



Westlake
COMMUNITY
SERVICES

Engage - Enrich - Empower



September/October 2026 Volume 4 Issue 5

pathways

Shot of Prevention

Giant Eagle will be back on **Thursday, October 1** from **9 am-1 pm** with flu vaccines. High-dose vaccines will be available. Covid vaccines will be available if possible.

Appointment Required

Make sure you:

- **Wear a short-sleeved shirt**
- **Bring your Medicare or insurance cards**
- **Bring your Giant Eagle card to receive a \$5 credit on your next shopping trip. *You MUST bring the card to get the credit***
- **Ask for any proof of vaccination you need while you are here.**



**Make your
appointment today
for best times!**

Reminder:

Important Event Booking Guidelines

When reserving a spot for events, please remember to **call and cancel** if you are unable to attend. We maintain waitlists for many of our programs, 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!**

**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.

Dennis M. Clough, Mayor

The City of *Westlake* Ohio

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

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, Monday–Friday, 9:00am–3:00pm. For non-paid events, call during these hours.** Registration is available for yourself and a spouse or significant other.

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 **page 3** 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

Programs may be cancelled and refunded if minimum participation is not met. If you paid for a program but need to cancel, you may receive a refund if you cancel before the pay-by date. Refunds for \$2.00 or less will not be processed. After the pay-by date we are unable to process refunds unless there is a wait list and the spot is filled and paid for by another patron. Trip refund and cancellation policy is 30 days before the date of trip for a full refund unless otherwise stated. Center gift cards are non-refundable. **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 you call to cancel.**

Holiday Schedule

City of Westlake offices are closed on **Monday, September 7 in observance of Labor Day.**

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, October 14, 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).

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**** **The Connections Café**
- **Equipped Fitness Room** **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,

As we welcome the fall season, we're reminded that good health and safety are about more than doctor visits—they're about making everyday choices that help us stay active, informed, connected, and independent.

This month's newsletter is filled with opportunities to support your well-being. Join us at the City-Wide Wellness & Safety Fair on Saturday, September 12, from 10 a.m. to 1 p.m. at the Recreation Center, presented in partnership with UH St. John Medical Center. Explore community resources, receive health screenings, and learn practical ways to stay healthy and safe. Get moving with the return of *Alice Drew Yoder's Dance & Definition class* (pg. 15), refresh your driving skills with the *AARP Smart Driver Course* (pg. 8), and take advantage of our *upcoming vaccination clinic* (pg. 1) as we prepare for the fall and winter seasons.

Health also includes our emotional and social well-being. Our *ETC (Engage, Thrive, Connect) program* (pg. 4) offers meaningful opportunities to build friendships and stay connected—an important part of healthy aging. And because safety extends beyond our physical well-being, be sure to read this month's article on romance scams or attend our program on *Deed Scams* (pg. 6). Recognizing the warning signs can help protect you and your loved ones from financial fraud.

I encourage you to take advantage of these programs and resources as we work together to build a healthier, safer, and more connected community.

Regards,

Lydia Gadd, Director



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Marianne Bodine, Paul Del Vecchio, Tom Judge, Mary Kana, Mark Kearns, Marty Kelly, Bob Kowal, Peggy Marquard, Jeff McNab, Brooke O'Donnell, John Price, Mary Rabatsky, Joe Starin, Claude Campbell

COMMUNITY SERVICES ADVISORY COUNCIL MEMBERS

Dawn Evans, Carmela Freeman, Betty Kearney, Cris Kennedy, Amy Kubacki, Erin Manning, Jane Perry, Jen Thomas

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

Rober & Jennifer Budzifek
David & Ann Dinunzio
John & Claire Young
Kathrine Jensen

Kenji & Misao Kirokawa
Saifuddin Rasiwala
Porter Library
Natalie Bota

Janice Henninger
Jarosz
Loreen Flesher
Susan Adler

Bryan Kissling
Francine Sobon
Sarin Arjun

Food

George Carouba
Ursula Szmuluwich

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

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.

BLOOM, BRUSH, & BRAVO - SEPTEMBER AND OCTOBER

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: SEPTEMBER: DHOUND, A. OCTOBER: DANI ALTIERI MARINUCCI

BRAVO: MONTHLY PIANO SCHEDULE 12:00-1:00pm • Ruth and Nadine-4th Thursday

• Judith-1st Wednesday & 3rd Wednesday *In October* • Denise-2nd Thursday & 4th Wednesday

WELCOME WEDNESDAY

Wednesday, October 7, 11 am. FREE. RSVP by 9/30.

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!

ETC: ENGAGE • THRIVE • CONNECT

Please commit to attending all of these sessions.

Thursday, October 1 -November 5 (6 weeks), 11 am. FREE. RSVP by 9/23

Looking to make new friends and meaningful connections? ETC Engage • Thrive • Connect is a 6-week program designed to help individuals build new friendships in a supportive, welcoming environment. This is not a dating program, but an opportunity to connect with others through guided discussions and engaging activities. Whether you're new to the area, adjusting after the loss of a loved one, or simply ready to reconnect socially, ETC offers a relaxed space to meet new people and grow your social circle.

LADIES DAY- HISTORY OF APRONS

Thursday, September 10, 11 am. Cost: \$14, payable by 9/2

Presented by Mary Manning, Ph.D. of the Western Reserve Historical Society

Have you ever stopped to consider the stories woven into a simple piece of cloth? Join us for an upcoming presentation exploring the rich, surprising history of the apron. Far from just a kitchen accessory, the apron has served as a canvas for history, class, and social change. Do you have an apron packed away in a drawer or hanging in your kitchen that tells a story? We invite you to bring an apron that means something to you. Come share your story and discover the threads that connect us all! **Sponsors include: BrightStar Care (entertainment), Rose Senior Living, Northridge Rehabilitation and Senior Helpers (door prizes).**

Luncheon 11 am. - **Quiche, Green Salad, Fruit, Roll w/butter, dessert**

Entertainment 12 pm. - The History of Aprons.



BENT STRINGS- WOMEN IN MUSIC

Friday, September 11, 11 am

Cost: \$10, payable by one day prior.

