

Newsorthy Notes

VT= Virtual Teams ~Exercise classes with this symbol are also available virtually using our Teams link.

Age Well-Be Well Lunch and Movie

MARCH 5th 12:00-2:00
Call to sign up 440-214-3180

Breakfast & Brain Games

March 12th ~8:30-10:00am ~Join us at WGSC for a hot breakfast of Sausage & Egg Burritos, waffles, Fresh Fruit, pastries, and beverage. Cognitive building Brain Games will follow. **Cost \$6 Registration Required. Deadline is Feb 2nd**

WGSC Lunch & Movie

"SUPERMAN" March 19th 12:00-2:00pm Join us for a hot lunch (meal of the day) followed by the Movie **"SUPERMAN"** Register by **March 9th @ 440-279-2163**

Coffee Talk-Fall Prevention

March 19th-10:00-11:00 ~Join Stephanie Bondi with Alert Care Systems and learn ways to improve balance and reduce falls at home. A light breakfast will be provided. **Registration REQUIRED by 2/16 279-2163**

Lunch & Bingo

MARCH 26th 12:00-1:30 Join us for a Hot lunch (meal of the day, followed by 1 hour of BINGO with prizes to win!. **Registration Required by MAR 16th Call 440-279-2163**

Eat & Educate Presentation by Dr Michael Maquire PHD.

March 24th 12:00-2:00pm ~Join us for an educational presentation on Indigenous American Plants used as Medicine. Lunch provided from 12:00-12:30. If you wish to have lunch before the program. **Call to sign up by 3/16 279-2163**

