November/December 2026 Volume 4 Issue 6

Westlake COMMUNITY SERVICES

Engage - Enrich - Empower

pathways



November is going to be all about Dolly! Join us throughout the month as we celebrate the life, music, movies, and magic of the one and only Dolly Parton with special programs (including a TED Talk, a documentary, some of Dolly's films, and plenty of fun surprises— we'll even stretch it out as we include a special Dolly holiday movie in December!

So grab your rhinestones, cowboy boots, wear a little pink, and celebrate all things Dolly with us!

Dolly Days Children's Book Drive

Help us spread a little Dolly magic this November! In celebration of Dolly Parton's infectious spirit of giving and her lifelong commitment to children's literacy, we're collecting new children's books to donate to a local nonprofit organization serving children in our area.

Bring a new children's book to Westlake Community Services throughout November and help us share the joy of reading, one book at a time!

Please join us in welcoming Victoria Kirby to the team! Victoria has served as a police officer for the past decade and has recently shifted her career path to join us as our Youth Coordinator. In this role, Victoria will manage our city's juvenile diversion program, lead the Adopt-A-Family program, and create positive intergenerational and intercommunity activities for local youth.

Having been part of the Westlake family for the past few years, Victoria has been able to hit the ground running. We are so excited to have her here and look forward to all the great work she'll do with our community!



28975 Hilliard Blvd.
Westlake, OH 44145
440-899-3544

MISSION STATEMENT

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

https://www.cityofwestlake.org/886/community-services

COMMUNITY INFORMATION

Published by
Westlake Community Services, 28975 Hilliard Blvd, Westlake, OH 44145, 440-899-3544
www.cityofwestlake.org

Hours of Operation
- **Monday–Friday, 8am–4pm**

Reservations and payments for paid events are accepted in person, . For non-paid events, call during these hours. Registration is available for yourself and a spouse or significant other.
WE WILL BE CLOSED NOVEMBER 30 for STAFF Training Day.

Online Registration—MyActiveCenter
Type in: https://beta.myactivecenter.com/# for a quick and easy registration option for most non-pay programs. Call us if you need assistance getting started.

Pathways Subscription (Bi-Monthly)
- Annual fee: $20 - Payment methods include:

In person by cash ($20 bills or less) or with a credit card-Visa, Discover, MasterCard, American Express. In person or by mail with a check (payable to City of Westlake). In person or by phone with a Gift Card. (see below for more details). Printed copies are $4 at the front desk. To receive the newsletter by email at no charge, call or sign up at the front desk.

Refunds and Cancellations: UPDATED
Programs may be canceled and refunded under specific conditions. Participants who cancel prior to the established pay-by date are eligible for a refund. Events totaling $4.00 or less will not be issued refunds. No refunds can be processed after the pay-by date. 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. Some residents cannot afford to attend our events. If you would like to Pay It Forward, in lieu of a refund, please let reception know when cancelling. 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 of Westlake offices are closed on **November 26-27, December 25, & January 1**. Department will close early on **December 18 at 10:30 am**

Panera Bread
Come "help yourself" to a few items on Thursday mornings from **9am-11am or until gone.**

Service Club
Assemble Pathways for Community Services on **Wednesday, December 9, 9:30am.**

Transportation
Transportation is available for Westlake residents age 60 years and older. Contact **Donna Feorene, Outreach Coordinator,** for more information 440-899-3544.

Senior Supper Club
Seniors get 45% off dinner at UH St. John Medical Center's Terrace View Cafe, Mon–Sun, 4–5:30pm. A Supper Club card is required to receive the discount ($10 limit). Pick one up at Westlake Community Services.

Westlake Porter Public Library
Free homebound delivery for Westlake residents. Items include books, magazines, DVDs, CDs, and audiobooks. No library card needed. Also available: Telephone Reference, Curbside Pickup, Computer Use, Drive-up Book Drop, and Wi-Fi (24/7).

GIFT CARD PATHWAY

WESTLAKE COMMUNITY SERVICES GIFT CARDS!

We're excited to share a convenient way to pay for your favorite activities and services here at Westlake Community Services...**Westlake Community Center Gift Cards!**

WCC gift cards can be used for:

- **Programs and Activities****
- **Equipped Fitness Room**
- **The Connections Café**
- **Senior Transportation**

****Exceptions: Programs where payment goes directly to a third party (such as the AARP Smart Driving Course when it is scheduled). They also cannot be used for any trips with JKL or Wendt Tours.**

WCC Gift Cards can be purchased for any amount, are reloadable, and never expire. **(Please note that they are non-refundable if lost.)**

With our new gift cards, you can sign up and pay for programs and activities over the phone - no need to come in just to make payment. With many of our patrons facing mobility or transportation issues, these prepaid cards make participating easier than ever.
WCC Gift Cards make wonderful gifts, so think about adding this to YOUR wish list!

FROM THE DIRECTOR

Dear Friends and Community Partners,
It's hard to believe the holiday season is already upon us! As we move into November and December, our center is embracing the season with plenty of opportunities to gather, celebrate, give back, and—perhaps most importantly—take a little time for ourselves.

Welcome to Dolly Days!

This November, we're turning the spotlight on the one and only Dolly Parton with a month-long celebration of her life, music, generosity, and remarkable spirit! Our Dolly Days celebration will feature her beloved movies, and plenty of fun surprises along the way. Whether you've been a lifelong Dolly fan or simply appreciate her incredible talent and big-hearted approach to life, there will be something for everyone to enjoy.
And speaking of generosity, our Advisory Council is kicking off its Basket Raffle in November to raise funds for our senior programs. Tickets will be available throughout November and December, with the drawing taking place in person at our Christmas Luncheon on December 17. You don't have to be there to win, so be sure to get your tickets!
Of course, the holidays are about coming together. We'll honor our veterans and their loved ones on Veterans Day and enjoy special luncheons celebrating Thanksgiving and Christmas. These gatherings are a wonderful reminder that good food, good company, and a little laughter can make the season brighter.
*But we also know that this time of year isn't always easy. Between busy calendars, changing emotions, and the occasional holiday chaos, it's important to remember to take care of you. Be sure to check out our massage therapist's program, "Before the Chaos," **(see page 12)** an opportunity to pause, tune into what you need, and discover simple ways to support your physical, emotional, social, intellectual, spiritual, and purposeful well-being as you head into the new year.*
So, come join us for Dolly Days, share a meal, celebrate, laugh, give back—and remember to make a little room for yourself along the way.
Here's to a joyful, meaningful holiday season filled with Dolly, laughter, friendship, and plenty of reasons to celebrate—and to a wonderful start to 2027!
Regards,
Lydia Gadd, Director

STAFF

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Transportation:
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COMMUNITY SERVICES ADVISORY COUNCIL MEMBERS
Dawn Evans, Carmela Freeman, Betty Kearney, Cris Kennedy, Amy Kubacki, Erin Manning, Jane Perry, Jen Thomas

DONATION PATHWAY

MAKE A LASTING IMPACT IN OUR COMMUNITY

Your generosity strengthens families in need and enriches the lives of our older adults. Donations, memorials, or bequests made in honor of loved ones support:

- **Residents in need:** Food pantry resources and Marge's Fund, which provide urgent assistance for bills, prescriptions, and other unexpected crises.
- **Older adults:** Fifty-Plus programs that combat loneliness while offering social, educational, wellness, and recreational opportunities to help seniors thrive.

Checks can be made payable to the City of Westlake. Gifts through your Will or Trust create a lasting tribute by honoring a loved one while continuing to uplift our community.

From the bottom of our hearts, thank you for helping us keep our community strong through your kindness and remembrance. For more information or assistance with making a gift, please contact **Lydia Gadd, Community Services Director, 440-899-3544.**

Monetary

Dr. Yoesh & Rosemary Shah
St. Paul Lutheran
Mark Stewart
Lakewood Elks Lodge
Kathrine Jensen
Karen Biddulph

Food

Rad Air Complete Car Care
The Cleaning Authority

School Supplies

Rae Ann Nursing & Rehab

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

SOCIAL SERVICE PATHWAY

NEED HELP?