The Women in Music program celebrates the great female musicians over the past 100 years. We will explore ten female artists and share their musical contributions, struggles, share their stories and songs. Our program starts in the 1920's and moves up through the decades. All of these artists have been inducted into various musical hall of fames.

MEDICARE 2027

Tuesday, September 15, 1 pm. Free. Call to reserve or use MyActiveCenter by one day prior

Donna D'Amico, a licensed and certified insurance agent will return to the Center to present an educational session on Medicare plans. She will discuss how to prepare for the upcoming Annual Enrollment Period (AEP) that begins on October 15 and ends on December 7 for new plans effective on January 1, 2027.

Each year during this period Medicare enrollees have the option to review and change their Medicare Advantage and Medicare Prescription Drug plans. She will discuss the "annual notice of change" information and what to do if you want to consider changing your plan.

PIRATE DAY LUNCHEON

Wednesday, September 16, 11 am.

Cost: \$15, payable by 9/9

Ahoy, mateys! Join us for our Pirate Day Luncheon, where we'll enjoy great food, festive fun, and a swashbuckling good time. Come dressed in your favorite pirate attire and get ready for an afternoon of laughter, camaraderie, and treasure-filled memories.

While they were not the only female pirates in the 18th Century, Anne Bonny and Mary Read were quite the dynamic duo. Known as the most notorious, formidable, and fearsome pirates of the Caribbean, Bonny and Read swore, fought and often dressed like men, brandishing pistols and cutlasses.

Door Prize sponsors: Rocky River Village and Rocking Mobility

11:00 am. Lunch: **Captain's Cauldron, Golden Polenta, Cannon ball rolls, Buried Treasure Delight, Coffee/Tea.**

12:00 pm. **Women in History presents, "Pirate Queens!"**



BUCKEYE BOOGIE

Friday, September 25, 9 am. - 3 pm.

Cost: \$25; payable by 9/16. Space is limited to the first 75 dancers.

We are excited to present our fifth Annual "Buckeye Boogie" line dancing workshop & luncheon, featuring several of Ohio's local line dance instructors and lots of open dancing to your favorite songs. This event will include a continental breakfast and boxed lunch.

This event is for beginner line dancers who have learned the basic moves.

In-Person Registration required





CHILI COOK-OFF

Wednesday, October 21, 11:30 am (Doors open at 11 am.)

Cost: \$10; payable by 10/13.

Our yearly activity fundraiser is back! Join us for food, fun and friends as we serve up samplings of different chili along with coleslaw, dessert and soft drinks. Your vote will determine the winner of "People's Choice."

This year's chili vendors include: **Northridge Rehabilitation, Concord Reserve, Life Care Center of Westlake, Foundations Health Solutions, O'Neill Healthcare, Brookdale Westlake Village, Jenkins Funeral Chapel, Aligned Health Center, and Ganzhorn Suites of Avon.** **Coleslaw by Senior Concierge, and Cutlery provided by Amy Margiotti.**

SHARE YOUR LOVE SEMINAR

Monday, October 5 at 11 am. Free. Call to register or use MyActiveCenter by 9/28.

Planning for the future doesn't have to be overwhelming. The Share Your Love Seminar is an engaging, informative workshop designed to help individuals organize their financial, legal, and personal information while initiating meaningful conversations with loved ones. Through the use of the Share Your Love Family Discussion Guide, attendees will learn how to clearly document their wishes, protect their families, and create a thoughtful plan that brings peace of mind today and clarity for tomorrow. Reserve your spot and take the first step toward securing your legacy and supporting the people who matter most. Presented by Abby Peterson of Equitable Advisors.

PROTECT YOUR HOME: UNDERSTANDING DEED SCAMS

Monday, October 19, 11 am; FREE Call to register or use MyActiveCenter by 10/16

Owning your home outright brings peace of mind, but it also increases vulnerability to fraud. Without a mortgage, there's no lender to oversee title searches or insurance, leaving you to guard your home's ownership history alone. Scammers exploit this by committing deed and title fraud, particularly in Cuyahoga County. They can forge your signature and "sell" your home on paper. Homeowners without mortgages, those settling estates, and owners of vacant properties are prime targets. If the residence is in Cuyahoga county, regularly check property records through the Cuyahoga County Fiscal Officer's MyPlace portal and sign up for their Property Alert service. Ensure you have an Owner's Title Insurance policy, which remains valid as long as you or your heirs own the property. Learn more from Emily McMahon of Erieview Title, a company with over 25 years of experience in safeguarding Greater Cleveland homeowners.



SPELLBOUND HALLOWEEN CELEBRATION

Friday, October 30, Lunch at 11 am. Entertainment at 12pm.

Cost: \$15, payable by 10/22

Join us if you dare for an afternoon of ghoulishly good food, spirited music, and Halloween fun! Our special musical guests, The Bent Strings Trio, will have you tapping your toes with a delightfully spooky playlist featuring hauntingly familiar classics including "I Put A Spell on You" and "Hey There Little Red Riding Hood".

Sponsors: Rocky River Village (dessert), ACC (favors), ComFor Care, ABC and Senior Helpers (doorprizes.)

Our culinary wizards have worked their magic to conjure up a delicious lunch featuring **Spellbound Sweet Potato Mac & Cheese, Goblin Medley Roasted Autumn Vegetables, Bewitched Bread, a Phantom's Sweet Treat for dessert, Witch's Brew Coffee, and Enchanted Tea.**

Whether you come dressed in festive Halloween colors, your favorite costume accessories, or simply ready to enjoy the fun, this is sure to be a "boo-tiful" afternoon filled with laughter, music, and seasonal cheer. Don't ghost us—we'd love to celebrate with you!



THE AMERICAN EXPERIMENT— DOCU-SERIES

Mondays, September 28 – October 26 at 1 pm. Call to register for the series or use MyActiveCenter.

A five-part documentary examines the origins of American democracy and the concept of self-rule, featuring insights from politicians, scholars, judges, Indigenous leaders, and commentators representing various political viewpoints. **See flyer for more detailed information.** Stay following each episode for a brief group discussion.



