pm.

GAIT ANALYSIS & PRESENTATION—Tue. Nov. 10th at 10 am. Discuss fall prevention and proper shoes for balance and stability. Also get your own gait evaluated.

CHAIR MASSAGE WITH JENNIFER—Tue. Nov. 10th from 10:30-12 pm. Sign up for 15 minutes. \$15

THE FOOD SHOW—Fri. Nov. 13th. Bus leaves at 9:30 am. \$24 includes Frankie Avalon presentation. **L3**

REFLEXOLOGY—Tue. Nov. 17th from 10-12 pm. Sign up for a time!

H.E.A.P. SIGN UPS - Wed. Nov. 18th. Starts at 10 am. Bring your paperwork and Jim will assist you.

HOBBY LOBBY—Thu. Nov. 19th. Leave at 9 am. \$4 and lunch is on your

own at the Golden Corral buffet. **L2**

MOVIE— Fri. Nov. 20th at 10 am—*Play The Game*, starring Andy Griffith.

THANKSGIVING BIRTHDAY LUNCHEON—Wed. Nov. 25th. We'll have pork, sweet potatoes, stuffing, corn and dessert.

HARD ROCK CASINO—Mon. Nov. 30th. Bus leaves at 9:30 am from Dudley Park. Coast is \$5

Wii BOWLING BANQUET— Tue. Dec.. 1st at 12:30 pm.

TRINITY CATHEDRAL— A Jazzy Christmas—Wed. Dec. 2nd, bus leaves at 11 am. Cost is \$4 - lunch is on your own. There's a Subway in the basement we'll go to. **L1**

CHRISTMAS LIGHT DISPLAY— Fri. Dec. 4th. (TBA)

A CHRISTMAS STORY—Thur. Dec. 10th. Bus leaves at 12:30 pm for the Allen Theater. Cost is \$44

STEELE MANSION TOUR / LUNCH—Tue. Dec. 15th. See the mansion decorated for Christmas. Bus leaves at 10 am. \$20. **L2**

CHRISTMAS PARTY AT PINE RIDGE COUNTRY CLUB—Fri. Dec. 18th. \$20 See sheet for menu. We will have DJ this year so get ready to boogie! If you would like a ride from the center, you need to sign up for that. Leaves at 11 am.

Remember, in case of inclement weather and the Willoughby / Eastlake schools are closed, we will be closed too.

ONGOING ACTIVITIES

MONDAYS

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

TUESDAYS

Ceramics 9-3 pm
Exercise class 9:00 am
Art class 10-12 pm
Pinochle 12:30pm

Beginner / improver

Line dance 1 pm

WEDNESDAYS

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

THURSDAYS

Ceramics 9-1 pm
Exercise class 9:00 am
Line Dancing 10-11:30
Dup. Bridge 11:45 am
Music group practice 12:30 pm
Ping Pong 2 pm
Zumba Gold 2:30 pm

TRIP INFO:

Upcoming stuff:

We will be closed on Nov. 11th, 26th, 27th, Dec. 24th, 25th, 28th, 29th, 30th, 31st & Jan. 1st

Beautician services

Anna— 440-221-1449
(Wed, Thu. Fri)

Please sign in when you enter the Center and also for the activity you are participating in

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



Caption describing picture or graphic.

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.

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Caption describing picture or graphic.



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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.



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.