Westlake residents may contact 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 and **"Confirm Okay?"**™, a computerized home-calling service. 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.

MAKING PATHWAYS

Westlake Community Services is partnering with a local church to help older residents with limited income. If you are in need of help with a **one-time** yard clean-up contact **Donna Feorene** Outreach Coordinator at 440-899-3544, and we will connect you with volunteers.

If you know of a resident in need, tell them about this program or, when able, offer them a helping hand.

"Together we can do great things."

FOOD PANTRY SUPPORT FOR WESTLAKE RESIDENTS

Westlake residents in need have access to a local Food Pantry offering a wide range of assistance. Non-perishable items, frozen foods, fresh produce, and essential household products are available to help individuals and families maintain a healthy, stable home.

The pantry is open to eligible residents of Westlake. Both eligibility details and applications are available to ensure support is provided to those who qualify.

For more information about available items, eligibility, and how to apply, residents are encouraged to contact **Donna Feorene**, Outreach Coordinator, 440-899-3544.

VOLUNTEERS

If you would like to help with our volunteer needs here at the Center, call **440-899-3544** and speak with **Kelly**. It's a great way to know us and make new friends.

ENGAGEMENT PATHWAY

BLOOM, BRUSH, & BRAVO - NOVEMBER & DECEMBER

Community Services blends flowers, art, and music to create a relaxing, creative experience. Bloom, Brush, & Bravo invites patrons to explore the arts in an enjoyable, accessible way while fostering connection, well-being, and lifelong learning. Join us to enjoy color, creativity, and sound—and share meaningful moments together. All experiences are FREE!

BLOOM: TRADER JOE'S FLOWER DONATIONS - VARIOUS DAYS

BRUSH: ART WALL EXHIBITION SCHEDULE: NOVEMBER: WESTSHORE ARTS COUNCIL **DECEMBER:** BETZ JOHNSON RICHARDS

BRAVO: MONTHLY PIANO SCHEDULE 12:00-1:00pm • Judith-1st Thursday & 3rd Thursday in November, 1st-Thursday & 3rd Wednesday in December • Denise-2nd Thursday

WELCOME WEDNESDAY

Wednesday, December 9 , 11 am. FREE. RSVP by 12/2.

Welcome Wednesday is an opportunity for **newcomers** to get acquainted with Community Services! Held once every other month, this friendly gathering invites new participants to enjoy a guided tour and an informal conversation about our programs and services with a staff member and a volunteer patron ambassador. It's a relaxed way to ask questions, meet others, and feel at home. All attendees will receive a Connections Café refreshment voucher—our treat!

VETERAN'S DAY BRUNCH



Wednesday, November 11, 9:30 am.
Veterans: Free | All Other Attendees: $6, payable by 11/4

Program: Join us as we honor and celebrate our veterans with a special Veterans Day. Pinning of the Veterans will begin at **9:30 am**. This is a special way to recognize our Veterans and to honor each of them for their service. ***Reserve Care Hospice*** will be pinning the veterans. Entertainment will follow the pinning ceremony featuring ***Debbie Darling*** and her engaging program, **"The Role of Music in WWII."** Music played a tremendous role in America during World War II, both at home and for our troops serving overseas. By December 1941, approximately 96.2% of American households had radios, making music an important way to connect, inspire, and boost morale during a challenging time.

Debbie will take us back to the World War II years and share the fascinating story of how music helped Americans through the war. She will also perform some of the biggest hits of the era that lifted spirits and became part of the soundtrack of a generation.

Brunch: **11:00 am**. Egg Casserole, fruit, bacon, dessert, coffee/tea.

Come enjoy great music, good food, and a meaningful morning as we honor those who served our country. (Dessert provided by ***Homewatch Caregivers of Westlake***, favors provided by ***Senior Helpers***)

ROUTE 66 TALK - 100TH ANNIVERSARY



Friday, November 13, 11 am. Cost: $2.00, payable by 11/10.

Established in 1926, U.S. Route 66 spans roughly 2,448 miles from Chicago, Illinois, to Santa Monica, California. Known as the "Mother Road" and "Main Street of America", it crosses eight states, serving as an enduring symbol of freedom, migration, and classic roadside Americana. Come learn about this Historic U.S. Highway.

Speaker: ***Aaron M. Warkentin | Curator of Transportation, Western Reserve Historical Society***

THANKSGIVING LUNCHEON

Wednesday, November 18, 11 am. Cost: $25.00, payable by 11/9

Join us for our Thanksgiving Luncheon, a special time to gather with friends and give thanks for all the blessings we share. Celebrate the spirit of gratitude while enjoying a delicious traditional Thanksgiving meal filled with seasonal favorites and warm fellowship.

Following lunch, sit back and enjoy a wonderful performance by **Opus 216**, whose beautiful music will make this holiday celebration even more memorable.

We look forward to sharing this meaningful afternoon of food, friendship, music, and thanksgiving with you!



11:00 am. Lunch: ***House Roasted Turkey, Herb Dressing, Mashed Potatoes, Whipped Sweet Potatoes, Green Beans, Cranberry Sauce, Gravy, Roll/Butter, Pumpkin Pie with Whipped Cream, Coffee/Tea.***

12:00 pm. Entertainment: **Opus 216**

(Pumpkin Pies & Whipped Cream provided by ***Homewatch Caregivers of Westlake***, Door prizes by ***Brookdale Senior Living, The Gathering Place, ACC***)

Reservations and payments are taken Monday—Friday; 9:00am—3:00pm.

HOLLY JOLLY HOLIDAY PARTY

Wednesday, December 2, 10 am. Cost: $5, payable by 11/25.

Additionally, bring in a full-sized bottle of laundry detergent for the Westlake Food Pantry as part of your "entrance fee." Pay ahead at registration and bring your item to be collected when you check-in on the day of the program.

10:00am Brunch: ***Praline French Toast Casserole, Bacon, Fruit, Coffee/Tea & Hot Cocoa with toppings! (Hot Cocoa Treat sponsored by ComForCare)***

11:00am Entertainment: Join one of our most beloved vocalists, **Debbie Darling**, and her talented accompanist, David, for a festive celebration filled with the sounds of the season! Enjoy a delightful selection of holiday classics, brought to life in Debbie's signature style, as she also shares the fascinating stories, fun facts, and memories behind some of our favorite seasonal songs. Come ready to sing along, reminisce, and enjoy a little musical holiday magic.

It's the perfect way to kick off the season and fill your heart with holiday cheer!

BALLROOM DANCE

Thursday, December 10, 1–3 pm. Cost: $6.00 - exact change appreciated.

We invite you to join us for an afternoon of danceable holiday music featuring the music stylings of John Kowalski . All are welcome – invite a friend. Cookies provided by Westlake Community Services Activities.

HOLIDAY CHEER WITH COMPANY D

Wednesday, December 16, 1 pm. Free. Call to register or use My Active by 12/11.

They're back for another festive performance! Company D, Westlake High School's talented show choir, returns to bring some of their signature energy, style, and showmanship to our holiday season. Enjoy an entertaining performance from their holiday show, filled with music, dancing, and plenty of seasonal cheer. Come support these talented local students and let Company D help get you in the holiday spirit!

HOLIDAY LUNCHEON - 'Tis the Season to Polka!



Thursday, December 17, 11 am. Cost: $25.00, payable by 12/9

Put on your holiday spirit and join us for a festive Holiday Luncheon filled with delicious food, good friends and plenty of fun! After lunch, **The Chardon Polka Band** will take the stage with their high-energy blend of polka favorites and holiday cheer.

Get ready for toe-tapping tunes, polka fun and a whole lot of holiday spirit! Come celebrate the holidays with us—you won't want to miss this merry afternoon!

11:00 am: Lunch - ***Grilled Rosemary Pork Loin with Gravy, Whipped Roasted Garlic Potatoes, Roasted Broccoli, Roll w/Butter and Peppermint Chocolate Cake.***

12:00 pm: Entertainment - **The Chardon Polka Band**

Favors sponsored by **The Renaissance,** Centerpieces provided by **O'Neill Healthcare,**

Door Prizes donated by **Rose Senior Living , Rocky River Village, Senior Helpers and Life Care Center of Westlake.**

NEW YEAR'S EVE CELEBRATION!