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.

September 3 – Yesterday – 2020

Starring Himesh Patel and Lily James. Romantic Comedy/Fantasy. Rated PG-13 for suggestive content and language. 1 hour 56 minutes.

September 10 – NO MOVIE TODAY

September 17 – The Express – 2008

Starring Rob Brown, Clancy Brown, and Dennis Quaid. Biography/Drama/Football. Rated PG for thematic content, violence, and language including racism and brief sensuality. 2 hours 10 minutes.

September 24 – Pressure – 2026

Starring Andrew Scott, Brendan Fraser, and Kerry Condon. Drama/History. Rated PG-13 for war violence, bloody images, some strong language, and smoking. 1 hour 40 minutes.

October 1 – Roofman – 2025

Starring John Channing Tatum, Kirsten Dunst, and Lakeith Stanfield. Biography/Dark Comedy/Crime. Rated R for language, nudity and brief sexuality. 2 hours 6 minutes.

October 8 – The Sheep Detectives – 2026

Starring Hugh Jackman, Brett Goldstein, and Patrick Stewart. Comedy/Adventure/Family. Rated PG for thematic material, some violent content, and brief language. 1 hour 49 minutes.

October 15 – First Man – 2018 **AFTERNOON SHOWING AT 1:00PM**

Starring Ryan Gosling, Claire Foy, and Jason Clarke. Period Drama/Biography. Rated PG-13 for some content involving peril and brief strong language. 2 hours 21 minutes.

October 22 – I Swear – 2025

Starring Robert Aramayo, Maxine Peake, and Somerled Campbell. Drama/Biography. R for language throughout and some violence. 2 hours.

October 29 – Young Frankenstein – 1974

Directed by Mel Brooks. Starring Gene Wilder, Terri Garr, Gene Hackman, Peter Boyle, Cloris Leachman, Madeline Kahn, and Marty Feldman. Slapstick Comedy. PG-13. 1 hour 46 minutes.

COFFEE WITH A VET *Please note change to September***

Wednesday, September 2, 10 am. Please R.S.V.P. by 8/26.

Meet for coffee and conversation beginning at 10:00am. **Event Sponsored by Mission BBQ**

Wednesday, October 7, 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

September 1 and October 6, 9:45 am for breakfast and a 10 am program.

Cost is \$4.

- September Topic: "Best Tanks of World War II" by Steven Pettyjohn, exploring WWII tanks, their effectiveness, and insights from tank museums.
- October Topic: "The Blitzkrieg Myth and the Fall of France," where Pettyjohn examines the swift German victory in 1940, separating fact from fiction regarding military strategies and their historical impact.

LUNCH BUNCH

Tuesdays, September 8 & 22 and October 13 & 27, 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, September 15, 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

September: Monday, September 14, 10 am. Call or use MyActiveCenter to register. This month the group is discussing *My Friends by Fredrik Backman*. My Friends, tells the story of four teenagers who form a powerful bond that ends up changing a stranger's life in the future. The narrative unfolds across two timelines, linking the present-day life of a young girl named Louisa with the teenage years of four friends whose fierce loyalty lays the groundwork for an enduring story about art and the human connection, the value of friendship and the relationship between grief and healing.

October: Monday, October 12, 10 am. Call or use MyActiveCenter to register. This month the group will be discussing *The Extraordinary Life of Sam Hell by Robert Dugoni*. Born with a rare condition that causes his eyes to appear bright red, Sam Hill grows up facing prejudice, bullying, and isolation. Through the unwavering love of his family and the support of unexpected friendships, Sam learns that our greatest challenges can become our greatest strengths. This moving and inspiring novel explores themes of kindness, resilience, faith, forgiveness, and what it truly means to see beyond appearances. Rich with heart and unforgettable characters, it's a story that will stay with you long after the final page.

PAGE TURNERS - GHOSTLY MYSTERY

Tuesday, September 8, 1:30 pm. Cost: \$4, payable by 9/1

Mystery fiction's amateur sleuths don't always solve crimes alone. Sometimes their most valuable allies are decidedly unconventional: the ghostly Aunt Dimity writing clues in Lori's blue journal, the matchmaking spirit Jitty helping Sarah Booth solve murders, the ghost of 1940s PI Jack revisiting old cases, psychic intuitive Abby Cooper, time-traveling homicide detective Mallory Atkinson, and even witches with a knack for sleuthing. Together, they make up some of the genre's most unusual—and unforgettable—crime-solving partners. *Light refreshments from recipes from mystery writers will be served. Presenter: Irma Baker M.A.*

TECH TALK

Fridays, September 11, October 9, 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, September 10 & 24 and October 8 & 22, 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, September 14 and October 12, 11 am FREE. RSVP by one week prior to each date

September-Hydration: This presentation is designed to empower seniors, caregivers, and community members with practical knowledge they can use everyday. We will discuss the importance of hydration as we age, early signs of dehydration, what beverages and foods are best for hydrating, understanding how medication can be affected and simple strategies to maintain overall health and energy.

Presenter: Heather Vermillion, RN. Of ComforCare Home Care.

October-Preplanning: How do you want to be remembered? Losing a loved one is a difficult experience for anyone to go through. This presentation on arranging final wishes, covering planning steps, cremation, veterans' benefits, and natural burial options.

Led by **Preplanning Advisor Julie Graf Skinner for Busch Funeral**

TECHNOLOGY HELP SESSIONS

Friday, September 18, 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.

AARP SMART DRIVER

Friday, September 18, 9:30. Cost: \$20 AARP Members, \$25 for Non-Members; payable day of class to instructor. Call to reserve your spot. Space is limited.

Review driving skills, habit and knowledge of rules of the road. Local driving problems, safety tips and changes in driving responses to age-related physical changes and declining perceptual skills will also be presented. The class will go from 9:30 – 11:30, then you will have 30-minute lunch break before the class resumes at 12:00. Feel free to purchase a delicious lunch at our cafe.



NATURE PAM - MOTHER NATURE: CONTROLLABLE OR UNSTOPPABLE

Wednesday, September 23, 1 pm. Cost: \$2, payable by one day prior.

