

# Newsorthy Notes

# FEBRUARY 2024 WEST G. SENIOR CENTER ♡ 8090 Cedar Rd Chesterland, 44026 \* 440-279-2163

ALL classes with the (VT) symbol, are available both LIVE and on Virtual Teams

## Never Ending Knowledge series ~World Heritage Sites

Feb 7th #1 "The Acropolis of Athens"  
#2 Tibet's Potala Palace and Jokhang Temple  
Feb 21st #1 "Palmyra, Oasis in the Syrian Desert"  
#2 "The Redwood Forests of California"  
END OF COURSE  
-Begin World's Greatest Churches  
Feb 28th #1 "The Earliest Churches"  
#2 "The Church of the Holy Sepulchre"

## Art History series

~The Genius of Michelangelo

Feb 1st- #1 "Who was Michelangelo?"  
#2 "Artist and Aristocrat"-Michelangelo's World  
Feb 8th #1 "An Unconventional Beginning"  
#2 "Michelangelo's youth & Early Training"  
Feb 22nd #1 "Florence and Bologna in the 1490's"  
#2 "First visit to Rome & Early Patrons"  
Feb 29th #1 "The Bacchus" and the "Pieta"  
#2 "The return to Florence and the "David"

## Valentine Breakfast, Bingo & More

Feb 9th 8:30-10:30am -Join us for a breakfast of strawberry waffles, bacon, scrambled eggs, juice and coffee! Afterwards, play "LOVE" themed Bingo sponsored by a local business, and finally play LOVE inspired Left/Right game for your chance to win a box of delectable chocolates..  
Cost: \$5, Deadline- Feb 2nd call 440-279-2163

## Craft with Millissa

Feb 20th 12:30-1:30pm Make a Paper Napkin Wreath. This is an "INDOOR wreath, not one you can hang outside. All supplies included, cost is \$6, register by Feb 13th. Call 440-279-2163

## Arm Chair Travel with a Twist "Poland"

Feb 26th 12:30-2:30 We will be visiting Poland, begin your travels listening to music while you sample small plates of food from the area. Following refreshments, enjoy a travel documentary featuring the country of Poland. After the documentary, stay to make a craft native to the area. For Poland, we will make a Wycinanki Paper Art. Cost is \$5, register by Feb 19th. Call 440-279-2163

## Black History Movies -Once weekly in February

Feb 5th 1:00-3:00pm "Harriet"

Feb 12th 1:00-3:00pm "Amistad"

Feb 21st 1:00-3:00pm "Till"

Feb 28th 1:00-3:30pm "Lincoln"

Sign up for all or just one, these are true stories of historic people, and the challenges they faced during the slavery era. Snacks and refreshments provided.  
Cost: FREE -Call WGSC 440-279-2163

## Out to Lunch Bunch

Feb 29th 12:00-2:00 Meet up at Los Robles Bar & Grille in Chesterland. Cost is on your own, you are REQUIRED to call ahead so we can reserve a seat for you. Sign-up by Feb 26th 440-279-2163



Call Christine to make a 30 minute tech help appt.  
440-279-2163 ext 3505

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>5</p> <p>9:00-11:00 Italian Card Game 9:00-10:00 Swim Fitness-Metz Pool 10:00-10:55 Strength &amp; Cardio VT 11:00-12:00 Gentle Chair Yoga 12:00-1:00 Swim Fitness-Metz Pool 1:00-3:00 <b>Black History Movie</b> "Harriet" 1:00-3:00 Mahjongg 2:00-3:00 Line Dancing~Fairmount</p>	<p>6</p> <p>Lunch is served Mon thru Fri from 12:00-12:30pm. ALL Seniors MUST make a RESERVATION IN ADVANCE to receive a lunch. Reservations must be received by Monday of the week prior to your lunch request. ALL lunch reservations can be made by calling the WGSC at 440-279-2163</p> <p>9:00-11:30 Stained Glass Class \$5 9:00-10:00 Swim Fitness-Metz Pool 9:00-11:00 Pinochle (Need Players) 10:00-11:00 Exercise -Sandy VT 11:00-11:30 EZ Chair Exercise VT 12:00-3:00 Bridge Group 12:30-1:30 Taiji-FIT \$3 12:30-2:30 Knit &amp; Crochet</p>	<p>7</p> <p><b>BLACK HISTORY MONTH</b></p> <p>9:00-11:00 Italian Card Game 9:00-10:00 Swim Fitness-Metz Pool 9:00-11:30 Stained Glass Class \$5 10:00-10:55 Strength &amp; Cardio VT 11:00-12:00 Gentle Chair Yoga 12:30-1:15 Balance Exercise 1:00-2:00 Never Ending Knowledge ~World Heritage Sites 2:00-3:00 Yoga Nidra~Fairmount</p>	<p>8</p> <p>9:00-11:00 Italian Card Game 9:00-11:00 Swim Fitness-Metz Pool 9:00-12:00 Pinochle (Need Players) 10:00-11:00 Exercise w/Sandy VT 10:00-12:00 Mahjongg 11:00-11:30 EZ Chair Exercise VT 11:30-12:30 Never Ending Knowledge ~ART History 2:00-4:00 Senior Spin at "O" Holly</p>	<p>9</p> <p>9:00-11:00 Italian Card Game 9:00-11:30 Stained Glass Class \$5 10:00-11:00 Gentle Chair Yoga VIDEO 11:00-11:45 Cardio Drumming 12:30-1:15 Balance Exercise</p>
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<p>19</p> <p><b>ALL SITES CLOSED</b></p> <p><b>Presidents' Day</b></p>	<p>20</p> <p>9:00-11:30 Stained Glass Class \$5 9:00-11:00 Pinochle (Need Players) 9:00-10:00 Swim Fitness-Metz Pool 10:00-11:00 Exercise -Sandy VT 11:00-11:30 EZ Chair Exercise VT 12:00-3:00 Bridge Group 12:30-1:30 Taiji-FIT \$3 12:30-1:30 <b>Craft w/Millissa \$6</b> 12:30-2:30 Knit &amp; Crochet</p>	<p>21</p> <p>9:00-11:00 Italian Card Game 9:00-10:00 Swim Fitness-Metz Pool 9:00-11:30 Stained Glass Class \$5 10:00-10:55 Strength &amp; Cardio VT 11:00-12:00 Gentle Chair Yoga 12:30-1:15 Balance Exercise 1:00-2:00 Never Ending Knowledge ~World Heritage Sites 1:00-3:00 <b>Black History Movie "Till"</b> 2:00-3:00 Yoga Nidra~Fairmount</p>	<p>22</p> <p>9:00-11:00 Italian Card Game 9:00-11:00 Swim Fitness-Metz Pool 9:00-11:00 Pinochle (Need Players) 10:00-11:00 Exercise w/Sandy (VT) 10:00-12:00 Mahjongg 11:00-11:30 EZ Chair Exercise 11:30-12:30 Never Ending Knowledge ~ART History 2:00-4:00 Senior Spin at "O" Holly</p>	<p>23</p> <p>9:00-11:00 Italian Card Game 9:00-11:30 Stained Glass Class \$5 10:00-11:00 Gentle Chair Yoga VIDEO 11:00-11:45 Cardio Drumming 12:30-1:15 Balance Exercise</p>
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