

Newsorthy Notes

Age Well-Be Well Lunch & Movie

APRIL 2nd 12:00-2:00

Call to sign up 440-214-3180

Breakfast & Brain Games

April 9th ~8:30-10:00am ~ Join us at WGSC for a hot breakfast of Blueberry Pancakes, sausage, yogurt pastries, and beverage. Cognitive building Brain Games will follow. **Cost \$6 Registration Required. Deadline is April 6th**

WGSC Lunch & Movie

"A Million Miles Away" April 24th 12:00-2:00pm Join us for a hot lunch (meal of the day) followed by the Movie. **Register by April 13th**

Fifties Spring Fling w/Sam Fosh

APRIL 10th 12:00-3:00pm Join us for a Fifties themed party with a catered lunch from Sausolitos catering. Event will be held at the Kirtlander Party Center on Chillicothe Rd in Kirtland. There will be fun, dancing, and a photo booth set up for FIFTIES photos!! Sam Fosh will provide the entertainment and music!! Cost \$30, **deadline to register is April 3rd**

Geauga Parks ~Wings of Spring

April 13th ~11am ~Join us here at WGSC for a presentation by a G Parks Naturalist. The Topic will be Wings of Spring. Snacks and refreshments will be provided to all. **Register by April April 8th**

Lunch & Learn ~Veterans Benefits

"April 27th at 12pm" ~Join us here at WGSC for a presentation by Cameron Hupp from the Veterans Administration. Learn of any new benefits or current ones you may be receiving. Cameron will answer any and all your questions about your Veterans Benefit Program. Hot Lunch included. **Register by April 20th**

AARP DSAFE Drivers Course April

17th 10am -2pm ~Join us here for this safe driver course. This is a Class ONLY course, NO driving involved. You will learn numerous things about how to be as SAFE as possible when driving on the roads.