As long as humans have walked this earth, they have tried to control, stop, or harness Mother Nature's power. This program explores four locations where humans and Mother Nature have collided and how they live together now: the Johnstown Flood National Memorial, Kinzua Bridge St. Park, Niagara Falls and the Hoover Dam. **Presenter: Pam Sikora**

NATURE PAM - NEW RIVER GORGE: AGED TO PERFECTION

Wednesday, October 28, 1 pm. Cost: \$2, payable by one day prior.

This park boasts the oldest river in North America, preserves the West Virginian coal mining history, and is a gorgeous playground for today's visitors. This program flows through these ages to the park of today. **Presenter: Pam Sikora**

GEMINI PRESENTATION

Thursday, September 24, 11 am. FREE RSVP one day prior

Come learn about Gemini. This is an AI tool that can perform a variety of items.

Presenter: Chad Statler, Westlake Porter Library.



HISTORY OF THE CLEVELAND BROWNS

Wednesday, September 30, 11 am. FREE RSVP one day prior

Join us for an engaging look at the history of the Cleveland Browns, one of the most storied franchises in professional football. From the early days of success to the team's modern era, discover how the Browns have shaped the sports culture of Cleveland and left a lasting impact on the NFL.

Presenter: Institute of Learning in Retirement at Baldwin Wallace.



ALFRED HITCHCOCK PRESENTS

Fridays, Sept. 4, 11, 18, & October 2, 9. (No Class 9/25), 1 pm

Please sign-up for the entire series at registration. R.S.V.P. by 8/28

Cost: \$10 payable by 9/1

Terry Meehan, a teacher of film appreciation at Lorain Community College will present a 5-part series on Alfred Hitchcock movies. Each week we will begin with a brief introduction and then view the half-hour episode. After the screening we will share our reactions and discuss the film.



COWBOYS AND THE OLD WEST – Sarah Beebe

Friday, September 25, 1 pm.

Free. Call or use MyActiveCenter to register by one day prior.

Whoopie ti yi yo, git along little dogies. Come learn about real life cowboys and the fictional characters we loved from tv and movies. Don't worry, Roy Rogers and Trigger are included too!



AMISH COUNTRY- Sarah Beebe

Friday, October 23, 1 pm.

Free. Call or use MyActiveCenter to register by one day prior.

Discover the fascinating world of Amish culture and the beauty of Amish Country in this engaging presentation. Learn about Amish traditions, beliefs, daily life, and the values that have shaped their communities for generations. Gain a deeper appreciation for this unique way of life while exploring the history and charm of Amish Country.



THE ART OF POP MUSIC – Neil Diamond

Tuesday, October 6 at 1 pm. Cost: \$2 payable by 10/5

Neil Diamond's career as a singer/songwriter got off to a rocky start, but once his early songs began being covered by other artists, he took off like a rocket. We will learn about his early life, and the lean 7 years before he became a household name. We'll listen to a number of his most memorable recordings and learn about the many honors he has earned as a recording artist. **Presented by Dr. Joel Keller.**

AFTERNOON TALES with Erin Manning

Tuesday, October 27, 1 pm. Free. Call to register or use MyActiveCenter by 10/23

Get ready for an afternoon of spooky storytelling and seasonal fun! Join Westlake Porter Librarian Erin Manning as she brings creepy tales, mysterious moments, and frightfully good books to life. Celebrate the Halloween season with stories sure to entertain, delight, and maybe send a little shiver down your spine!

TED TALK - Facilitated by Center Director Lydia Gadd

Wednesdays, September 23 & October 28 , 11am. FREE. RSVP by one day prior to each date.

September - More Adventures in Replying to Spam

This month we will view the pre-recorded TED Talk entitled "More Adventures in Replying to Spam" by James Veitch. With his signature wit and creativity, Veitch turns ordinary spam emails into hilariously absurd exchanges while exploring humor, curiosity, and the unexpected ways we interact online. Be ready to laugh, share your thoughts, and discuss what his playful approach reveals about communication in the digital age.

October - Your kids might live on Mars: Here's how they'll survive.

What would it take for humans to thrive on Mars? In this engaging TED Talk, Stephan Petarek explores the technologies and innovations that could make life on the Red Planet possible for future generations. Join us as we discuss the challenges of human space exploration, the solutions being developed today, and what preparing for life on Mars can teach us about solving challenges here on Earth.

IMPROVE YOUR BALANCE AND STAY ACTIVE!

Friday, October 9, 11am. Free. Call to register or use MyActiveCenter by 10/2

Get ready for a fun and interactive balance presentation with **licensed physical therapist Dawn Evans!** Discover easy ways to improve your stability, boost confidence, and stay active through engaging activities, simple movement exercises, and practical tips you can use every day. Be sure to bring comfortable socks or house shoes so you can join in the fun!

WOMEN INSPIRING WOMEN - Join us for this Women's Only Event

Friday, October 23, 10 am.

(No program on 9/25)

Dhuoda Chronicles a Carolingian Life

Take a closer look at everyday life and politics in the Middle Ages with the chronicle kept by Dhuoda for her young son. Through her writing, we can gain rare insight into this time of constant warfare and shifting alliances from the perspectives of a highly educated woman who stands in for the many women whose voices are lost to time.

(Pastries provided by O'Neill Healthcare)

Reminder: Important Event Booking Guidelines

When reserving a spot for events, please remember to **call and cancel** if you are unable to attend. We maintain waitlists for many of our programs, 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!**

CHAIR VOLLEYBALL

Mondays, 1 pm. FREE. Just drop-in prior to start time. (not 9/7)

DOMINOES - Mexican Train

Tuesdays, September 8 & 22 and October 13 & 27, 10 am-11:30 am. FREE. RSVP by one day prior.

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, relax, and enjoy creating alongside others.

PINOCHLE

**Mondays, 1 pm-3:30pm. (not 9/7)
FREE. Just drop in prior to start time.**

MAH JONGG -Open to Experienced Players

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

CHESS

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

PUZZLE EXCHANGE

September 9, & October 14 9 am-11 am

Wii Bowling – Returns in October!

