

**NEWSWORTHY  
NOTES**

*All exercise classes with the \*VT\* symbol after it are available to join from home via our virtual teams link.*

**Hands ONLY CPR Training**

**June 8th 1:00-2:00** ~Join a registered nurse from UH Geauga Hospital at WGSC for an informative session on a life-saving technique. In this one-hour class, you will learn the fundamentals of the hands-only CPR approach. **Registration is RE-**

**Geauga Parks Presentation**

**June 9th 11:00-12:00** ~Join us for a presentation by a GPD Naturalist here at WGSC. As we celebrate our Nation's 250th anniversary, learn about what Ohio was like when settlers first arrived in what would become Geauga County, Ohio. Learn about the conditions they faced and what wildlife and habitats existed at that time. **Registration Required by June 2nd. 440-279-2163**

**Breakfast & Brain Games**

**June 11th ~8:30-10:00am** ~ Join us at WGSC for a hot breakfast of French Toast Sticks, fried cubed ham, hashbrown patty, fresh fruit and beverage. Cognitive building Brain Games will follow. **Cost \$6 Registration Required. Deadline is June 8th**

**Lunch & TV Game Show Afternoon**

**June 12th 12:00-2:00pm** ~Come and enjoy a pizza lunch including Ice Cream and beverages, followed by an exciting session of interactive TVgame shows. Experience digitally crafted, life-like versions of popular games such as "Jeopardy" and "Wheel of Fortune." We'll form teams to participate, ensuring a fun-filled experience for everyone! **Registration is Required by June 8th 440-279-2163**

**Lunch & Learn w/Professor Maguire**

**June 25th 12:00-2:00pm** ~Join us here at WGSC for an educational presentation from Dr Maguire. This month he will discuss the "COVID" topic. This will include the scientific side of this virus and the 2020 pandemic. A hot lunch will be available from 12:00-12:30, and the presentation will immediately follow. Registration is Required, be sure to sign up for the lunch when registering. **Deadline is June 15th. 440-279-2163**