SPIN CLASSES at WGSC

Mon - Wed - Fri ~1:00-2:00

Beginners Spin Classes

Tues & Thurs ~10:00-10:30

MARCH 2026

West G. Senior Center

* 8090 Cedar Rd*

440-279-2163

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>9:00-10:00 Water Exercise at metz pool 2</p> <p>10-11am Strength & Cardio VT</p> <p>11:00-12:00 Gentle Chair Yoga</p> <p>12:00-1:00 Water Exercise at metz pool</p> <p>1:00-2:00 Senior Spin Class</p> <p>1:00-3:00 Mahjongg Group</p> <p>1:00-3:00 Diamond Art</p> <p>2:00-3:00 Line Dance w/Darlene \$4</p>	<p>9-10 Water Exercise at metz pool 3</p> <p>9:00-11:30 Stained Glass Class \$5</p> <p>10:00-10:30 Beginner Senior Spin Class</p> <p>10:30-11:45 Seated Strength & Balance</p> <p>12:30-1:30 Tai-ChiFit</p> <p>12:00-3:00 Bridge Group</p> <p>12:30-2:30 Knit & Crochet</p>	<p>9-10am Water Exercise at metz pool 4</p> <p>9:00-11:30 Stained Glass Class \$5</p> <p>10:00-11:00 Strength & Cardio VT</p> <p>11:00-12:00 Gentle Chair Yoga</p> <p>1:00-2:00 Senior Spin Class</p> <p>1:00-2:30 Never Ending Knowledge "Life in the Worlds Oceans"</p>	<p>10:00-10:30 Beginner Senior Spin Class 5</p> <p>10:30-11:15 Seated Strength & Balance</p> <p>12:00-2:00 UH-AWBW Lunch & Movie</p> <p>1:00-2:30 Arm Chair Travel</p> <p>"ITALY the Cradle of the Renaissance"</p>	<p>9:00-11:30 Stained Glass Class \$5 6</p> <p>10:00-11:00 Gentle Chair Yoga Video</p> <p>11:00-11:45 Cardio Drumming Video</p> <p>1:00-2:00 Senior Spin Class</p> <p>1:00-3:00 Mahjongg Lessons</p>
<p>9-10am Water Exercise at metz pool 9</p> <p>10:00-11:00 Strength & Cardio VT</p> <p>11:00-12:00 Gentle Chair Yoga</p> <p>12:00-1:00 Water Exercise at metz pool</p> <p>1:00-2:00 Senior Spin Class</p> <p>1:00-3:00 Mahjongg Group</p> <p>1:00-3:00 Diamond Art</p> <p>2:00-3:00 Line Dance w/Darlene \$4</p>	<p>9-10 Water Exercise at metz pool 10</p> <p>9:00-11:30 Stained Glass Class \$5</p> <p>10:00-10:30 Beginner Senior Spin Class</p> <p>10:30-11:15 Seated Strength & Balance</p> <p>12:30-1:30 Tai-ChiFit</p> <p>12:00-3:00 Bridge Group</p> <p>12:30-2:30 Knit & Crochet</p>	<p>9-10am Water Exercise at metz pool 11</p> <p>9:00-11:30 Stained Glass Class \$5</p> <p>10:00-11:00 Strength & Cardio</p> <p>11:00-12:00 Gentle Chair Yoga</p> <p>1:00-2:00 Senior Spin Class</p> <p>1:00-2:30 Never Ending Knowledge "Life in the Worlds Oceans"</p>	<p>8:30-10:00 Breakfast & Brain Games \$6 12</p> <p>9-10 & 10-11 Water Exercise at metz pool</p> <p>10:00-10:30 Beginner Senior Spin Class</p> <p>10:30-11:15 Seated Strength & Balance</p> <p>1:00-2:30 Arm Chair Travel</p> <p>"ITALY the Cradle of the Renaissance"</p> <p>1:00-2:00 Yoga Nidra w/Darlene</p>	<p>9:00-11:30 Stained Glass Class \$5 13</p> <p>10:00-11:00 Gentle Chair Yoga Video</p> <p>11:00-11:45 Cardio Drumming Video</p> <p>1:00-2:00 Senior Spin Class</p> <p>1:00-3:00 Tech Help with Christine 30 minute appointments</p>
<p>9-10am Water Exercise at metz pool 16</p> <p>10:00-11:00 Strength & Cardio VT</p> <p>11:00-12:00 Gentle Chair Yoga</p> <p>12:00-1:00 Water Exercise at metz pool</p> <p>1:00-2:00 Senior Spin Class</p> <p>1:00-3:00 Mahjongg Group</p> <p>1:00-3:00 Diamond Art</p> <p>2:00-3:00 Line Dance w/Darlene \$4</p>	<p>9-10 Water Exercise at metz pool 17</p> <p>9:00-11:30 Stained Glass Class \$5</p> <p>10:00-10:30 Beginner Senior Spin Class</p> <p>10:30-11:15 Seated Strength & Balance</p> <p>12:30-1:30 Tai-ChiFit</p> <p>12:00-3:00 Bridge Group</p> <p>12:30-2:30 Knit & Crochet</p>	<p>9-10am Water Exercise