Wednesdays, 9 am – 11 am.

FREE No RSVP necessary, just drop in.

LAKE ERIE BRIDGE - Returns!

Tuesday, September 1 and October 6 at 11:15 am

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.)

DRIED FLOWER ARRANGEMENTS – Westlake Garden Club

Thursday, September 17, 10:30 am-12:30 pm. Cost: \$4, payable one week prior to class. Limited spaces available. Register today.

Attendees will be required to bring in a vase or container for the arrangement.

Instructor: Glendalee Burns is a member of the Avon on the Lake Garden Club, past member for 40 years of the Herb Society of America, honorary member of The Herb Guild Garden Club for 47 years, and designer of the Peter Miller House Museum Herb Garden. Glendalee has given dried flower and herb presentations for multiple garden clubs including the fall 2025 Garden Club of Ohio meeting. She owns and tends both a beautiful garden and historic home in Avon Lake.



BINGO FOR FUN

Fridays, September 4 and October 2, 10 am. Cost \$4, payable one week prior

A boxed or bagged lunch will be given out at the end of the event for you to enjoy.

September sponsored by Always Best Care, October Sponsored by Assisted Living Locators

MUSIC BINGO/Continental Breakfast

Wednesdays, September 9 and October 14, 10 am; Cost: \$4, payable by one week prior to each date.

This Bingo is exciting and fun, using familiar music of the Big Band, Golden Oldies, Crooners, and '50s & '60s theme songs. **(September Breakfast provided by Brookdale Senior Living, October Entertainers sponsored by Foundations Health Solutions)**

HAPPY QUILTERS

Wednesdays, September 10 am-2:30 pm. Wednesdays, October 12 pm-3 pm FREE.

We ask that you are registered with our Center and swipe in when you arrive.

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. *(Please note time change in October)*

HOSPICE CARD MAKING

Mondays, September 14 & 28 and October 12 & 26, 12 pm -3 pm. FREE. Walk in!

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 Instructor/Class will work on projects for the Month of September

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. *The instructor will be temporarily out, and the class is permitted to work on their projects during regular class time. Regular instruction will return in October. There is no charge for these dates.*

WATERCOLOR

Fridays, 1:00pm-3:00pm. Cost: \$10/class; payable before class.

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

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

Thursdays, September 18 and October 16, October 23, 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.

LIVE SENIOR STRONG!

Wednesdays, September 9 and October 14, 11 am. FREE. RSVP by one day prior to each date.

We are picking up and carrying on after the tragic loss of our dear friend, Bob Piovarchy. **Dana Grande from the Far West Center**, is looking forward to continuing our longtime class focused on mental well-being. Please join us for important conversations on meaningful dialogue in mental health.

BRAIN GAMES

Wednesdays, September 9 and October 14, 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!

GRIEF SUPPORT - Drop In

Wednesdays, September 2 and October 7, 2 pm. FREE. Call to let us know you are coming or just walk in!

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.

AVOID CAREGIVER BURNOUT

Thursday, October 8, 11 am. Free. Call to register or use MyActive by 10/5.

Caregiving is one of the most rewarding and selfless acts of kindness a family member can provide, but caring for another person is stressful. This program will offer insightful tips on how to relieve the tensions that come with caregiving. **Facilitated by Carleen Broberg of Nivalis Hospice.**

RHYTHM AND CONNECTION: A COMMUNITY DRUMMING EXPERIENCE

Tuesday, September 15 and October 20, 2 pm. Free. RSVP by one day prior.

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.

HOMEFIT: READY TO MAKE YOUR LIVING SPACEA LIFELONG HOME?

Friday, October 16 at 11 am. Free. Call to register or use MyActiveCenter by 10/9.

AARP surveys consistently find that older adults want to remain in their current homes and communities for as long as possible. Yet, barely one percent of the nation's housing supply contains any "universal design" elements—such as single story living or a sink that can be reached from a wheelchair. That's where AARP HomeFit comes in.

Based on the free **AARP HomeFit Guide**, this presentation can help individuals and families make their current or future residence—or that of a loved one—their "lifelong home."

RELAXING SOUND BATH

Fridays, September 4 & 18 and October 2 & 16, 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, September 17, 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, September 3 and October 1, 11:30 am-1 pm. FREE. Just Walk In!

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

CHAIR MASSAGE

Fridays, September 4 & 18 and October 2 & 16, 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, September 8 & 22 and October 13 & 27, 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.

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.

BRAIN HEALTH WITH KEMPER

Monday, September 21, 1 pm. Free. Call or use MyActiveCenter to register.

Your brain is the control center for every aspect of your health, yet many people don't think about protecting it until problems arise. Without a healthy brain, you may be at greater risk for serious health conditions such as dementia, diabetes, and cardiovascular disease. In this informative presentation, you'll learn the key pillars of brain health, practical strategies to keep your brain active and resilient, and the warning signs of cognitive decline that should never be ignored. Discover evidence-based lifestyle habits that support cognitive wellness and explore proactive steps that may help improve brain function and reverse symptoms associated with cognitive decline. Empower yourself with the knowledge to protect your most valuable asset--YOUR BRAIN! **Presenter: Kristin Kemper West, LNHA and Lana Sevel, Certified Brain Health Coach**

TIPS FOR AGING IN PLACE SAFELY

Monday, October 26, 10 am. Free. Call to register or use MyActiveCenter by 10/22.

Learn practical, easy-to-implement strategies to make your home safer and reduce the risk of falls while maintaining your independence. This interactive presentation covers common fall hazards, simple home modifications, and everyday safety tips that can help you age confidently in your own home. Each participant will receive a Home Safety Checklist to use as a guide when evaluating their home, along with a File of Life to organize important medical and emergency information for first responders. **Presented by Stephanie Bondi of Alert Care Ohio.**

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. (Not 9/7)

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.

BOCCE— LADIES-TUESDAYS; MIXED-WEDNESDAYS; BEGINNERS-THURSDAYS

Tuesdays/Wednesdays/Thursdays, 9 am-11 am. FREE. No RSVP necessary. Please swipe in before playing. **Ending in September**

All levels of bocce players are welcome to play along with the beginners on Thursdays.

