

Newsorthy Notes

APRIL 2024 WEST G. SENIOR CENTER

8090 Cedar Rd Chesterland, 44026 * 440-279-2163

ALL events/classes with the (VT) symbol listed after it, are available both LIVE and on Virtual Teams

(Worlds Greatest Churches & Cathedrals)
APRIL 3 ~ - #1 "Stave Churches of Norway"
 #2 "The Pilgrimage Church of Sainte-Foy"
APRIL 17th -#1 "The Cathedral of Monreale"
 #2 "Chartres Cathedral"
APRIL 24~ #1 "Winchester Cathedral"

#2 The Cathedral of Siena
(The Genius of Michaelangelo)
APRIL 4 ~#1 "The Sistine Chapel"
 #2 "The Sistine Chapel" *Part 2*
APRIL 11 ~#1 "The Sistine Chapel" *Part 3*
 #2 A Story of Marble
APRIL 18 ~#1 "The Medici Chapel Sculpture"
 #2 "The Medici Chapel Sculpture" *Pt 2*
APRIL 25 ~#1 "Medici Chapel Sculpture" Pt 3
 #2 The Laurentian Library

Lunch, Learn, & BINGO BONANZA
FRI APRIL 12th 12:00pm-2:00pm FREE
 Join us for a fun filled afternoon beginning with a lunch of soup & Sandwich, along with an educational presentation by Arcadia Home Care. Immediately following will be a BINGO BONANZA with lots of fun prizes!!!**Sponsored by Arcadia Home Care** *Deadline to register~ April 8th 440-279-2163*

Celebrate National Pretzel DAY at WG
Friday April 26th, 1:30-3:00pm ~ Celebrate Everything "PRETZEL" with us here at WG, Learn how to make Crunchy Brownie Batter Dip w/Samples and receive recipe cards for : Easy Peanut Butter Pretzel Pie and Pineapple Pretzel Fluff, and Finally make your very own soft pretzel to take home. **Cost: \$3 per person** to cover supplies. Space is Limited, **RSVP and Payment MUST be received by April 19th.** **Call WGSC 440-279-2163**

Spring FLING with Sam FOSH!! At WG
April 10th from 11:30am-1:30pm ~Join us as we CELEBRATE SPRING with a summer cookout style lunch of hot dogs, hamburgers, baked beans, chips, Waldorf salad and beverages. After lunch we will be entertained by the one and ONLY SINGING SAM FOSH!!! It will be a BLAST!! Come and Party in Spring with us!!! **Cost: \$10 Registration Deadline is April 5th.** **Call 440-279-2163**

Arm Chair Travel with a TWIST
APRIL 29th -12:30-2:30 Join us for a monthly travel program. This month we will be visiting The Metropolis of London, begin your travels listening to music while you sample small plates of food from the area. Following refreshments, enjoy a travel documentary featuring the area we are visiting. After the documentary, stay to make a craft native to the area. For The Metropolis of London we will be making a Tea Cup Wall Hanging. **Cost is \$5, register by APR 22nd. Call 440-279-2163**

