<b>Newsworthy Notes</b>		4 WEST G. SENI			and, 44026 * 440-279-2163
ALL classes with the (VT) symbol listed after it, are available both LIVE and on	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Virtual Teams	1	2	3	4	5
Never Ending Knowledge Schedule	ALL SITES CLOSED	8:30-10:30 Italian Card Game	8:30-10:30 Italian Card Game	8:30-10:30 Italian Card Game	8:30-10:30 Italian Card Game
World Heritage Sites	HAPPY NEW YEAR	9:00-11:30 Stained Glass Class \$5 9:00-10:00 Water Exercise-Metz Pool	9:00-10:00 Water Exercise-Metz Pool	9:00-10:00 Water Exercise-Metz Pool 10:00-11:`00 Water Exercise-Metz Pool	9:00-11:00 Pinochle
JAN 3rd - #1 " The Forbidden City of Beijing" #2 "Mount Fuji, the Symbol of Japan"		9:00-11:00 Pinochle	9:00-11:30 Stained Glass Class \$5	9:00-12:00 Pinochle	9:00-11:30 Stained Glass Class \$5
JAN 10th - #1 - "Timbuktu, Islam's Center by the		<b>10:00-11:00</b> Exercise -Sandy (VT) <b>12:00-3:00</b> Bridge Group	10:00-10:55 Strength & Cardio (VT)	<b>10:00-11:00</b> Exercise w/Sandy (VT) <b>10:00-12:00</b> Mahjongg	10:00-11:00 Gentle Chair Yoga VIDEO
Sahara"	2024	12:30-1:30 Taiji-FIT \$3	11:00-12:00 Gentle Chair Yoga	11:30-12:30 Never Ending Knowledge	11:00-11:45 Cardio Drumming
<b>#2</b> "The Ruins of Pompeii and Herculaneum"	R R T	12:30-2:30 Knit & Crochet	1:00-2:00 Never Ending Knowledge	~ART History	1:30-2:15 Balance Exercise
JAN 17th - #1 "Virunga National Park, Gorilla Sanctuary"		1:30-2:15 Balance Exercise 2:30-3:00 EZ Chair Exercise (VT)	~World Heritage Sites	2:30-3:30 Senior Spin at "O" Holly	2:30-3:00 EZ Chair Exercise (VT)
<b>#2</b> "Angkor Wat, the Great Khmer Temple"	8	<b>1.00 0100</b> <u>11</u> 0100 (11)	10	11	12
JAN 24th -#1 "Earliest China: Yinxu and the		<b>3</b>			
Oracle Bones"	8:30-10:30 Italian Card Game	8:30-10:30 Italian Card Game 9:00-11:30 Stained Glass Class \$5	8:30-10:30 Italian Card Game	8:30-10:30 Italian Card Game 9:00-10:00 Water Exercise-Metz Pool	8:30-10:30 Italian Card Game
#2 "The Inca Estate of Machu Picchu JAN 31st #1 "Iceland's Great Assembly at	9:00-10:00 Water Exercise-Metz Pool	9:00-10:00 Water Exercise-Metz Pool	9:00-10:00 Water Exercise-Metz Pool 9:00-11:30 Stained Glass Class \$5	10:00-11:`00 Water Exercise-Metz Pool	9:00-11:00 Pinochle
Thingvellir"	10:00-10:55 Strength & Cardio	9:00-11:00 Pinochle 10:00-11:00 Exercise -Sandy (VT)	<b>10:00-10:55</b> Strength & Cardio (VT)	9:00-12:00 Pinochle 10:00-11:00 Exercise w/Sandy (VT)	9:00-11:30 Stained Glass Class \$5
<b>#2</b> "Afghanistan's Lost Bamiyan Buddhas	11:00-12:00 Gentle Chair Yoga 12:00-1:00 Water Exercise-Metz Pool	12:00-3:00 Bridge Group	<b>11:00-12:00</b> Gentle Chair Yoga	10:00-12:00 Mahjongg	10:00-11:00 Gentle Chair Yoga VIDEO