New to bocce? Join the Learn to Play group. Instruction and rules of the game will be explained by an instructor to participants. Come learn how to play this social and exciting game! All the equipment for the game is provided.

These are public courts. If you have your own equipment you may play during any unscheduled time. You may call to check if courts are available for play during our business hours of M-F, 8:00am to 4:00pm—440.899.3544.

BALANCE with Jen, YTT 200 Certified

September 1 & 15 and October 6 & 20, 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.

SHUFFLEBOARD-OUTDOORS

Fridays, 1 pm. FREE. Just drop in!

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. Physical activity is part of a healthy lifestyle.

SIMPLY TAI CHI FOR BALANCE

Tuesdays, 11 am. Cost: \$6/class; payable before start of class.

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.

TAI CHI FOR YOU - Westlake Recreation Center for September & October

Thursdays, 5 pm-6 pm

The instructor will be temporarily out. No charge for self-instruction

HEALING QIGONG -

September & October Self-Instruction. Bert returns in November

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. No charge for self-instruction**

DANCE AND DEFINITION IS BACK! - Beginning September 2

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

Mondays, 9 am. Cost: \$10/class; payable before start of class (correct change appreciated). (not 9/7)

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.

YOGA - Flexibility with Chris, E-RYT

Mondays, 5 pm-6:15 pm.

Cost: \$8/class, passes available; payable before start of class. (not 9/7)

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).

CHAIR YOGA with Jen, YTT 200 Certified

Mondays, 1:30pm. Cost: \$8/class; payable before start of class (correct change appreciated). (not 9/7)

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.

FRIDAY MORNING YOGA with Chris, E-RYT

Fridays, 9 am. Cost: \$8/class (correct change appreciated); payable before start of class.

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 9/18, 9/25 & 10/23)

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.

ADAPTIVE CARDIO DRUMMING

Mondays, 12:30pm. FREE. Call to reserve by one day prior. (Not 9/7)

This is a 30-minute cardio drumming class for people who would like a slower pace. Your instructors are Abby, Heather, Jennifer, and Jodi. **PLEASE call if you need to cancel.**

CARDIO DRUMMING

Wednesdays, 2 pm. FREE. Limited spaces available. Doors open at 1:45pm. (Not 10/21)

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.



DAY TRIPS WITH JKL TOURS

Wednesday, October 14 – Scarecrows & Country Roads • \$99 • Moderate to Extensive Walking

Celebrate fall with a one-of-a-kind farm adventure! Start at Moreland Amish Fruit Farm, where the entire family pitches in—yes, even the baby. Enjoy a delicious lunch at The Barn Restaurant, with time to browse the nearby shops. Then head to Ramseyer Farms in Wooster for classic fall fun, including a festive hayride and a hands-on scarecrow-making activity. This fifth-generation family farm offers the perfect setting to tap into your inner child and savor the sights, sounds, and smiles of the season.

Depart 9 am and return about 4:30 pm. Payable by check written to JKL Tours by 9/11.

Sunday, November 29 – Christmas with the Cleveland Pops • \$109 • Moderate Walking

Celebrate the season with our annual holiday tradition! Enjoy the Cleveland Pops Orchestra and vocal chorus in a festive Christmas concert at the beautifully restored Connor Palace. Sing along to favorite holiday tunes from your main floor seats, then delight in a plated post-show dinner at Windows on the River with stunning riverfront views. On the return trip, take in Cleveland's sparkling holiday lights and soak in the magic of the season. Limited seating; this trip sells out every year.

Depart 12:45 pm and return about 7 pm. Payable by check written to JKL Tours by 10/9.

OVERNIGHT TRIPS WITH WENDT TOURING

Coming Attractions - 2027 Overnight Tours with Wendt Touring

Treasures of Ottawa by Rail : 4 days spring May 11-14, 2027
Canada's National Capital Tulip Festival. Accommodations at the beautiful Lord Elgin Hotel located in the heart of the city.

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

Mount Rushmore, Badlands National Park, The Black Hills, Mississippi River Cruise, Amtrak's Empire Builder Train.

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

The Atlantic Maritimes of Canada. Halifax, Peggy's Cove, Cape Breton National Park, Anne of Green Gables.

The Great Southwest - Arizona and New Mexico : 8 days fall foliage October 3-10, 2027 (by air)
Albuquerque Balloon Festival, Grand Canyon National Park, Santa Fe, Amtrak's Southwest Chief Train, Sedona,

Tour Presentation (with trip brochures and registration) : Monday November 9, 2026 at 1:15 p.m.

THANK YOU SPONSORS

PLATINUM: \$3,000–4,999

O'Neill Healthcare

GOLD: \$1,000–2,999



End Of Life Enlightened



SILVER: \$500–999



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.