SPIN CLASSES at WGSC

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

Beginners Spin Classes

Tues & Thurs ~10:00-10:30

APRIL 2026

West G. Senior Center

* 8090 Cedar Rd*

440-279-2163

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	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	1 9:00-11:30 Stained Glass Class \$5 10:00-11:00 Strength & Cardio 11:00-12:00 Gentle Chair Yoga 1:00-2:30 Never Ending Knowledge "Life in the Worlds Oceans" 1:00-2:00 Senior Spin Class	2 9:15-9:45 Beginner Senior Spin Class 10:00-10:30 Beginner Senior Spin Class 10:30-11:15 Seated Strength & Balance 12:00-2:00 UH-AWBW Lunch & Movie 1:00-2:30 Arm Chair Travel "ITALY"	3 9:00-11:30 Stained Glass Class \$5 10:00-11:00 Gentle Chair Yoga Video 11:00-11:45 Cardio Drumming Video 1:00-2:00 Senior Spin Class 1:00-3:00 Mahjongg Lessons
6 9:00-10:00 Water Exercise ~Metz pool 10:00-11:00 Strength & Cardio VT 11:00-12:00 Gentle Chair Yoga 1:00-3:00 Mahjongg Group 1:00-3:00 Diamond Art 1:00-2:00 Senior Spin Class 2:00-3:00 Line Dance w/Darlene \$4	7 9:00-10:00 Water Exercise ~Metz pool 9:00-11:30 Stained Glass Class \$5 10:00-10:30 Beginner Senior Spin Class 10:30-11:15 Seated Strength & Balance 12:30-1:30 Tai-ChiFit 12:00-3:00 Bridge Group 12:30-2:30 Knit & Crochet	8 9:00-11:30 Stained Glass Class \$5 10:00-11:00 Strength & Cardio 11:00-12:00 Gentle Chair Yoga 1:00-2:30 Never Ending Knowledge "Life in the Worlds Oceans" 1:00-2:00 Senior Spin Class	9 8:30-10:00 Breakfast & Brain Games \$6 10:00-10:30 Beginner Senior Spin Class 10:30-11:15 Seated Strength & Balance 1:00-2:30 Arm Chair Travel "ITALY" 1:00-2:00 Yoga Nidra w/Darlene	10 9:00-11:30 Stained Glass Class \$5 10:00-11:00 Gentle Chair Yoga Video 11:00-11:45 Cardio Drumming Video 12:00-3:00 Fifties Style SPRING FLING w/Singin SAM FOSH!! @ The Kirtlander
13 9:00-10:00 Water Exercise ~Metz pool 10:00-11:00 Strength & Cardio VT 11:00-12:00 Gentle Chair Yoga 11:00-12:00 Geauga Parks Prg "Wings of Spring" 1:00-3:00 Mahjongg Group 1:00-3:00 Diamond Art 1:00-2:00 Senior Spin Class 2:00-3:00 Line Dance w/Darlene \$4	14 9:00-10:00 Water Exercise ~Metz pool 9:00-11:30 Stained Glass Class \$5 10:00-10:30 Beginner Senior Spin Class 10:30-11:15 Seated Strength & Balance 12:30-1:30 Tai-ChiFit 12:00-3:00 Bridge Group 12:30-2:30 Knit & Crochet	15 9:00-11:30 Stained Glass Class \$5 10:00-11:00 Strength & Cardio 11:00-12:00 Gentle Chair Yoga 1:00-2:30 Never Ending Knowledge "Life in the Worlds Oceans" 1:00-2:00 Senior Spin Class	16 9:30 Mind Challenge-Practice Round 10:00-10:30 Beginner Spin Class 1:00-2:30 Arm Chair Travel "ITALY" 1:00-2:00 Yoga Nidra w/Darlene 1:30-3:00 Game Day w/Jeanne	17 9:00-11:30 Stained Glass Class \$5 10:00-2:00 AARP SAFE Drivers Course 10:00-11:00 Gentle Chair Yoga Video 1:00-2:00 Senior Spin Class 11:00-11:45 Cardio Drumming Video 12:00-1:30 Lunch & BINGO
20 9:00-10:00 Water Exercise ~Metz pool 10:00-11:00 Strength & Cardio VT 11:00-12:00 Gentle Chair Yoga 1:00-3:00 Mahjongg Group 1:00-3:00 Diamond Art 1:00-2:00 Senior Spin Class 2:00-3:00 Line Dance w/Darlene \$4	21 9:00-10:00 Water Exercise ~Metz pool 9:00-11:30 Stained Glass Class \$5 10:00-10:30 Beginner Senior Spin Class 10:30-11:15 Seated Strength & Balance 12:30-1:30 Tai-ChiFit 12:00-3:00 Bridge Group 12:30-2:30 Knit & Crochet	22 9:00-11:30 Stained Glass Class \$5 10:00-12:00 Advance Directives Presentation 10:30-11:30 Senior Spin Class 1:00-2:30 Never Ending Knowledge "Life in the Worlds Oceans" 1:00-3:00 Craft Class w/AMY	23 9:30 Mind Challenge-Round 1 10:00-10:30 Beginner Spin Class 11:00-2:30 Arm Chair Travel "ITALY" 1:00-2:00 Yoga Nidra w/Darlene 5:00-7:00 Dine Nite Out at Brown Barn Tavern	24 9:00-11:30 Stained Glass Class \$5 10:00-11:00 Gentle Chair Yoga Video 11:00-11:45 Cardio Drumming Video 2:00-2:30 Lunch & Movie "A MILLION MILES AWAY" 1:00-2:00 Senior Spin Class 1:00-3:00 Mahjongg Lessons
27 9:00-10:00 Water Exercise ~Metz pool 10:00-11:00 Strength & Cardio VT 11:00-12:00 Gentle Chair Yoga 12:00-1:30 Lunch & Learn ~Veterans Benefits by Cameron Hupp 1:00-2:00 Senior Spin Class 1:00-3:00 Mahjongg Group 1:00-3:00 Diamond Art 2:00-3:00 Line Dance w/Darlene \$4	28 9:00-10:00 Water Exercise ~Metz pool 9:00-11:30 Stained Glass Class \$5 10:00-10:30 Beginner Senior Spin Class 10:30-11:15 Seated Strength & Balance 12:30-1:30 Tai-ChiFit 12:00-3:00 Bridge Group	29 9:00-11:30 Stained Glass Class \$5 10:00-12:00 Advance Directives Signings 10:30-11:30 Senior Spin Class 1:00-2:30 Never Ending Knowledge "Life in the Worlds Oceans" 1:00-2:00 Senior Spin Class	30 9:30 Mind Challenge-Round 2 10:00-10:30 Beginner Senior Spin Class 1:00-2:30 Arm Chair Travel "ITALY" 1:00-2:00 Yoga Nidra w/Darlene	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.