Wednesday, December 30, 11 am. Cost: $15.00, Payable by 12/21

Why wait until New Year's Eve to celebrate? Join us a day early for our New Year's Eve Eve Luncheon! Enjoy lunch followed by fantastic live entertainment from **Well-Seasoned** at noon.

Well-Seasoned is a group of Westlake High School alumni who leverage their unique vocal and musical talents to deliver deep harmonies and innovative instrumentals in a mix of '60s and '70s classics, including songs by The Hollies, The Lovin' Spoonful, The Eagles, Crosby, Stills & Nash, Anne Murray and more. The band was originally formed to play at their 50th high school reunion and the core group has continued to expand its repertoire, cohesive blend and strong musicality. Come enjoy a delicious lunch, great music and a festive afternoon as we count down to the countdown!

11:00 am: Lunch - Start your New Year's celebration with a little taste of the Old World!

Bratwurst, Sauerkraut and Onion, Potato Cheddar Pierogi, Roll, Butter, German Chocolate Cake, Coffee/Tea.

12:00 pm: Entertainment - **Well-Seasoned**

Favors sponsored by **ComForCare**. Door Prizes sponsored by **Aligned Health, Life Care Centers Westlake, and Northridge Rehabilitation Center.**

Reservations and payments are taken Monday—Friday; 9:00am—3:00pm.

Movie Showings: 9:30 AM and 1:30 PM unless otherwise noted. Food and drinks are not permitted in the theater.
Reminder: Our FREE movies feature a variety of films.
Movies are subject to change due to unforeseen circumstances.
Subtitles: Please call in advance to confirm availability for the film being shown.
****Call to pre-register AND if you need to cancel****
Movie descriptions are available as a *monthly flyer* located in the brochure panel.

This November, we're celebrating the one and only **Dolly Parton!** Join us for some fabulous Dolly-inspired movies—and feel free to **wear pink, break out the rhinestones, or tease that hair sky-high!** Come celebrate Dolly with us!

November 5 – *Nine to Five* – 1980
Starring Jane Fonda, Lily Tomlin and Dolly Parton. Comedy. Rated PG for sexual references/innuendo, language and some comedic violence. 1 hour 49 minutes.

November 12 – *Straight Talk* – 1992
Starring James Woods, Griffin Dunne and Dolly Parton. Comedy/Drama/Romance. Rated PG for mild language, and sex related dialogue. 1 hour 31 minutes.

November 19 – *Steel Magnolias* – 1989
Starring Shirley MacLaine, Olympia Dukakis, Sally Field, Julia Roberts and Dolly Parton. Comedy/Drama. Rated PG for mild language, mature themes, and brief sexual references. 1 hour 33 minutes.

December 3 – *A Christmas Story* – 1983
Starring Melinda Dillon, Darren McGavin and Peter Billingsley. Drama/History. Rated PG-13 for brief violence. 2 hours 9 minutes.

December 10 – *A Dog's Perfect Christmas* – 2026
Starring Mio Ventimiglia, Mary Steenburgen, Dennis Quaid, and Jennifer Tilly. Holiday Drama. Rated PG for thematic content. 1 hour 54 minutes.

December 17 – NO MOVIE TODAY
December 23 - NO MOVIE TODAY
December 31 – *When Harry Met Sally* – 1989 - MORNING MOVIE **ONLY @ 10am**
Starring Billy Crystal and Meg Ryan. Romantic Comedy. Rated R for strong language, sexual references, and mature themes. 1 hour 35 minutes.

Holiday Movie Magic!
Mondays, December 21 & 28, 11:00 am. Free. Call to register or use MyActive by 12/3.
Join us for two special Monday movies as we add a little extra merriment to the season. Cozy up and enjoy a festive morning at the movies with:
December 21 - Christmas on the Square - continuing our **Dolly Days** celebration (Starring Dolly Parton, Christine Baranski & Treat Williams. Not Rated. 1 hour 38 minutes. Holiday/Musical) and
December 28 - **The Most Wonderful Time of the Year** (Starring Henry Winkler. TV-PG. 1 hour 28 minutes. Holiday/Drama) .
Two Mondays, two feel-good holiday movies, and one more reason to celebrate the season together!

COFFEE WITH A VET

Wednesday, November 4 & December 2, 9 am. Walk-in!
All Veterans are welcome to come and enjoy a cup of coffee and conversation with fellow Veterans in the Connections Café. A great way to connect. Just walk-in.
Coffee and muffins are sponsored by Main Street Care Center.

BREAKFAST CLUB FOR MEN **No Breakfast Club in November

December 1, 9:45 am for breakfast and a 10 am program. Cost is $4. Payable by 11/23
December topic: Hearing Health for Men: This informative discussion, led by Joe Baker of Hearing Science, is designed specifically for senior men, focusing on the importance of maintaining good hearing health as we age. Learn how hearing changes over time, why early detection matters, and practical steps to protect and improve hearing.
Presenter - Joe Baker, Hearing Science

Dover Intermediate Service Club

November 10, 3pm-4pm, Coffee, Cookies, and Recipes
Come enjoy some coffee and cookies with the Dover Intermediate Service Club! Please bring your favorite recipes to share with the students (doesn't have to be just cookie recipes!
December 8, 3pm-4pm Ornament Making
Come and get creative and make your own ornament with the Dover Intermediate Service Club students

Reservations and payments are taken Monday—Friday; 9:00am—3:00pm.

LUNCH BUNCH

Tuesdays, November 10, 24 and December 8, 22, 12 pm. RSVP by one day prior.
Purchase your meal at the Connections Café and join others in a reserved room that is made available for this program on each date listed. Tray assistance available.

COFFEE & CONVERSATION

Tuesday, November 17, 11 am. Free. Call to reserve or use MyActiveCenter by one day prior.
Join Director, Lydia Gadd and special guests from the City share news from our Department and the City. Questions will be taken from those attending the program.

BOOK DISCUSSION

Monday, November 16, 10 am. **No Book Discussion in December.
Join us this month for a special gathering of our book discussion group as we celebrate the books that have stayed with us long after the final page.
For this month's discussion, each member is invited to bring ***a book that has made a lasting impression on them***. We'll share what made the book meaningful, memorable, or influential, and enjoy hearing about the stories and authors that have touched one another.
Members are also encouraged to bring ***one or two favorite book titles*** to recommend to the group. It's a wonderful opportunity to discover new reads and add a few titles to your reading list for the year ahead!
To add to the festive spirit, ***hot chocolate and cookies*** will be served as we celebrate the upcoming holiday season together.
This will be our final meeting of the year. ***The group will meet in November only and will reconvene in 2027.***
Come ready to share, listen, discover, and enjoy a cozy celebration of books and friendship!

PAGE TURNERS - Mystery Under the Mistletoe

Tuesday, November 10, 1:30 pm. Cost: $4, payable by 11/6
Did you know Mistletoe is also called Tree Thief and Witches' Brooms? Sounds like a perfect match for mystery fiction set around the Christmas holidays and there's plenty of crime around Holly White's Christmas tree farm and Merry Wilkinson's Christmas Town, Canadian Inspector Gamache's village of Three Pines, decorative iron artist Meg Langslow and her ever-expanding family, Cookie Jar owner Hannah Swenson, dog-loving lawyer Andy Carpenter, Victorian housekeeper Mrs. Jeffries, and other crime solvers determined to wrap up the villains and keep the holiday bright. Light refreshments from recipes from mystery writers will be served. ***Light refreshments from recipes from mystery writers will be served.***
Presenter: Irma Baker M.A.

TECH TALK

Fridays, November 13 & December 11, 12 pm. FREE RSVP one day prior
Public Relations Specialist, Jorden Shevel will share information about Technology. This is not a help session, just very educational and enlightening.