SEPTEMBER PATHWAYS CALENDAR

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 9:00 Ladies Bocce 9:00 Needle Away With Us 9:45 Mens Breakfast 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 Mah Jongg 2:15 UH/SJMC Stroke/Ex.	2 9:00 Mixed Bocce 9:00 Dance & Definition 10:00 Coffee/Vet LUNCH 10:00 Happy Quilters 10:30 Reiki 2:00 Cardio Drumming 2:00 Grief Support-Drop In	3 9:00 Learn to Play Bocce 9:15 Panera Bread 9:30 Movie- ~~Yesterday~~ 10:00 Healing QiGong 11:30 Blood Pressure Screening 1:30 Movie- ~~Yesterday~~ 1:00 Oil Painting 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 Alfred Hitchcock 1:00 Line Dancing 1:00 Shuffleboard-Outdoor 1:00 Watercolor
7  HAPPY LABOR DAY CLOSED	8 9:00 Ladies Bocce 9:00 Needle Away With Us 9:45 Breakfast Club for Men 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 - Ghostly Mystery 2:15 UH/SJMC Stroke/Ex.	9 9:00 Mixed Bocce 9:00 Dance and Definition 9:00 Puzzle Exchange 10:00 Happy Quilters 10:00 Music Bingo 10:00 Live Senior Strong 10:30 Reiki 1:00 Brain Games 2:00 Cardio Drumming	10 Denise on Piano 9:00 Learn to Play Bocce 9:15 Panera Bread 10:00 Healing QiGong 11:00 Ladies Day Luncheon 11:00 Photography Club 1:00 Oil Painting 2:15 UH/SJMC Stroke/Ex. 5:00 Tai Chi For You No Movie Today	11 9:00 Yoga with Chris 11:00 Bent Strings 12:00 Chess 12:00 Tech Talk 1:00 Alfred Hitchcock 1:00 Line Dancing 1:00 Shuffleboard-Outdoor 1:00 Watercolor
14 9:00 Gentle Yoga - Jen 10:00 Book Discussion 11:00 Talk & Treats 12:00 Hospice Cards 12:30 Adaptive Cardio Drum 1:00 Chair Volleyball 1:00 Pinochle 1:30 Chair Yoga-Jen 5:00 Yoga with Chris	15 9:00 Ladies Bocce 9:00 Needle Away With Us 10:00 Legal Help-10:30 11:00 Coffee/Conversation 11:00 Simply Tai Chi/Balance 12:00 Chess 12:30 Balance/Jen 1:00 Medicare Discussion 1:00 Mah Jongg 2:00 Rhythm & Connections 2:15 UH/SJMC Stroke/Ex. Trip: Falling for Chagrin Falls	16 9:00 Mixed Bocce 9:00 Dance and Definition 10:00 Happy Quilters 10:30 Reiki 11:00 Pirate Luncheon 2:00 Cardio Drumming	17 Judith on Piano 9:00 Learn to Play Bocce 9:15 Panera Bread 9:30 Movie- The Express 10:00 Healing QiGong 10:30 Dried Flower Arrangement/WGC 1:00 Hearing Screenings 1:00 Oil Painting 1:30 Movie- The Express 2:15 UH/SJMC Stroke/Ex. 5:00 Tai Chi For You	18 9:00 Yoga with Chris 9:30 AARP Smart Driver 10:00 Chair Massage 10:00 Technology Help 11:00 Relaxing Sound Bath 11:00 Medicare Consult. 12:00 Chess 1:00 Alfred Hitchcock 1:00 Shuffleboard-Outdoor 1:00 Watercolor
21 9:00 Gentle Yoga - Jen 12:30 Adaptive Cardio Drum 1:00 Chair Volleyball 1:00 Pinochle 1:00 Brain Health 1:30 Chair Yoga-Jen 5:00 Yoga with Chris	22 9:00 Ladies Bocce 9:00 Needle Away With Us 10:00 Simply Tai Chi/Balance 10:00 Dominos 11:00 Meditation 12:00 Lunch Bunch 12:00 Chess 1:00 Mah Jongg 2:15 UH/SJMC Stroke/Ex.	23 Denise on Piano 9:00 Mixed Bocce 9:00 Dance and Definition 10:00 Happy Quilters 10:30 Reiki 11:00 TED Talk 2:00 Cardio Drumming 1:00 Nature Pam - Mother Nature	24 Nadine and Ruth on Violin and Piano 9:00 Learn to Play Bocce 9:15 Panera Bread 9:30 Movie- Pressure 10:00 Healing QiGong 11:00 Gemini Presentation 11:00 Photography Club 1:00 Oil Painting 1:30 Movie- Pressure 2:15 UH/SJMC Stroke/Ex. 5:00 Tai Chi For You	25 9:00 Yoga with Chris 9:00 Buckeye Boogie 12:00 Chess 1:00 Cowboy/Old West 1:00 Shuffleboard-Outdoor 1:00 Watercolor
28 9:00 Gentle Yoga - Jen 12:00 Hospice Cards 12:30 Adaptive Cardio Drum 1:00 Chair Volleyball 1:00 Pinochle 1:00 Docu-Series The American Experiment 1:30 Chair Yoga-Jen 5:00 Yoga with Chris	29 9:00 Ladies Bocce 9:00 Needle Away With Us 11:00 Simply Tai Chi/Balance 12:00 Chess 1:00 Mah Jongg 2:15 UH/SJMC Stroke/Ex.	30 9:00 Mixed Bocce 9:00 Dance and Definition 10:00 Happy Quilters 10:30 Reiki 11:00 History of CLE Browns 2:00 Cardio Drumming	Art Exhibition Wall September A. Dhound October Dani Marinucci	

