

# SENIOR MOMENTS

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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

February 2017

Along with the new year comes time to pay your dues. Prices remain the same, \$5 for Willowick residents and \$10 for non. If you know someone who might like to join it's \$10 for the first time. Also, if you have moved or if any information that is on your card might be different please come to the office to update it.

Remember we are closed when Willoughby Eastlake schools are closed due to the weather. Check the tv listings in the morning.

**ATTENTION** Tai Chi and Balance participants— Paul will not resume his classes until AT LEAST March, when we hear something we will let you know. Until then, some of the Balance class students are getting together to conduct the class if you would like to join them. Doing something is better than nothing.

Sign up for AARP tax prep now!! Call the center or stop in the office to make your appointment. Once your appointment day comes around you will go to Manry Park to get your taxes done. Please make sure you take with you last years forms.

## TRIP SIGN UPS START WED. Feb. 1 AT 9 am

All trips depart from the senior center with the exception of casinos (unless told otherwise).

**EXERCISE CLASS**—Every Wed. from 7:30-8:15 am.

**BOOK CLUB**— Discussion will be Wed. Feb. 8th at 12:30 pm

**HOME & GARDEN SHOW (WITH EASTLAKE)** - Fri. Feb. 10th. \$ 14 bus leaves at 10:30 am from Eastlake Senior Center.

**MYSTERY LUNCH**—Fri. Feb. 10th at 11:15 am. \$4 There will be an extra stop on the way home.

**CHAIR MASSAGE**—Mon. Feb. 13th at 10:35 am.

**ATTORNEY DEBBIE**—Mon. Feb. 13th from 10-12 pm. Sign up.

**VALENTINES DAY COOKIE DECORATING**—Tue. Feb. 14th from 12-1 pm. Please sign up. \$1 Wear Red or pink!

**CHUCK TAMBLYN SHOW**—Wed. Feb. 15th at 10:30 am. We'll have bagels and cream cheese for you.

**MOVIE/lunch**—Wed. Feb. 15th at 12:30 pm. *The Accountant*, starring Ben Affleck. \$2

**HARD ROCK CASINO**—Fri. Feb. 17th. Bus leaves at 9:30 am from Dudley Park. Cost is \$5

**BIRTHDAY LUNCHEON**—Wed. Feb. 22nd. We'll have pizza and salad. \$5. Plus cake and ice cream. 11:15 am Willowaires sing.

**LOCKDOWN TRAINING**—Thu.

Feb. 23rd at 11:45 am. I can't stress enough how important this is for EVERYONE to come to. Being in the know is the way to go! It could save your life!

**CLEVELAND BOTANICAL GARDENS**—Fri. Feb. 24th bus leaves at 10 am. Cost is \$15, includes a guided tour of the Glass House and a little bit of the Orchid Mania display. Lunch is on your own in their café.

**FAT TUESDAY paczkis**— Tue. Feb. 28th. \$1 while they last!

**WAIT UNTIL DARK**—Wed. Mar. 1st. Bus leaves at 9 am for this unforgettable psychological thriller at the Hanna Theater. Cost is \$22.

**PRODUCE DELIVERY** - Mon. Mar. 6th at 9 am. Thank you to Willow Praise Church for your generosity.

**WHITE ELEPHANT SALE**—It's back!! Sale starts on Wed. Mar. 8th at 9 am. Start bringing in your unwanted stuff anytime. Please no clothes or dirty junk.

**MYSTERY FISH FRY**—Fri. Mar. 10th.

**LET'S GO TO THE MOVIES**—Mon. March 13th. We'll know the movie on Wed. March 8th.

**ST. PATRICK'S DAY**— Fri. March 17th at 10 am We'll have green eggs and hash (corned beef). And watch a movie. \$2. WEAR GREEN!

**ELDER FINANCIAL ABUSE PRESENTATION**—Tue. Mar. 21st at 10:15 am

**MISTRESSES OF JFK** - Wed. Mar. 22nd at 10:30 am. More TBA

## ONGOING ACTIVITIES

### MONDAYS

Crafts 9-3 pm  
Yoga 9:15-10:15 am (reg)

10:30-11:35 am (chair)

Nutrition lunch 11:10 am

Pinocle 12:30pm

Bingo 12:45 pm

### TUESDAYS

Ceramics 9-3 pm

Exercise class 9:00 am

Art class 10-12 pm

Pinocle 12:30pm

Beginner / improver

Line dance 1 pm

### WEDNESDAYS

Exercise 7:30 am

Crafts 9-3 pm

Ceramics 9-3 pm

Balance 9-10 am

Tai Chi 10 am

Nutrition lunch 11:10am

Pinocle 12:30pm

### THURSDAYS

Ceramics 9-1 pm

Exercise class 9:00 am

Line Dancing 10-11:30

Scrabble 10 am

Dup. Bridge 11:45 am

Music group practice 12:30 pm

Ping Pong 2 pm

Zumba Gold 2:00 pm

### FRIDAYS

Yoga 9:30-10:30 am (chair)

10:45-11:45 am (reg)

## TRIP/EVENT INFO:

Spring mini boutique and jewelry sale— Wed. April 12th

## Beautician services

Anna— 440-221-1449 (Wed, Thu. Fri)

The Willowick Senior Center is funded by The City of Willowick and the Lake County Senior Citizen's Services Levy.

## 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.