WESTLAKE PHOTOGRAPHY CLUB

Thursdays, November 12 & December 10, 11 am. FREE. RSVP one day prior.
The club welcomes anyone interested in photography—from beginners to experienced photographers, whether you use a cell phone or a digital camera. Members explore techniques, share personal projects, recent photos, and enjoy helping others learn composition and editing. No matter your level or interest, you are welcome to join and share your work. For the complete schedule or questions, please email **Mike** at: **ginkgo-core.gv@icloud.com**

TALK & TREATS

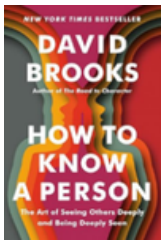
Mondays, November 9, 11 am FREE. RSVP by 11/6 *No December date
November-Hip Pain Doesn't Always Mean Surgery: Exploring Non-Surgical Treatment Options
Hip pain can make everyday activities more difficult. But surgery isn't always the only option. Join **Dr. Nicholas Bigrigg of Aligned Health Center** for an educational discussion about common causes of hip pain and the non-surgical treatment options available today. Dr. Bigrigg will discuss conservative approaches to improving hip function and mobility. Come learn more about your options, bring your questions, and enjoy some treats with us!
Presenter: Aligned Health.

TECHNOLOGY HELP SESSIONS

Friday, November 13 & December 11, 10 am-12 pm. FREE. Call to register.
Need help with your device? Join us for a Technology Help Session where a friendly volunteer will be available to provide general assistance with smartphones, tablets, and computers. Please note that while help is offered on a variety of devices, ***the volunteer has limited knowledge of Android devices***. Assistance will be provided on a best-effort basis.

Reservations and payments are taken Monday—Friday; 9:00am—3:00pm.

HOW TO KNOW A PERSON: THE ART OF SEEING OTHERS DEEPLY AND BEING DEEPLY SEEN



Thursdays, November 12, 19, December 3, 10 at 10 am – 11:30 pm.
Free. Call or use My Active to Register. Please register for all sessions.
Bestselling author, David Brooks observes, "There is one skill that lies at the heart of any healthy person, family, school, community organization, or society: the ability to see someone else deeply and make them feel seen—to accurately know another person, to let them feel valued, heard, and understood."
Joe Konen will lead a 4-part discussion on the book, "How to Know a Person: The Art of Seeing Others Deeply and Being Deeply Seen" by David Brooks.
You are asked to get obtain a copy of the book before the program begins.

VALUES: GOLD & SILVER

Tuesday, November 3, 9 am – 2 pm. FREE. Call to schedule an appointment.
Please note that walk-ins are also welcome and will be fit in as able between appts.
Sheila Wayne from Gold & Silver Events will be to give pricing on your old jewelry – gold, silver, and diamonds that you may no longer want. Unsure of what you have, bring it with you and find out! **GOLD**: Earrings, chains, watches, rings, bracelets, broken items, dental gold, coins, ingots. **STERLING SILVER**: Coffee and tea service, flatware, platters, candlesticks, jewelry. **WATCHES** – silver, gold filled, gold, vintage. **COINS** – silver coins 1964 and earlier (Kennedy halves thru 1970). **DIAMONDS** – and other gems, Gold is historically at an all-time high, so there is no better time to see what you have! No obligation to sell.

STAYIN' ALIVE, STAYIN' ALIVE

Thursday, November 5, 11 am. Call or Use My Active to register by 11/3
Join ***Jennifer Remington, Clinical Pharmacy Specialist from University Hospitals*** to learn about heart medications and staying healthy. Blood pressure readings, cholesterol, medications and more will be discussed in this presentation. ***Light Refreshments served.***

SENIOR TECH EMPOWERMENT PROJECT

Monday, November 23 at 11 am. Free. Call to register or use MyActiveCenter by 11/20
A student-led project based in the Cleveland area focused on helping older adults feel confident with modern technology. Their mission is to make learning technology simple, patient, and stress-free for every senior. Led by: **Haadi, Aarav, Noah, Aadhi, John, Nathan, and Luke**

DOLLY PARTON: HERE I AM

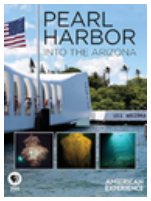


Friday, November 20 at 1 pm. Free. Call or use My Active to register.
Join the legend for a moving, musical journey through the people and places that shaped her iconic career. Featuring career-spanning archival footage of the undisputed queen of country music, the documentary film reveals the spirit, soul and hard work of an artist who has inspired countless others. Interviews include Jane Fonda, Mac Davis and Lily Tomlin. TV-14. 2020. 1 hour 25 minutes.

CLEVELAND HOLIDAY TRADITIONS

Tuesday, December 1, 1 pm. Free. Call to register or use MyActive by 11/25.
How did Clevelanders celebrate the holidays in years gone by? Take a festive trip through Cleveland's holiday history with the **Western Reserve Historical Society and Cleveland History Center**. Discover beloved traditions, department store displays, seasonal customs, and the many cultural influences that have shaped how Cleveland celebrates the holidays—then and now!

PEARL HARBOR: INTO THE ARIZONA - DOCUMENTARY



Monday, December 7 at 11 am. Free. Call or use MyActive to register.
1,177 men lost their lives on the USS Arizona during the attack on Pearl Harbor. The ship rests on the ocean floor as one of the most sacred war graves in the world. It is a shrine and monument, visited by tourists and the families of those who perished. The documentary uses state-of-the-art 4k technology to peer into areas never seen before, while respecting the site's status as a war grave. Join us as we watch the 2016 PBS documentary that offers the first-ever in-depth exploration of the USS Arizona's sunken interior, 85 years after the December 7, 1941 attack. 56 minutes.

Reservations and payments are taken Monday—Friday; 9:00am—3:00pm.

LIFELONG LEARNING PATHWAY

TED TALK - *Facilitated by Center Director Lydia Gadd*

Wednesdays, November 25 & December 23 , 11 am. FREE. RSVP by one day prior to each date.

November - How Dolly Parton Led Me to an Epiphany

In this pre-recorded TED Talk, Radiolab host Jad Abumrad reflects on his search for a way to end a story and the unexpected lessons he discovers through Dolly Parton. Drawing on his experience in storytelling and his journey to Tennessee, Abumrad explores the nature of truth, difference, and connection—and how an encounter with someone very different from himself leads to a surprising personal epiphany. Following the talk, center director Lydia Gadd will facilitate a discussion.

December - How Bullying Spreads and How Social Bravery Stops It

In this pre-recorded TED Talk, social psychologist Amy Cuddy explores how bullying spreads through social groups and how individuals can interrupt that cycle through acts of "social bravery." She examines the power of bystanders to influence social dynamics and encourages us to recognize our ability to stand up for others and create positive change. After viewing the talk participants will share their reactions and reflections in a discussion facilitated by center director Lydia Gadd

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AFTERNOON TALES with Erin Manning

Tuesday, December 8, 1 pm. Free. Call to register or use MyActive by 12/3.

Step into the magic of the holiday season! Join **Westlake Porter Librarian Erin Manning** for an afternoon filled with Christmas stories, treasured tales, and festive memories. These stories are sure to bring back memories, warm your heart, and put you in the Christmas spirit!

WOMEN INSPIRING WOMEN - *Off until January!*

Reminder: Important Event Booking Guidelines

When reserving a spot for events, please **call and cancel** if you are unable to attend. Many of our programs have waitlists, and your timely cancellation allows others the opportunity to participate. Additionally, this helps us inform our generous sponsors, who kindly donate items for attendees.

Thank you for your consideration!

GAMES AND ARTS PATHWAY

CHAIR VOLLEYBALL

Mondays, 1 pm. FREE. Just drop-in prior to start time. No play on 11/30 or 12/14.

Come join in the fun and friendly competition that includes exercise. The game is played with a beach ball and a five-foot-high net. Rules are similar to regular volleyball.

DOMINOES - Mexican Train

Tuesdays, November 10 & 24, December 8 &22 10 am-11:30 am. FREE. RSVP by one day prior.

Do you enjoy playing Mexican Train? Now's your chance and it's not hard! Come play with friends.

NEEDLE AWAY WITH US

Tuesdays, 9 am-11 am. FREE. RSVP or just drop by. Swipe in before attending.

This friendly group welcomes knitters, crocheters, rug hookers, and artists of all skill levels to gather and work on their current projects while enjoying fellowship and camaraderie. There is no formal instruction—just bring your own project.