at metz pool 18</p> <p>9:00-11:30 Stained Glass Class \$5</p> <p>10:00-11:00 Strength & Cardio</p> <p>11:00-12:00 Gentle Chair Yoga</p> <p>1:00-2:00 Senior Spin Class</p> <p>1:00-2:30 Never Ending Knowledge "Life in the Worlds Oceans"</p>	<p>9-10 & 10-11 Water Exercise at metz pool 19</p> <p>10:00-10:30 Beginner Senior Spin Class</p> <p>10:00-11:00 Coffee Talk w/Stephanie "Fall Prevention and Balance"</p> <p>12:00-2:30 Lunch & Movie "SUPERMAN"</p> <p>1:00-2:30 Arm Chair Travel</p> <p>"ITALY the Cradle of the Renaissance"</p> <p>1:00-2:00 Yoga Nidra w/Darlene</p>	<p>9:00-11:30 Stained Glass Class \$5 20</p> <p>10:00-11:00 Gentle Chair Yoga Video</p> <p>11:00-11:45 Cardio Drumming Video</p> <p>12:00-1:30 Lunch & Learn Become a better Organizer with Sharon</p> <p>1:00-2:00 Senior Spin Class</p> <p>1:00-3:00 Mahjongg Lessons</p>
<p>9-10am Water Exercise at metz pool 23</p> <p>10:00-11:00 Strength & Cardio VT</p> <p>11:00-12:00 Gentle Chair Yoga</p> <p>12:00-1:00 Water Exercise at metz pool</p> <p>1:00-2:00 Senior Spin Class</p> <p>1:00-3:00 Mahjongg Group</p> <p>1:00-3:00 Diamond Art</p> <p>2:00-3:00 Line Dance w/Darlene \$4</p>	<p>9-10 Water Exercise at metz pool 24</p> <p>9:00-11:30 Stained Glass Class \$5</p> <p>10:00-10:30 Beginner Senior Spin Class</p> <p>10:30-11:15 Seated Strength & Balance</p> <p>12:00-2:00 Indigenous American Plants as Medicine Presentation</p> <p>12:30-1:30 Tai-ChiFit</p> <p>12:00-3:00 Bridge Group</p> <p>12:30-2:30 Knit & Crochet</p>	<p>9-10am Water Exercise at metz pool 25</p> <p>9:00-11:30 Stained Glass Class \$5</p> <p>10:00-11:00 Strength & Cardio VT</p> <p>11:00-12:00 Gentle Chair Yoga</p> <p>12:00-2:00 Out to Lunch Bunch</p> <p>1:00-2:00 Senior Spin Class</p> <p>1:00-2:30 Never Ending Knowledge "Life in the Worlds Oceans"</p> <p>1:00-3:00 Spring Craft w/Amy \$8</p>	<p>9-10 & 10-11 Water Exercise at metz pool 26</p> <p>10:00-10:30 Beginner Senior Spin Class</p> <p>10:30-11:15 Seated Strength & Balance</p> <p>12:00-1:30 Lunch & BINGO</p> <p>1:00-2:30 Arm Chair Travel</p> <p>"ITALY the Cradle of the Renaissance"</p> <p>1:00-2:00 Yoga Nidra w/Darlene</p>	<p>9:00-11:30 Stained Glass Class \$5 27</p> <p>10:00-11:00 Gentle Chair Yoga Video</p> <p>11:00-11:45 Cardio Drumming Video</p> <p>12:00-2:00 Lunch & Learn "Osteo~Strong" Presentation</p> <p>1:00-2:00 Senior Spin Class</p>
<p>9-10am Water Exercise at metz pool 30</p> <p>10:00-11:00 Strength & Cardio VT</p> <p>11:00-12:00 Gentle Chair Yoga</p> <p>12:00-1:00 Water Exercise at metz pool</p> <p>1:00-2:00 Senior Spin Class</p> <p>1:00-3:00 Mahjongg Group</p> <p>1:00-3:00 Diamond Art</p> <p>2:00-3:00 Line Dance w/Darlene \$4</p>	<p>9-10 Water Exercise at metz pool 31</p> <p>9:00-11:30 Stained Glass Class \$5</p> <p>10:00-10:30 Beginner Senior Spin Class</p> <p>11:00-11:45 Seated Strength & Balance</p> <p>12:30-1:30 Tai-ChiFit</p> <p>12:00-3:00 Bridge Group</p> <p>12:30-2:30 Knit & Crochet</p>			<p>Lunch is served Mon thru Fri from 12:00-12:30pm. ALL Seniors MUST request meals by the Monday of the week prior to the requested meal dates.. ALL lunch reservations can be made by calling the WGSC at 440-279-2163, or by entering your request in the Lunch sign up book provided by the front Desk.</p>

Recreation/Education Coordinator

~Christine Bacon 440-279-2163

Rec/Ed Assistants

~Jeanne Molzon

~Amy Walsh

I&R Assistant: Ronda Dwyer~279-2163

Stained Glass Class Appointments:

Call Don Trask 440-759-9691