ART History-Leonardo DaVinci'	1:00-3:00 Mahjongg	12:30-1:30 Taiji-FIT \$3 12:30-2:30 Knit & Crochet	1:00-2:00 Never Ending Knowledge	11:30-12:30 Never Ending Knowledge ~ART History	11:00-11:45 Cardio Drumming
JAN 4th #1 "The Anatomical Drawings - His	1.00-3.00 Manjongg	1:30-2:15 Balance Exercise		1:00-2:00 Card Making Circle \$	1:30-2:15 Balance Exercise
Greatest Works?" <b>#2</b> "In Praise of Painting - Leonardo's Manifesto"		2:30-3:00 EZ Chair Exercise (VT)	~World Heritage Sites	2:30-3:30 Senior Spin at "O" Holly	2:30-3:00 EZ Chair Exercise (VT)
JAN 11th #1- "Leonardo and the Medici in Rome"	15	16	17	18	19
<b>#2</b> - "High Renaissance Art from Rome to Venice"	ALL SITES CLOSED	9:00-11:30 Stained Glass Class \$5	8:30-10:30 Italian Card Game	8:30-10:30 Italian Card Game	8:30-10:30 Italian Card Game
JAN 18th #1 "Last Years - Leonardo in France" #2 - "Renaissance Man and Man of the	* * *	9:00-10:00 Water Exercise-Metz Pool 9:00-11:00 Pinochle	9:00-10:00 Water Exercise-Metz Pool	9:00-10:00 Water Exercise-Metz Pool 10:00-11:`00 Water Exercise-Metz Pool	9:00-11:00 Pinochle
Renaissance Man and Man of the	*	<b>10:00-11:00</b> Exercise -Sandy (VT)	<b>9:00-11:30</b> Stained Glass Class \$5	9:00-12:00 Pinochle	9:00-11:30 Stained Glass Class \$5
JAN 25th #1 - "The End of an Era"	Martin Luther	12:00-3:00 Bridge Group	<b>10:00-10:55</b> Strength & Cardio (VT) <b>11:00-12:00</b> Gentle Chair Yoga	<b>10:00-11:00</b> Exercise w/Sandy (VT) <b>10:00-12:00</b> Mahjongg	10:00-11:00 Gentle Chair Yoga VIDEO
#2 - "The Legacies of Leonardo da Vinci" END OF COURSE		12:30-1:30 Craft w/Millissa	1:00-2:00 Never Ending Knowledge	11:30-12:30 Never Ending Knowledge	11:00-11:45 Cardio Drumming
JAN 11th Card Making Circle w/Millissa 1:00-2:00p		12:30-1:30 Taiji-FIT \$3 12:30-2:30 Knit & Crochet		~ART History 2:30-3:30 Senior Spin at "O" Holly	1:30-2:15 Balance Exercise
Join Millissa for this monthly Card Making Circle.		2:30-3:00 EZ Chair Exercise (VT)	~World Heritage Sites		2:30-3:00 EZ Chair Exercise (VT)
Each class will feature two predetermined cards along with supplies to make up to three of your	22	23	24	25	26
own. <b>\$1 per Card, register by JAN 8th</b> J <u>AN 16</u> Craft with Millissa	8:30-10:30 Italian Card Game	9:00-11:30 Stained Glass Class \$5	8:30-10:30 Italian Card Game	9:00-10:00 Water Exercise-Metz Pool	8:30-10:30 Italian Card Game
<b>12:30-1:30pm</b> – This month we will be making 3	9:00-10:00 Water Exercise-Metz Pool	9:00-11:00 Pinochle	9:00-10:00 Water Exercise-Metz Pool	10:00-11:`00 Water Exercise-Metz Pool 9:00-12:00 Pinochle	9:00-11:00 Pinochle
pressed flower flameless votive candle holders. Flameless candles included. <b>Cost: \$6 Register by</b>	10:00-10:55 Strength & Cardio	<b>9:00-10:00</b> Water Exercise-Metz Pool <b>10:00-11:00</b> Exercise -Sandy (WX)	9:00-11:30 Stained Glass Class \$5		9:00-11:30 Stained Glass Class \$5