Wii Bowling

Wednesdays, 9 am – 11 am.
FREE No RSVP necessary, just drop in.

PINOCHLE No Play on 11/30

Mondays, 1 pm-3:30pm.
FREE. Just drop in prior to start time.

MAH JONGG -Open to Experienced Players

No Play on 11/3 and 12/15.
Tuesdays, 1 pm-3:30pm.
FREE. Just drop in prior to start time

MAH JONGG LESSONS COMING IN JANUARY 2027 - Registration will begin in mid-December

CHESS No Play 11/27, 12/18 & 12/25

Tuesdays and Fridays, 12 pm-3:30pm.
FREE. Just drop in.

PUZZLE EXCHANGE

Wednesday, November 11 & December 9, 9 am-11 am

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 like to still participate, feel free to come and look at the puzzles we have on hand.

LAKE ERIE BRIDGE

December 1 at 11:15 am *NO Play in November

You and your bridge partner are invited to join any of our 40 bridge groups playing at area restaurants. Our Westlake Community Center group is specifically for players looking to find a bridge partner. In this group players have a new partner each day of play. Hopefully, some of these pairings will "click" and form new partnerships. Groups are 4-6 tables. Fall groups play once a month (Sept.-May). Please contact Stephanie Policy (apolicy@aol.com) for information on all our offerings. (Please put "bridge" in the subject line.)

INDOOR SHUFFLEBOARD

Fridays, 1 pm. Free. Just drop-in prior to start time
NOT on 11/27, 12/18, 12/25 or 1/1.

Join in the fun as four players slide weighted discs down a slick playing surface into scoring zones to win points. Teams will be determined day of play depending on the number of players in attendance. Physical activity is part of a healthy lifestyle.

BINGO FOR FUN

Fridays, November 6 & December 4, 10 am. Cost $4, payable one week prior

Join us for Bingo – where we will be calling Bingo Games for fun and small prizes. A boxed or bagged lunch will be given out at the end of the event for you to enjoy. **November sponsored by Humana. December sponsored by Senior Helpers.**

MUSIC BINGO/Continental Breakfast

Wednesdays, November 4 & December 9, 10 am, Cost: $4, payable one week prior.

This Bingo is exciting and fun, using familiar music of the Big Band, Golden Oldies, Crooners, and '50s & '60s theme songs. **November Sponsor entertainment: Foundations Health Solutions; December Breakfast Sponsor: ComForCare**

HAPPY QUILTERS

Wednesdays, 12 pm-3 pm FREE. We ask that you are registered with our Center and swipe in when you arrive. Not 11/11, 11/18, 11/25, 12/23, 12/30

If you would like to join the group, you will need to bring your own sewing machine and all the supplies and notions you will need to work on your project. Please note that lessons for quilting are not provided, it's just a group that enjoys quilting and getting together.

HOSPICE CARD MAKING

Monday, November 9, 12 pm -3 pm. FREE. Walk in!
Monday, December 14 - Holiday Gathering (no card making that day)
No card making November 30.

Join us in making beautiful, dried-flower cards to help raise funds for **VNA Hospice**. No experience necessary. All supplies will be provided to get you started. Artists, please bring scissors, tweezers, and a pencil if you can. Help make a difference through your creativity!

OIL PAINTING No Class: 11/26, 12/24, 12/31

Thursdays, 1 pm-3 pm. Cost: $12/class; payable before class.

Join **Bert Sanchez** as he demonstrates the painting techniques for this medium. All material is included.

WATERCOLOR

Fridays, 1 pm-3 pm. Cost: $10/class, payable before class.
No class: 11/27, 12/18, 12/25, 1/1, 1/8

Intermediate level instruction, experience suggested. You are required to bring your own class supplies. Instructor, **Jan Rigda**.

Reservations and payments are taken Monday—Friday; 9:00am—3:00pm.

LEGAL ASSISTANCE

First three Tuesdays of each month, 10 am & 10:30 am. Call to make an appointment.

Attorney **Justin Watling**, helps with Living Wills and Health Care Directives at no cost for the initial meeting.

MEDICARE CONSULTATIONS

Friday, November 6, 13, 20 , 11 am-3 pm. FREE. Call to make an appointment.

We are pleased to offer private Medicare consultations. Come armed with questions about your insurance. Explore options and get help with issues. Whether you are new to Medicare or have been using it for some time, advice and direction help you stay on top of coverage and cost. **Bridget Halsey** of **OSHIIP** (Ohio Senior Health Insurance Information Program) will be here to assist.

SENIOR STRONG

Wednesdays, November 11 & December 9, 11 am FREE. RSVP by one day prior to each date.

Join us for important conversations regarding emotional health, navigating relationships as you age and a multitude of other topics. We look forward to seeing everyone for lively conversations and some helpful tips and information to help you live Senior Strong. November 11 and December 9 at 11:00 am. Sponsored by the Far West Center.

BRAIN GAMES

Wednesdays, November 11 & December 9, 1 pm FREE. RSVP by one day prior to each date.

There is never a dull moment in this class designed to challenge your brain to think in different ways. Puzzles, games, and laughter are guaranteed in this lively class. Bring a pencil…or a pen if you dare!

December Sponsor: Central Home Medical

VOLUNTEERING

We're always looking for friendly, dedicated volunteers to join us at the Center! With several great opportunities available, it's a wonderful way to get involved, meet new people, and make a difference in our community. Interested in volunteering? Call **Kelly at 440-899-3544** to learn more!

GRIEF SUPPORT - Drop In

Wednesdays, November 4, 2 pm. FREE. Call to let us know you are coming or just walk in! ** No meeting in December

All of us struggle with issues around grief from time to time. This drop-in session, facilitated by **Carleen Broberg** of **Nivalis**, will give you space to explore your grief and tools to support you in your journey.

SURVIVING THE HOLIDAY AFTER A LOSS – Nivalis Hospice

Friday, December 11, 10am. FREE.

Join Community Liaison for ***Nivalis Hospice, Carleen Broberg and the Director of Nursing***, as they explore ways to cope with the holidays after a loss. Losing a loved one is a difficult time and during the holidays it can becoming overwhelming. Learn how to be kind with yourself and set some realistic goals to navigate this challenging time of the year.

Light Refreshments will be served.

ASK A PT

Thursday, November 12, 11am. FREE. Call or use My Active to register.

Have a question about movement, mobility, strength, or physical therapy? Join us for Ask a PT, an open forum where you'll have the opportunity to ask a Physical Therapist your questions and get helpful, professional answers. Come ready to learn, share your concerns, and get the answers you've been looking for!

Presenter: Eileen Brooks, PT with Senior Care Authority

"BEFORE THE CHAOS: An opportunity to tune into what you need to navigate "that time of year" and thrive in 2027.

Tuesday, November 17, 11 am. Call or use My Active to Register.

The holidays and certain times of the year can bring added stress, busy schedules, and changing emotions. This presentation offers an opportunity to tune into what you need to navigate the season with greater balance and thrive. Learn practical tips and simple routine adjustments based on the Six Dimensions of Living Purposefully. Discover small, meaningful ways to support your physical, emotional, social, intellectual, spiritual, and purposeful well-being.

Presented by a licensed massage therapist, Kera Seritti, LMT, CEAL this engaging program will provide tools you can easily incorporate into your everyday life to feel more grounded, balanced, and prepared for the season ahead.

Reservations and payments are taken Monday—Friday; 9:00am—3:00pm.

RELAXING SOUND BATH

Fridays, November 6 & 20, December 4, 11 am.

Cost: $20/class; payable prior to session.

Designed to wash over the body creating a sense of calm, allowing stress reduction and emotional processing. Participants are seated in comfortable anti-gravity chairs, listening, while resting, to resonate sounds from Tibetan and Crystal singing bowl and chimes. Limited to 16 participants. **Alice Drew Yoder, E-RYT 500, Practitioner of Therapeutic Sound - Facilitator**

HEARING SCREENINGS

Thursday, November 19, 1 pm-3 pm. FREE. Call to schedule an appointment.

Don't suffer in silence! Our friend, **Audiologist Joe Baker** will provide hearing screenings. Call to reserve your time slot.