OCTOBER PATHWAYS CALENDAR

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
THE EQUIPPED FITNESS ROOM OPEN M-F 9:00AM-3:00PM DOORS WILL BE LOCKED WHEN ATTENDANT IS NOT PRESENT. MEMBERSHIP REQUIRED			1 Judith on Piano 9:00 Flu Shot of Prevention 9:15 Panera Bread 9:30 Movie- Roofman 10:00 Healing QiGong 11:00 E.T.C. 11:30 Blood Pressure Screening 1:30 Movie- Roofman 1:00 Oil Painting 2:15 UH/SJMC Stroke/Ex. 5:00 Tai Chi For You	2 9:00 Yoga with Chris 10:00 Bingo For Fun 10:00 Chair Massage 11:00 Relaxing Sound Bath 12:00 Chess 1:00 Alfred Hitchcock 1:00 Line Dancing 1:00 Shuffleboard-Outdoor 1:00 Watercolor
5 9:00 Gentle Yoga - Jen 11:00 Share Your Love 12:30 Adapt. Cardio Drum 1:00 Chair Volleyball 1:00 Pinochle 1:00 Docu-Series The American Experiment 1:30 Chair Yoga-Jen 5:00 Yoga with Chris	6 9:00 Needle Away With Us 9:45 Men's Breakfast 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 Art of Pop Music - Neil Diamond 1:00 Mah Jongg 2:15 UH/SJMC Stroke/Ex.	7 9:00 Coffee/Vet 9:00 Dance and Definition 9:00 Wii Bowling 10:30 Reiki 11:00 Welcome Wednesday 12:00 Happy Quilters 2:00 Cardio Drumming 2:00 Grief Support	8 Denise on Piano 9:15 Panera Bread 9:30 Movie- The Sheep Detectives 10:00 Healing QiGong 11:00 Caregiver Burnout 11:00 E.T.C. 11:00 Photography Club 1:00 Oil Painting 1:30 Movie- The Sheep Detectives 2:15 UH/SJMC Stroke/Ex. 5:00 Tai Chi For You	9 9:00 Yoga with Chris 11:00 Improve Your Balance 12:00 Chess 12:00 Tech Talk 1:00 Alfred Hitchcock 1:00 Line Dancing 1:00 Shuffleboard-Outdoor 1:00 Watercolor
12 9:00 Gentle Yoga - Jen 10:00 Book Discussion 11:00 Talk & Treats 12:00 Hospice Cards 12:30 Adapt. Cardio Drum 1:00 Docu-Series The American Experiment 1:00 Chair Volleyball 1:00 Pinochle 1:30 Chair Yoga-Jen 5:00 Yoga with Chris	13 9:00 Needle Away With Us 10:00 Dominos 10:00 Legal Help-10:30 11:00 Meditation 11:00 Simply Tai Chi/Balance 12:00 Lunch Bunch 12:00 Chess 1:00 Mah Jongg 2:15 UH/SJMC Stroke/Ex.	14 9:00 Dance and Definition 9:00 Wii Bowling 9:00 Puzzle Exchange 9:30 Service Club 10:00 Music Bingo 10:30 Reiki 11:00 Live Senior Strong 12:00 Happy Quilters 1:00 Brain Games 2:00 Cardio Drumming Trip: Scarecrows & Country Roads	15 Judith on Piano 9:15 Panera Bread 9:30 Movie- First Man 10:00 Healing QiGong 11:00 E.T.C. 1:00 Oil Painting 1:00 Movie- First Man 2:15 UH/SJMC Stroke/Ex. 5:00 Tai Chi For You	16 9:00 Yoga with Chris 10:00 Chair Massage 11:00 Relaxing Sound Bath 11:00 HomeFit - AARP 11:00 Medicare Consult. 12:00 Chess 1:00 Line Dancing 1:00 Shuffleboard-Outdoor 1:00 Watercolor
19 9:00 Gentle Yoga - Jen 11:00 Deed Scams Talk 12:30 Adapt. Cardio Drum 1:00 Docu-Series The American Experiment 1:00 Chair Volleyball 1:00 Pinochle 1:30 Chair Yoga-Jen 5:00 Yoga with Chris	20 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 1:00 Mah Jongg 2:00 Rhythm & Connections 2:15 UH/SJMC Stroke/Ex.	21 9:00 Dance and Definition 9:00 Wii Bowling 10:30 Reiki 11:00 Chili Cook-Off 12:00 Happy Quilters Connections Cafe Closed	22 Nadine and Ruth on Violin and Piano 9:15 Panera Bread 9:30 Movie- I Swear 10:00 Healing QiGong 11:00 E.T.C. 11:00 Photography Club 1:30 Movie- I Swear 1:00 Oil Painting 2:15 UH/SJMC Stroke/Ex. 5:00 Tai Chi For You	23 9:00 Yoga with Chris 10:00 Women Inspiring Women 12:00 Chess 1:00 Amish Country 1:00 Shuffleboard-Outdoor 1:00 Watercolor
26 9:00 Gentle Yoga - Jen 10:00 Aging in Place Safely 12:00 Hospice Cards 12:30 Adapt. Cardio Drum 1:00 Docu-Series The American Experiment 1:00 Chair Volleyball 1:00 Pinochle 1:30 Chair Yoga-Jen 5:00 Yoga with Chris	27 9:00 Needle Away With Us 10:00 Dominos 11:00 Meditation 11:00 Simply Tai Chi/Balance 12:00 Lunch Bunch 12:00 Chess 1:00 Afternoon Tales 1:00 Mah Jongg 2:15 UH/SJMC Stroke/Ex.	28 Denise on Piano 9:00 Dance and Definition 9:00 Wii Bowling 10:30 Reiki 11:00 TED Talk 12:00 Happy Quilters 1:00 Cardio Drumming 1:00 Nature Pam - New River Gorge	29 9:15 Panera Bread 9:30 Movie- Young Frankenstein 10:00 Healing QiGong 11:00 E.T.C. 11:00 Photography Club 1:30 Movie- Young Frankenstein 1:00 Oil Painting 2:15 UH/SJMC Stroke/Ex. 5:00 Tai Chi For You	30 9:00 Yoga with Chris 11:00 Halloween Luncheon 12:00 Chess 1:00 Line Dancing 1:00 Shuffleboard-Outdoor 1:00 Watercolor

Protect Yourself from In-Person Romance and Friendship Scams

Meeting new people can bring friendship, companionship, and happiness at any stage of life. Unfortunately, some individuals take advantage of trust to steal money or personal information through fake friendships or romantic relationships.

Be cautious if someone you recently met:

- Rushes the relationship or says you are "special" very quickly.
- Frequently asks to borrow money or requests financial help.
- Pressures you to keep your relationship or financial assistance a secret.
- Discourages you from spending time with family and friends and refuses to let you meet their family or friends.
- Wants access to your bank accounts, credit cards, or personal information or rushes you into a legal union as a partner or heir.
- Encourages you to make quick financial decisions.

The best way to protect yourself is to take your time. Before lending money or making a major financial or legal decision, talk with a trusted family member or friend. Never feel pressured to act immediately, and remember that a genuine friend or partner will respect your boundaries and understand if you say no.

Remember, there is no shame in trusting someone who may be trying to take advantage of you. Many of us learn late in the game that a trusted person is a bad actor, and plenty of people are willing to help you get out of a situation. If you believe someone may be trying to scam you, stop giving them money, contact your bank if financial information has been shared, and speak with someone you trust. If you think a crime has occurred, report it to your local law enforcement agency.

Most new friendships are genuine and rewarding. Staying informed and trusting your instincts can help you enjoy new relationships while protecting yourself from those who do not have your best interests at heart.



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