DINE NITE OUT APRIL 24th - 5-7pm Meet Up Restaurant is "Cowboy Food & Drink" in Bainbridge" **RSVP**, so we can reserve your seat. **440-279-2163. RSVP by 4/22 Cost: OYO**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>1</p> <p>8:30-10:30 Italian Card Game</p> <p>9:00-10:00 Water Exercise-Metz Pool</p> <p>10:00-10:55 Strength & Cardio (VT)</p> <p>11:00-12:00 Gentle Chair Yoga</p> <p>12:00-1:00 Water Exercise-Metz Pool</p> <p>1:00-3:00 Mahjongg</p> <p>2:00-3:00 Line Dance w/Fairmount</p>	<p>2</p> <p>9:00-11:30 Stained Glass Class \$5</p> <p>9:00-10:00 Water Exercise-Metz Pool</p> <p>9:00-11:00 Pinochle</p> <p>10:00-11:00 Exercise -Sandy (VT)</p> <p>11:00-11:30 Seated Strength & Weights</p> <p>12:30-1:30 Taiji-FIT \$3</p> <p>12:30-2:30 Knit & Crochet</p> <p>2:30-4:00 Visual Arts with Fairmount</p> <p>3:00-4:00 Senior Spin at "O" Holly</p>	<p>3</p> <p>8:30-10:30 Italian Card Game</p> <p>9:00-10:00 Water Exercise-Metz Pool</p> <p>9:00-11:30 Stained Glass Class \$5</p> <p>10:00-10:55 Strength & Cardio (VT)</p> <p>11:00-12:00 Gentle Chair Yoga</p> <p>12:30-1:15 Balance Exercise</p> <p>1:00-2:00 Never Ending Knowledge</p> <p>~World's Greatest Churches</p> <p>2:00-3:00 Yoga Nidra w/Darlene</p>	<p>4</p> <p>9:00-10:00 Water Exercise-Metz Pool</p> <p>10:00-11:00 Water Exercise-Metz Pool</p> <p>10:00-11:00 Exercise w/Sandy (VT)</p> <p>10:00-12:00 Mahjongg</p> <p>11:00-11:30 Seated Strength & Weights</p> <p>11:30-12:30 Never Ending Knowledge</p> <p>~ART History</p> <p>2:00-4:00 Senior Spin at "O" Holly</p> <p>2 classes (2-3) & (3-4)</p>	<p>5</p> <p>8:30-10:30 Italian Card Game</p> <p>9:00-11:30 Stained Glass Class \$5</p> <p>10:00-11:00 Gentle Chair Yoga VIDEO</p> <p>11:00-11:45 Cardio Drumming</p> <p>12:30-1:15 Balance Exercise</p>
<p>8</p> <p>8:30-10:30 Italian Card Game</p> <p>9:00-10:00 Water Exercise-Metz Pool</p> <p>10:00-10:55 Strength & Cardio (VT)</p> <p>11:00-12:00 Gentle Chair Yoga</p> <p>12:00-1:00 Water Exercise-Metz Pool</p> <p>1:00-3:00 Mahjongg</p>	<p>9</p> <p>9:00-11:30 Stained Glass Class \$5</p> <p>9:00-10:00 Water Exercise-Metz Pool</p> <p>9:00-11:00 Pinochle</p> <p>10:00-11:00 Exercise -Sandy (VT)</p> <p>11:00-11:30 Seated Strength & Weights</p> <p>12:00-3:00 Bridge Group</p> <p>12:30-1:30 Taiji-FIT \$3</p> <p>12:30-2:30 Knit & Crochet</p> <p>2:30-4:00 Visual Arts with Fairmount</p> <p>3:00-4:00 Senior Spin at "O" Holly</p>	<p>10</p> <p>8:30-10:30 Italian Card Game</p> <p>9:00-10:00 Water Exercise-Metz Pool</p> <p>9:00-11:30 Stained Glass Class \$5</p> <p>10:00-10:55 Strength & Cardio (VT)</p> <p>11:00-12:00 Gentle Chair Yoga</p> <p>11:30-1:30 <i>Spring Fling with SAM FOSH \$10</i></p> <p>12:30-1:15 Balance Exercise</p> <p>2:00-3:00 Yoga Nidra w/Darlene</p>	<p>11</p> <p>9:00-10:00 Water Exercise-Metz Pool</p> <p>10:00-11:00 Water Exercise-Metz Pool</p> <p>10:00-11:00 Exercise w/Sandy (VT)</p> <p>10:00-12:00 Mahjongg</p> <p>11:00-11:30 Seated Strength & Weights</p> <p>11:30-12:30 Never Ending Knowledge</p> <p>~ART History</p> <p>12:00-1:00 Music Moves You w/Laura</p> <p>2:00-4:00 Senior Spin at "O" Holly</p> <p>2 classes (2-3) & (3-4)</p>	<p>12</p> <p>8:30-10:30 Italian Card Game</p> <p>9:00-11:30 Stained Glass Class \$5</p> <p>10:00-11:00 Gentle Chair Yoga VIDEO</p> <p>11:00-11:45 Cardio Drumming</p> <p>12:00-2:00 <i>Lunch, Learn & BINGO Bonanza with Arcadia Homecare ~FREE</i></p> <p>12:30-1:15 Balance Exercise</p>