BLOOD PRESSURE SCREENING

Thursday, November 5 & December 3, 11:30 am-1 pm. FREE. Just Walk In!

Marian from UH/St. John Medical Center will be here to assist you with your wellness.

CHAIR MASSAGE

Fridays, November 6 & 20, December 4, 10 am-12 pm.

Cost: $15/session. Payable upon registration.

Kera Seritti LMT, CEAL will be offering a relaxing 15-minute chair massage designed especially for you. These sessions focus on common areas of tension like the neck, shoulders, back, and hands—helping to ease aches, improve circulation, and support mobility and balance. Chair massage is done fully clothed, is gentle and comfortable, and offers a simple way to feel refreshed, relaxed, and re-energized.

MEDITATION

Tuesdays, November 10 & 24, December 8 & 22, 11 am. FREE. RSVP by one day prior.

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**, **Center Director and Licensed Counselor,** will lead us through guided meditations. Prepare to relax.

REIKI

Wednesdays, 10:30 am-2:20 pm. Cost: $20/session, appointment payable upon registration. Not 11/25, No Reiki in December

This energy healing technique reduces stress and anxiety, and promotes deep relaxation through gentle touch. The Reiki Practitioner uses therapeutic light touch with their hands to deliver, move, and balance energy in the client's body. **Alice Drew Yoder, Master Reiki Practitioner** is offering 30-minute sessions which will also include aromatherapy.

RHYTHM & CONNECTION: A Community Drumming Experience

Tuesday, November 17, December 15, 2 pm.

Experience the joy of rhythm in this interactive drumming program designed to foster connection, creativity, and relaxation. Using simple percussion and familiar music, it's especially supportive for those with memory loss or dementia and their caregivers – but open to everyone. No musical experience needed – just come and have fun.

Hosted by ***Carolyn L. Farrell Foundation for Brain Health with professional drummer Billy Coakley.***

Reservations and payments are taken Monday—Friday; 9:00am—3:00pm.

EQUIPPED FITNESS ROOM

Monday-Friday, 9 am to 3 pm. Membership: $70/yr. for current Rec members; $95/yr. for residents; $120/yr. for non-residents; daily guest pass: resident; $7, non/resident; $10. Closed 11/26, 11/27, 11/30, 12/18, 12/25, 1/1

Outfitted with Keiser strength equipment and staffed by Recreation Department Fitness Personnel. Available to patrons 50+ years of age. Silver Sneakers/Renew Active may be used.

STROKE SURVIVOR EXERCISE PROGRAM

For more information or to register please call UH/SJMC Outpatient Rehab at 440-414-6050. There is a $50 initiation fee and then an ongoing $25 monthly fee payable to UH/SJMC.

The **UH St. John Medical Center Rehabilitation Department** has developed a community-based stroke exercise program in partnership with Westlake Community Services Equipped Fitness Room, which contains exercise equipment with unique pneumatic resistance technology. The resulting therapist-led exercise program will be held on **Tuesday and Thursday from 2:15-3:45pm.** Prospective participants should discuss this with their physician and be medically cleared. **No program 11/26, 12/24, 12/31**

BALANCE with Jen, YTT 200 Certified

November 3 & 17, December 1 & 15, 12:30pm. Cost: $8/class; payable before start of class.

Stay active and confident with a class designed to improve agility, flexibility, strength, and balance. No experience required. Exercises will be done using the floor, chair, and ballet barre for balance and support, allowing everyone to move safely and comfortably at their own pace. The class is set to music and will include breathing exercises to promote balance, calm the mind, and relax the body.

SIMPLY TAI CHI FOR BALANCE

Tuesdays, 11 am. Cost: $6/class; payable before start of class. No class 12/29

Learn breath, massage, mindful movements, and meditation self-care practices. Reduce stress, enhance strength, vitality, mental focus, and improve balance. FUN group practice.

Instructor: Antoinette Horn, Integral Qigong and Tai Chi Teacher, Senior Trainer Tai Chi Easy.

HEALING QIGONG - No class 11/26, 12/24, 12/31

Thursdays, 10 am. Cost: $6/class; payable before start of class.

Qigong (pronounced chee-gong), the practice of energy cultivation, is an ancient Chinese exercise that promotes optimal health, vitality, and longevity. The gently, rhythmic movements reduce stress, build stamina, increase vitality, and enhance the immune system. **Instructor: Bert Sanchez.**

TAI CHI FOR YOU - No class 11/26, 12/24, 12/31

Thursdays, 5 pm-6 pm Cost: $5/class; pay before 5pm

Bert Sanchez leads the class in more advanced level Tai Chi movements.

DANCE AND DEFINITION

Every Wednesday, 9 am. Cost: $8 payable before start of class.

Join our active cardio, strength, and flexibility class for those over 50 with AFAA Certified Fitness Pro Alice Drew Yoder. Enjoy a mix of dance fitness, Pilates, light weight training, and yoga stretching to music from all decades. Bring your favorite song requests! Wear athletic shoes, comfy clothes, and bring a water bottle. We supply mats and weights. Get ready for an hour of power and rejuvenation.

GENTLE YOGA with Jen, YTT 200 Certified (Not 11/30)

Mondays, 9 am. Cost: $10/class; payable before start of class (correct change appreciated).

Jen's class offers all the benefits of regular yoga in a slower, more comfortable pace through yoga poses (asanas) with gradual, slower-paced transitions, added breath work, meditation, and relaxation. The classes are upbeat and fun and always leading from the heart. Jen teaches students of all ages to feel calm, centered, empowered, and confident.

CHAIR YOGA with Jen, YTT 200 Certified (Not 11/23, 11/30, 12/21)

Mondays, 1:30pm. Cost: $8/class; payable before start of class (correct change appreciated).

Chair yoga is a gentle form of yoga done seated or using a chair for support. It improves flexibility, strength, balance, and posture while reducing stress and tension. Some benefits are improved mental clarity, focus and being more mindful & present. This low-impact practice is accessible for all ages and abilities, making it ideal for seniors, beginners, and those with limited mobility. The class centers around breath and movement to create a comfortable yoga flow.

YOGA - Flexibility with Chris, E-RYT

Mondays, 5 pm-6:15 pm.

No class 12/28

Cost: $8/class, passes available; payable before start of class. Correct Change appreciated - Changing to $10 in January

At this evening and in-person class, you stretch and strengthen. Beginning and experienced yoga students welcome. Bring a mat and any props you like (strap, block, blanket).

FRIDAY MORNING YOGA with Chris, E-RYT

Fridays, 9 am. Cost: $8/class (correct change appreciated); payable before start of class. Changing to $10 in January. No class 11/27 & 12/25

The perfect start to your day! Begin with centering and focusing on the breath. Move through a variety of poses to awaken the body, and end with rest and relaxation. Leave class focused and energized. Especially good for those familiar with yoga but open to all. Poses can be modified depending on what you need that day. Bring a mat and any props you like (strap, block, blanket).

LINE DANCING

Fridays, 1 pm. Cost: $6 (correct change appreciated); payable before start of class

Not 11/27, 12/18, & 12/25

Get ready to move and have fun with **Jamie Wylie**! Enjoy a lively mix of music that will have you dancing along in no time. This upbeat line dancing class promises an hour of energy, laughter, and guaranteed fun for everyone. December 11th - Holiday Class



ADAPTIVE CARDIO DRUMMING

Mondays, 12:30pm. FREE. No registration is required but space is limited.

No class 11/30, 12/21, 12/28

This is a 30-minute cardio drumming class for people who would like a slower pace.

Your instructors are Abby, Heather, Jennifer, and Jodi.

Mondays, 12:30 pm. Free. We will only accommodate the first 14 participants. Please be respectful of not entering the class after it has begun.



CARDIO DRUMMING

Wednesdays, 2 pm. FREE. Limited spaces available. Doors open at 1:45pm.

No Class 11/18, 11/25, 12/16, 12/23/, 12/30

Cardio drumming turns it into a full-body workout that will leave you smiling, sweating, and feeling great.

Your instructors are Abby, Heather, Jennifer, and Jodi.

Reservations and payments are taken Monday—Friday; 9:00am—3:00pm.