JAN 9th, Call for more info 440-279-2163	11:00-12:00 Gentle Chair Yoga	12:00-3:00 Bridge Group	<b>10:00-10:55</b> Strength & Cardio (VT)	10:00-12:00 Mahjongg	10:00-11:00 Gentle Chair Yoga VIDEO
JAN 29 Arm Chair Travel with a TWIST -12:30-2:30 Join us for a monthly travel program like No Other!	12:00-1:00 Water Exercise-Metz Pool	12:30-1:30 Taiji-FIT \$3	11:00-12:00 Gentle Chair Yoga	11:30-12:30 Never Ending Knowledge ~ART History	11:00-11:45 Cardio Drumming
This month we will be visiting Oahu Hawaii! Begin your travels listening to music while you sample	1:00-3:00 Mahjongg	12:30-2:30 Knit & Crochet	1:00-2:00 Never Ending Knowledge	12:00-2:00 Out to Lunch Bunch at	1:30-2:15 Balance Exercise
small plates of cuisine from the area. Following,		1:30-2:15 Balance Exercise 2:30-3:00 EZ Chair Exercise (VT)	~World Heritage Sites	<i>"Yours Truly"</i> 2:30-3:30 Senior Spin at "O" Holly	2:30-3:00 EZ Chair Exercise (VT)
refreshments enjoy a travel documentary featuring the area we are visiting. After, we will make a craft	29	30	31	. , ,	
native to the Area—this month will be a small watercolor picture to take home. <i>Cost: \$5,</i>	8:30-10:30 Italian Card Game	9:00-11:30 Stained Glass Class \$5			Recreation/Education Coordinator
Registration is required by JAN 23rd.	9:00-10:00 Water Exercise-Metz Pool	9:00-11:30 Stained Glass Class \$5 9:00-11:00 Pinochle	8:30-10:30 Italian Card Game 9:00-10:00 Water Exercise-Metz Pool	Lunch is served Mon thru Fri from 12:00-12:30pm. ALL Seniors MUST	~Christine Bacon 440-214-3505
JAN 25 OUT TO Lunch BUNCH 12:00-2:00pm Meet up at Yours Truly restaurant in Mayfield Hts,	10:00-10:55 Strength & Cardio	9:00-10:00 Water Exercise-Metz Pool	<b>9:00-11:30</b> Stained Glass Class \$5	make a RESERVATION <i>IN ADVANCE</i>	Rec/Ed Assistant Coordinator
call to reserve a seat at the table 440-279-2163 by	11:00-12:00 Gentle Chair Yoga	<b>10:00-11:00</b> Exercise -Sandy (VT) <b>12:00-3:00</b> Bridge Group	<b>10:00-10:55</b> Strength & Cardio (VT)	to receive a lunch. Reservations must	~Millissa Brosch 440-279-2183
JAN 23rd Cost: On your own	12:00-1:00 Water Exercise-Metz Pool	12:00-3:00 Bridge Group 12:30-2:30 Knit & Crochet	<b>11:00-12:00</b> Gentle Chair Yoga	be received by Monday of the week	I&R Assistant: Debbie M.
	12:30-2:30 Arm Chair Travel-Hawaii \$5	NO PM EXERCISE CLASSES TODAY	1:00-2:00 Never Ending Knowledge	prior to your lunch request. ALL lunch	Stained Glass Class Appointments:
	1:00-3:00 Mahjongg	Due to ALL STAFF MEETING	~World Heritage Sites	reservations can be made by calling the WGSC at 440-279-2163	Call Don Trask 440-759-9691
anne - ender - ender anne - ender - ender - ender - ender - ender				the West at 440 213-2105	