<p>15</p> <p>8:30-10:30 Italian Card Game</p> <p>9:00-10:00 Water Exercise-Metz Pool</p> <p>10:00-10:55 Strength & Cardio</p> <p>11:00-12:00 Gentle Chair Yoga</p> <p>12:00-1:00 Water Exercise-Metz Pool</p> <p>1:00-3:00 Mahjongg</p> <p>2:00-3:00 Line Dance w/Fairmount</p>	<p>16</p> <p>9:00-11:30 Stained Glass Class \$5</p> <p>9:00-10:00 Water Exercise-Metz Pool</p> <p>10:00-11:00 Exercise -Sandy (VT)</p> <p>11:00-11:30 Seated Strength & Weights</p> <p>12:00-3:00 Bridge Group</p> <p>12:30-1:30 <i>Craft w/Millissa \$</i></p> <p>12:30-1:30 Taiji-FIT \$3</p> <p>12:30-2:30 Knit & Crochet</p> <p>2:30-4:00 Visual Arts with Fairmount</p> <p>3:00-4:00 Senior Spin at "O" Holly</p>	<p>17</p> <p>8:30-10:30 Italian Card Game</p> <p>9:30-11:30 <i>MIND CHALLENGE PRACTICE ROUNDS @ Mentor SC</i></p> <p>9:00-10:00 Water Exercise-Metz Pool</p> <p>9:00-11:30 Stained Glass Class \$5</p> <p><i>NO AM Exercise/YOGA classes today</i></p> <p>12:30-1:15 Balance Exercise</p> <p>1:00-2:00 Never Ending Knowledge</p> <p>~World's Greatest Churches</p> <p>2:00-3:00 Yoga Nidra w/Darlene</p>	<p>18</p> <p>9:00-10:00 Water Exercise-Metz Pool</p> <p>10:00-11:00 Water Exercise-Metz Pool</p> <p>10:00-11:00 Exercise w/Sandy (VT)</p> <p>10:00-12:00 Mahjongg</p> <p>11:00-11:30 Seated Strength & Weights</p> <p>11:30-12:30 Never Ending Knowledge</p> <p>~ART History</p> <p>2:00-4:00 Senior Spin at "O" Holly</p> <p>2 classes (2-3) & (3-4)</p>	<p>19</p> <p>8:30-10:30 Italian Card Game</p> <p>9:00-11:30 Stained Glass Class \$5</p> <p>10:00-11:00 Gentle Chair Yoga VIDEO</p> <p>11:00-11:45 Cardio Drumming</p> <p>12:30-1:15 Balance Exercise</p>
<p>22</p> <p>8:30-10:30 Italian Card Game</p> <p>9:00-10:00 Water Exercise-Metz Pool</p> <p>10:00-10:55 Strength & Cardio (VT)</p> <p>11:00-12:00 Gentle Chair Yoga</p> <p>12:00-1:00 Water Exercise-Metz Pool</p> <p>1:00-3:00 Mahjongg</p> <p>2:00-3:00 Line Dance w/Fairmount</p>	<p>23</p> <p>9:00-11:30 Stained Glass Class \$5</p> <p>9:00-10:00 Water Exercise-Metz Pool</p> <p>10:00-11:00 Exercise -Sandy (WX)</p> <p>11:00-11:30 Seated Strength & Weights</p> <p>12:00-3:00 Bridge Group</p> <p>12:30-1:30 Taiji-FIT \$3</p> <p>12:30-2:30 Knit & Crochet</p> <p>2:30-4:00 Visual Arts with Fairmount</p> <p>3:00-4:00 Senior Spin at "O" Holly</p>	<p>24</p> <p>8:30-10:30 Italian Card Game</p> <p>9:00-10:00 Water Exercise-Metz Pool</p> <p>9:00-11:30 Stained Glass Class \$5</p> <p>10:00-10:55 Strength & Cardio (VT)</p> <p>11:00-12:00 Gentle Chair Yoga</p> <p>12:30-1:15 Balance Exercise</p> <p>1:00-2:00 Never Ending Knowledge</p> <p>~World's Greatest Churches</p> <p>2:00-3:00 Yoga Nidra w/Darlene</p>	<p>25</p> <p>9:00-10:00 Water Exercise-Metz Pool</p> <p>10:00-11:00 Water Exercise-Metz Pool</p> <p>10:00-11:00 Exercise w/Sandy (VT)</p> <p>10:00-12:00 Mahjongg</p> <p>11:00-11:30 Seated Strength & Weights</p> <p>11:30-12:30 Never Ending Knowledge</p> <p>~ART History</p> <p>12:00-1:00 Music Moves You w/Laura</p> <p>2:00-4:00 Senior Spin at "O" Holly</p> <p>2 classes (2-3) & (3-4)</p> <p>5:00-7:00 <i>DINE NITE OUT@ Cowboys</i></p>	<p>26</p> <p>8:30-10:30 Italian Card Game</p> <p>9:00-11:30 Stained Glass Class \$5</p> <p>10:00-11:00 Gentle Chair Yoga VIDEO</p> <p>11:00-11:45 Cardio Drumming</p> <p>12:30-1:15 Balance Exercise</p> <p>1:30-3:00 <i>Celebrate National Pretzel Day at WGSC \$3</i></p>
<p>29</p> <p>9:00-10:00 Water Exercise-Metz Pool</p> <p>10:00-10:55 Strength & Cardio (VT)</p> <p>11:00-12:00 Gentle Chair Yoga</p> <p>12:00-1:00 Water Exercise-Metz Pool</p> <p>12:30-2:30 <i>Arm Chair Travel with a twist ~ Metropolis of London \$5</i></p> <p>1:00-3:00 Mahjongg</p>	<p>30</p> <p>9:00-11:30 Stained Glass Class \$5</p> <p>9:00-10:00 Water Exercise-Metz Pool</p> <p>10:00-11:00 Exercise -Sandy (VT)</p> <p>11:00-11:30 Seated Strength & Weights</p> <p>12:00-3:00 Bridge Group</p> <p>12:30-1:30 Taiji-FIT \$3</p> <p>12:30-2:30 Knit & Crochet</p> <p>2:30-4:00 Visual Arts with Fairmount</p> <p>3:00-4:00 Senior Spin at "O" Holly</p>	<p>Recreation/Education Coordinator ~Christine Bacon 440-214-3505 Rec/Ed Assistant Coordinator ~Millissa Norris 440-279-2183 ~Laura Reed 440-279-2163 I&R Assistant: Debbie M. Stained Glass Class Appointments: Call Don Trask 440-759-9691</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