DAY TRIPS WITH JKL TOURS

Thursday, January 7 2007 – MAMMA MIA! The Musical @ Playhouse Square • $119 • Moderate Walking

A mother. A daughter. Three possible dads. And a trip down the aisle you'll never forget! Escape to a sunny Greek island for the ultimate feel-good musical! On the eve of her wedding, a young bride's search for the father she's never known brings three men from her mother's past back into their lives—with plenty of surprises along the way. For more than 25 years, audiences around the world have fallen in love with **MAMMA MIA!**, a joyful celebration of love, friendship and family set to the unforgettable music of ABBA. Get ready for favorites like Dancing Queen, Super Trouper, Take a Chance on Me, Gimme! Gimme! Gimme! and, of course, Mamma Mia! Our group will enjoy great main-floor seats, located about midway back in the theater. Come along for a fabulous afternoon of music, laughter and ABBA fun!

Depart at 6:15 PM and return approximately 10:30 PM.

Payable by check written to **JKL Tours** by 11/30.

***Watch for more trips coming in 2027!**

OVERNIGHT TRIPS WITH WENDT TOURING

Treasures of Ottawa by Rail: 4 days Springtime
May 11-14, 2027

Canadas National Capital Tulip Festival, Via Rail Canada, Ottawa River Boat Cruise, Rideau Falls, Embassy Row, Parliament, Byward Market, Changing of the Guard Ceremony, Notre Dame Cathedral, National Museum of Civilizations, Quebec, Saint Lawrence Seaway, Toronto and more. There is something magical about train travel. All four days at the beautiful Lord Elgin Hotel located downtown.

Americas Wild West – South Dakota: 7 days early Summer
June 21-27,2027

Mount Rushmore National Memorial, The Black Hills, Badlands National Park, Amtrak's Empire Builder Train, Mississippi River Cruise, Custer State Park, Crazy Horse Memorial, Historic Deadwood, The Corn Palace, Wall Drug, Des Moines State Capitol Tour, Chuckwagon Supper and Show, Minnesota, Illinois and more.
4 nights South Dakota, 1 night Wisconsin, 1 night Iowa.

Nova Scotia and Prince Edward Island: 7 days (by air) late Summer
August 22-28,2027

The Atlantic Maritimes of Canada, Halifax, Peggys Cove, Cape Breton Island National Park, Cabot Trail, Bras d'or Lake, Gaelic College, Alexander Grahm Bell Museum, New Brunswick, Citadel, Cavendish Beach, Historic Charlottetown, Summerside, Anne of Green Gables, North Cumberland Strait Steamer Ferry and more.
2 nights Halifax, 2 nights Baddeck, 2 nights Prince Edward Island.

The Great Southwest – New Mexico and Arizona: 8 days (by air)
October 3-10, 2027

Albuquerque Balloon Festival, Grand Canyon National Park, Santa Fe State Capitol, Hot Air Balloon Grand Ascension, Indian Pueblo Cultural Center, Sandia Peak Arial Tramway, Route 66, Miraculous Stairway, Palace of the Governours, Historic Turquois Trail, Amtrak's Southwest Chief Train, Grand Canyon National Park, Sedona, Oak Creek Canyon, Painted Desert. Petrified Forest and more.
2 nights Albuquerque, 2 nights Santa Fe, 3 nights Grand Canyon area.

Tour Presentation with Trip brochures and registrations for all 2027 tours :
Monday November 9 at 1:15 pm. Call to RSVP

THANK YOU SPONSORS

PLATINUM: $3,000+

O'Neill Healthcare



GOLD: $1,000–2,999

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A division of CNB Bank

Life Care Center of Westlake

Rocky River Village

Cleveland Road Runners Club
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Foundations Health Solutions

Nivalis Health

Carolyn L. Farrell Foundation

Fairmont Senior Living of Westlake
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ComForCare Home Care

Hearing Science

Rotary Westlake - Bay Village

End Of Life Enlightened

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KELLERWILLIAMS

Jenkins Funeral Chapel, Inc.
www.jenkinsfuneralchapel.com

THANK YOU COFFEE & CUP SPONSORS

Thank you to our Connections Café sponsors (O'Neill Healthcare, Fairmont Senior Living, Carolyn L. Farrell Foundation and Cleveland Road Runners Club) for generously providing the coffee, tea, and cups—allowing everyone to enjoy this warm treat at no cost!

Thank you to ERIE BANK for their generous support, including providing coffee for participants at all of our special events and programs. Their contribution enhances the experience and helps create a warm, welcoming, and engaging environment.

We sincerely appreciate the above sponsors along with those listed within this edition of Pathways, for their continued commitment to our community.

NOVEMBER PATHWAYS CALENDAR

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 9:00 Gentle Yoga 12:30 Adaptive Cardio 1:00 Chair Volleyball 1:00 Pinochle 1:30 Chair Yoga 5:00 Yoga - Flexibility	**3** 9:00 Needle Away With Us 9:00 Values Gold & Silver 10:00 Legal Help-10:30 11:00 Simply Tai Chi/Balance 12:00 Chess 12:30 Balance/Jen 2:15 UH/SJMC Stroke/Ex.	**4** 9:00 Dance & Definition 9:00 Coffee/Vet 9:00 Wii Bowling 10:00 Music Bingo 10:30 Reiki 12:00 Happy Quilters 2:00 Cardio Drumming 2:00 Grief Support-Drop In	**5** Judith on Piano 9:00 Panera Bread 9:30 Movie-Nine to Five 10:00 Healing QiGong 11:00 ETC. 11:00 Stayin' Alive, Stayin' Alive 11:30 Blood Pressure Screening 1:00 Oil Painting 1:30 Movie-Nine to Five 2:15 UH/SJMC Stroke/Ex. 5:00 Tai Chi For You	**6** 9:00 Yoga with Chris 10:00 Bingo for Fun 10:00 Chair Massage 11:00 Relaxing Sound Bath 11:00 Medicare Consultations 11:00 Sound Bath 12:00 Chess 1:00 Out of Bounds - Documentary 1:00 Line Dancing 1:00 Shuffleboard-Indoor 1:00 Watercolor
9 9:00 Gentle Yoga 11:00 Talk & Treats 12:00 Hospice Cards 12:30 Adaptive Cardio 1:00 Chair Volleyball 1:00 Pinochle 1:15 Wendt Touring Presentation 1:30 Chair Yoga 5:00 Yoga - Flexibility	**10** 9:00 Needle Away With Us 10:00 Legal Help-10:30 10:00 Dominoes 11:00 Meditation 11:00 Simply Tai Chi/Balance 12:00 Lunch Bunch 12:00 Chess 1:00 Mah Jongg 1:30 Page Turners -**Mystery Under the Mistletoe** 2:15 UH/SJMC Stroke/Ex. 3:00 Dover Intermediate Service Club - Recipe	**11** 9:00 Dance and Definition 9:00 Puzzle Exchange 9:00 Wii Bowling 9:30 Veteran's Day Brunch 10:30 Reiki 11:00 Senior Strong 1:00 Brain Games 2:00 Cardio Drumming 3:00 Advisory Council Meeting	**12** Denise on Piano 9:00 Panera Bread 9:30 Movie- Straight Talk 10:00 Healing QiGong 10:00 How to Know a Person 11:00 Ask a PT 11:00 Photography Club 1:00 Oil Painting 1:30 Movie- Straight Talk 2:15 UH/SJMC Stroke/Ex. 5:00 Tai Chi For You	**13** 9:00 Yoga with Chris 10:00 Technology Help 11:00 Route 66 Talk 11:00 Medicare Consultation 12:00 Chess 12:00 Tech Talk 1:00 Line Dancing 1:00 Shuffleboard-Indoor 1:00 Watercolor
16 9:00 Gentle Yoga - Jen 10:00 Book Discussion 12:30 Adaptive Cardio Drum 1:00 Chair Volleyball 1:00 Pinochle 1:30 Chair Yoga-Jen 5:00 Yoga with Chris	**17** 9:00 Needle Away With Us 10:00 Legal Help-10:30 11:00 Before the Chaos 11:00 Coffee/Conversation 11:00 Simply Tai Chi/Balance 12:00 Chess 12:30 Balance/Jen 1:00 Mah Jongg 2:00 Rhythm & Connections 2:15 UH/SJMC Stroke/Ex.	**18** 9:00 Dance and Definition 9:00 Wii Bowling 10:30 Reiki 11:00 Thanksgiving Lunch	**19** Judith on Piano 9:00 Panera Bread 9:30 Movie-Steel Magnolias 10:00 Healing QiGong 10:00 How to Know a Person 1:00 Hearing Screenings 1:00 Oil Painting 1:30 Movie-Steel Magnolias 2:15 UH/SJMC Stroke/Ex. 5:00 Tai Chi For You	**20** 9:00 Yoga with Chris 10:00 Chair Massage 11:00 Medicare Consult. 11:00 Relaxing Sound Bath 12:00 Chess 1:00 Dolly Parton - Here I am 1:00 Line Dancing 1:00 Shuffleboard-Indoor 1:00 Watercolor
23 9:00 Gentle Yoga - Jen 11:00 Senior Tech Empowerment Project 12:30 Adaptive Cardio Drum 1:00 Chair Volleyball 1:00 Pinochle 5:00 Yoga with Chris	**24** 9:00 Needle Away With Us 10:00 Dominos 11:00 Simply Tai Chi/Balance 11:00 Meditation 12:00 Lunch Bunch 12:00 Chess 1:00 Mah Jongg 2:15 UH/SJMC Stroke/Ex.	**25** 9:00 Dance and Definition 9:00 Wii Bowling 11:00 TED Talk - Dolly Parton Connection Cafe Closed	**26** CLOSED HAPPY THANKSGIVING DAY	**27** CLOSED 
30 CLOSED will re-open Tuesday	THE EQUIPPED FITNESS ROOM OPEN M-F 9:00AM–3:00PM DOORS WILL BE LOCKED WHEN ATTENDANT IS NOT PRESENT. MEMBERSHIP REQUIRED			