**Beginner Spin Classes**

**Tues & Thurs Mornings 10:00-10:30**  
**Intermediate Senior Spin Class**  
**Friday Mornings 11:00-11:30**

**JUNE 2026 West G. Senior Center \*8090 Cedar Rd\* \*440-279-2163\***

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>9:00-10:00 Water Exercise ~Metz pool <b>1</b></p> <p>10:00-11:00 Strength &amp; 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 Lessons</p> <p>2:00-3:00 Line Dance w/Darlene \$4</p>	<p>9:00-10:00 Water Exercise ~Metz pool <b>2</b></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 &amp; Balance</p> <p>12:30-1:30 Tai-ChiFit</p> <p>12:00-3:00 Bridge Group</p> <p>12:30-2:30 Knit &amp; Crochet</p>	<p>9:00-10:00 Water Exercise ~Metz pool <b>3</b></p> <p>9:00-11:30 Stained Glass Class \$5</p> <p>10:00-11:00 Strength &amp; Cardio VT</p> <p>11:00-12:00 Gentle Chair Yoga</p> <p>1:00-2:30 Never Ending Knowledge "America's Founding Fathers"</p> <p>1:00-3:00 Diamond Art</p>	<p>9:00-10:00 Water Exercise ~Metz pool <b>4</b></p> <p>10:00-10:30 Beginner Spin Class</p> <p>10:00-11:00 Water Exercise ~Metz pool</p> <p>10:30-11:15 Seated Strength &amp; Balance</p> <p>12:00-2:00 UH Lunch &amp; Movie</p> <p>1:00-2:30 Arm Chair Travel "France through the Ages"</p>	<p>9:00-11:30 Stained Glass Class \$5 <b>5</b></p> <p>10:00-11:00 Gentle Chair Yoga Video</p> <p>11:00-11:30 SENIOR SPIN CLASS</p> <p>11:00-11:45 Cardio Drumming Video</p> <p>1:00-3:00 Pinochle w/Christine</p>
<p>9:00-10:00 Water Exercise ~Metz pool <b>8</b></p> <p>10:00-11:00 Strength &amp; Cardio VT</p> <p>11:00-12:00 Gentle Chair Yoga</p> <p>12:00-1:00 Water Exercise ~Metz pool</p> <p>1:00-2:00 Hands ONLY CPR Training by UH Hospitals</p> <p>1:00-3:00 Mahjongg Lessons</p> <p>2:00-3:00 Line Dance w/Darlene \$4</p>	<p>9:00-10:00 Water Exercise ~Metz pool <b>9</b></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 &amp; Balance</p> <p>11:00-12:30 Geauga Parks Presentation</p> <p>12:30-1:30 Tai-Chi Fit</p> <p>12:00-3:00 Bridge Group</p> <p>12:30-2:30 Knit &amp; Crochet</p>	<p>9:00-10:00 Water Exercise ~Metz pool <b>10</b></p> <p>9:00-11:30 Stained Glass Class \$5</p> <p>10:00-11:00 Strength &amp; Cardio VT</p> <p>11:00-12:00 Gentle Chair Yoga</p> <p>1:00-2:30 Never Ending Knowledge "America's founding fathers"</p> <p>1:00-3:00 Diamond Art</p>	<p>8:30-10:00 Breakfast &amp; Brain Games <b>11</b></p> <p>9:00-10:00 Water Exercise ~Metz pool</p> <p>10:00-10:30 Beginner Spin Class</p> <p>10:00-11:00 Water Exercise ~Metz pool</p> <p>10:30-11:15 Seated Strength &amp; Balance</p> <p>1:00-2:30 Arm Chair Travel "France through the Ages"</p> <p>1:00-2:00 Yoga Nidra w/Darlene \$4</p>	<p>9:00-11:30 Stained Glass Class \$5 <b>12</b></p> <p>10:00-11:00 Gentle Chair Yoga Video</p> <p>11:00-11:30 SENIOR SPIN CLASS</p> <p>11:00-11:45 Cardio Drumming Video</p> <p>12:00-2:00 Pizza Lunch &amp; TV Game Show afternoon w/Christine</p>
<p>9:00-10:00 Water Exercise ~Metz pool <b>15</b></p> <p>10:00-11:00 Strength &amp; 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 Lessons</p> <p>2:00-3:00 Line Dance w/Darlene \$4</p>	<p>9:00-10:00 Water Exercise ~Metz pool <b>16</b></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 &amp; Balance</p> <p>12:30-1:30 Tai-ChiFit</p> <p>12:00-3:00 Bridge Group</p> <p>12:30-2:30 Knit &amp; Crochet</p>	<p>9:00-10:00 Water Exercise ~Metz pool <b>17</b></p> <p>9:00-11:30 Stained Glass Class \$5</p> <p>10:00-11:00 Strength &amp; Cardio VT</p> <p>11:00-12:00 Gentle Chair Yoga</p> <p>1:00-2:30 Never Ending Knowledge "America's Founding Fathers"</p> <p>1:00-3:00 Diamond Art</p>	<p>9:00-10:00 Water Exercise ~Metz pool <b>18</b></p> <p>10:00-10:30 Beginner Spin Class</p> <p>10:00-11:00 Water Exercise ~Metz pool</p> <p>10:30-11:15 Seated Strength &amp; Balance</p> <p>1:00-2:30 Arm Chair Travel "France through the Ages"</p> <p>12:00-1:30 Lunch &amp; BINGO</p> <p>1:00-2:00 Yoga Nidra w/Darlene \$4</p>	<p><b>ALL SITES CLOSED 19</b></p> <p><b>JUNETEENTH</b></p> <p><b>Celebrate Freedom</b></p> <p><b>JUNE 19th</b></p>
<p>9:00-10:00 Water Exercise ~Metz pool <b>22</b></p> <p>10:00-11:00 Strength &amp; 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 Lessons</p> <p>2:00-3:00 Line Dance w/Darlene \$4</p>	<p>9:00-10:00 Water Exercise ~Metz pool <b>23</b></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 &amp; Balance</p> <p>12:30-1:30 Tai-ChiFit</p> <p>12:00-3:00 Bridge Group</p> <p>12:30-2:30 Knit &amp; Crochet</p>	<p>9:00-10:00 Water Exercise ~Metz pool <b>24</b></p> <p>9:00-11:30 Stained Glass Class \$5</p> <p>10:00-11:00 Strength &amp; Cardio VT</p> <p>11:00-12:00 Gentle Chair Yoga</p> <p>1:00-2:30 Never Ending Knowledge "America's Founding Fathers"</p> <p>1:00-3:00 Diamond Art</p>	<p>9:00-10:00 Water Exercise ~Metz pool <b>25</b></p> <p>10:00-10:30 Beginner Spin Class</p> <p>10:00-11:00 Water Exercise ~Metz pool</p> <p>10:30-11:15 Seated Strength &amp; Balance</p> <p>12:00-2:00 Lunch &amp; Learn with Professor Maguire ~COVID</p> <p>1:00-2:30 Arm Chair Travel "France through the Ages"</p> <p>1:00-2:00 Yoga Nidra w/Darlene \$4</p>	<p>9:00-11:30 Stained Glass Class \$5 <b>26</b></p> <p>10:00-11:00 Gentle Chair Yoga Video</p> <p>11:00-11:30 SENIOR SPIN CLASS</p> <p>11:00-11:45 Cardio Drumming Video</p> <p>12:00-2:00 Lunch &amp; Movie "I can Only Imagine 2"</p> <p>1:00-3:00 Pinochle w/Christine</p>
<p>9:00-10:00 Water Exercise ~Metz pool <b>29</b></p> <p>10:00-11:00 Strength &amp; 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 Lessons</p> <p>2:00-3:00 Line Dance w/Darlene \$4</p>	<p>9:00-10:00 Water Exercise ~Metz pool <b>30</b></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 &amp; Balance</p> <p>12:30-1:30 Tai-ChiFit</p> <p>12:00-3:00 Bridge Group</p> <p>12:30-2:30 Knit &amp; Crochet</p>	<p><b>Recreation/Education Coordinator</b> ~Christine Bacon 440-279-2163 ext.3505</p> <p><b>Rec/Ed Assistants</b> ~Jeanne Molzon ~Amy Walsh</p> <p><b>I&amp;R Assistant: Ronda Dwyer~279-2163</b></p> <p><b>Stained Glass Class Appointments:</b> <b>Call Don Trask 440-759-9691</b></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>