DECEMBER PATHWAYS CALENDAR

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	**1** **9:00** Needle Away With Us **9:45** Breakfast Club for Men **10:00** Legal Help-10:30 **11:00** Simply Tai Chi/Balance **11:15** Lake Erie Bridge **12:00** Chess **12:30** Balance/Jen **1:00** Cleveland Holiday Traditions **1:00** Mah Jongg **2:15** UH/SJMC Stroke/Ex.	**2** **9:00** Coffee/Vet **9:00** Dance and Definition **9:00** Wii Bowling **10:00** Holly Jolly Party **12:00** Happy Quilters **2:00** Cardio Drumming	**3** Judith on Piano **9:00** Panera Bread **9:30** Movie-**A Christmas Story** **10:00** Healing QiGong **10:00** How to Know a Person **11:30** Blood PressureScreening **1:00** Oil Painting **1:30** Movie-**A Christmas Story** **2:15** UH/SJMC Stroke/Ex. **5:00** Tai Chi For You	**4** **9:00** Yoga with Chris **10:00** Bingo For Fun **10:00** Chair Massage **11:00** Relaxing Sound Bath **12:00** Chess **1:00** Line Dancing **1:00** Shuffleboard-Indoor Watercolor
7 **9:00** Gentle Yoga - Jen **11:00** Pearl Harbor: Into the Arizona **12:30** Adapt. Cardio Drum **1:00** Chair Volleyball **1:00** Pinochle **1:30** Chair Yoga-Jen **5:00** Yoga with Chris	**8** **9:00** Needle Away With Us **10:00** Dominoes **10:00** Legal Help-10:30 **11:00** Simply Tai Chi/Balance **11:00** Meditation **12:00** Chess **12:00** Lunch Bunch **1:00** Afternoon Tales **1:00** Mah Jongg **2:15** UH/SJMC Stroke/Ex. **3:00** Dover Intermediate Service Club - Ornament	**9** **9:00** Dance and Definition **9:00** Puzzle Exchange **9:00** Wii Bowling **10:00** Music Bingo **11:00** Welcome Wednesday **11:00** Senior Strong **12:00** Happy Quilters **1:00** Brain Games **2:00** Cardio Drumming	**10** Denise on Piano **9:00** Panera Bread **9:30** Movie-**A Dog's Perfect Christmas** **10:00** Healing QiGong **10:00** How to Know a Person **11:00** Photography Club **1:00** Oil Painting **1:00** Ballroom Dancing **1:30** Movie-**A Dog's Perfect Christmas** **2:15** UH/SJMC Stroke/Ex. **5:00** Tai Chi For You	**11** **9:00** Yoga with Chris **10:00** Surviving the Holiday after Loss **12:00** Chess **12:00** Tech Talk **1:00** Line Dancing **1:00** Shuffleboard-Indoor **1:00** Watercolor
14 **9:00** Gentle Yoga - Jen **11:00** Talk & Treats **12:00** Hospice Cards Holiday **12:30** Adapt. Cardio Drum **1:00** Pinochle **1:30** Chair Yoga-Jen **5:00** Yoga with Chris	**15** **9:00** Needle Away With Us **10:00** Legal Help-10:30 **11:00** Simply Tai Chi/Balance **12:00** Chess **12:30** Balance/Jen **2:00** Rhythm and Connect. **2:15** UH/SJMC Stroke/Ex.	**16** Judith on Piano **9:00** Dance and Definition **9:00** Wii Bowling **12:00** Happy Quilters **1:00** Holiday Cheer with Company D	**17** **9:00** Panera Bread **10:00** Healing QiGong **11:00** Holiday Luncheon **1:00** Oil Painting **2:15** UH/SJMC Stroke/Ex. **5:00** Tai Chi For You **No Movie Today**	**18** Open 8am-10:30am **9:00** Yoga with Chris **Connection Cafe Closed** **Department Closing Early**
21 **9:00** Gentle Yoga - Jen **11:00** Movie-**Christmas on the Square** **1:00** Chair Volleyball **1:00** Pinochle **5:00** Yoga with Chris	**22** **9:00** Needle Away With Us **10:00** Dominoes **11:00** Simply Tai Chi/Balance **11:00** Meditation **12:00** Chess **12:00** Lunch Bunch **1:00** Mah Jongg **2:15** UH/SJMC Stroke/Ex.	**23** **9:00** Dance and Definition **9:00** Wii Bowling **11:00** Ted Talk	**24** **Connection Cafe Closed** **No Movie Today**	**25** CLOSED MERRY CHRISTMAS
28 **9:00** Gentle Yoga - Jen **11:00** Movie - **The Most Wonderful Time of the Year** **1:00** Chair Volleyball **1:00** Pinochle **1:30** Chair Yoga-Jen **5:00** Yoga with Chris	**29** **9:00** Needle Away With Us **12:00** Chess **1:00** Mah Jongg **2:15** UH/SJMC Stroke/Ex.	**30** **9:00** Dance and Definition **9:00** Wii Bowling **11:00** New Year's Eve Celebration	**31** **9:00** Panera Bread **10:00** Movie-**When Harry Met Sally** **NO Afternoon Movie**	**1** CLOSED Happy New Year

INFORMATION PATHWAY
Donna Feorene, Outreach Coordinator

MoCA screenings:

If you have had recent surgery, been hospitalized, either as an inpatient or in rehab, or expressed concern about your memory, you may have had a MoCA (Montreal Cognitive Assessment) screening. The MoCA is a quick screening tool designed to help identify cognitive impairments. It covers a range of cognitive areas, including memory, attention, language, and executive function. In the case of surgery, stroke recovery, or brain injury recovery, this tool is often used to find a baseline and track recovery. Some physicians are even using it during annual physicals to assess cognitive change!

Many of you have had one of these tests – it is the one where you were asked to draw a clock, count in intervals, name animals, and recall words, in addition to other things. It is important to remember that while this is a great screening tool, it is not a diagnostic one. Rather, it is a helpful way to flag potential issues that may warrant further evaluation.

MoCA scores are just one part of your big picture. Don't jump to conclusions based on your score on this test alone. Instead, use the results, along with other assessments, to help you understand issues and decide, with your physician, your best next steps.

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