

News-worthy
Notes

Age Well–Be Well Lunch & Movie
 APRIL 2nd 12:00-2:00
 Call to sign up 440-214-3180

Breakfast & Brain Games
 July 22nd ~8:30-10:00am ~ Join us at
 WGSC for a hot breakfast scrambled
 Eggs, pancakes, bacon, and beverage.
 Cognitive building Brain Games will
 follow. **Cost \$6 Registration Re-**
quired. Deadline is 7/13

WGSC Lunch & Movie
 July 24th 12:00-2:00pm Join us for a
 hot lunch (meal of the day) followed
 by the Movie “One Life” This Biopic
 tells the true story of the life of Nich-
 olas Winton. **Register by July 13th**

Lunch & Learn Documentary
 July 13th ~12:00-1:00 ~Join us for
 a hot lunch along with a very in-
 teresting documentary about
 Cleveland history, and the fall of
 our once great powerhouse. FREE
 Event, donations requested for
 the meal. **Register by July 6th**

Presentations with Pizazz
 July 16th ~11:00-12:00pm ~Join
 us as we welcome back Susan
 Cannavino and her presentations w/
 Pizzazz!! This visit she will cover our
 Hometown Heroes Such as Jesse
 Owens, Erma Bombek, Paul New-
 man and many more!!
Cost: \$2 Register by 7/13/26

Ice Cream Social w/Tom Todd
 July 15th 12:00-1:30 ~Join us for hot
 lunch followed by Ice Cream with
 tasty toppings and entertainment by
 Tom Todd. **Cost: \$6,**
Register by 7/8/26

Lunch is served Mon thru Fri
 from 12:00-12:30pm. ALL Seniors
 MUST request meals by the Mon-
 day of the week prior to the re-
 quested meal dates.. ALL lunch
 reservations can be made by call-
 ing the WGSC at 440-279-2163,
 or by entering your request in the
 Lunch sign up book provided by
 the front Desk.

JULY 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 Classical Chair Yoga 1:00-2:30 Never Ending Knowledge “America’s founding Fathers” 1:00-3:00 Diamond Art	2 9:00-10:00 Water Exercise ~Metz pool 10:00-10:30 Beginner Senior Spin Class 10:30-11:15 Seated Strength & Balance 10:00-11:00 Water Exercise ~Metz pool 12:00-2:00 UH-AWBW Lunch & Movie 1:00-2:30 Arm Chair Travel “France through the Ages” 1:00-3:30 DSM Class #1	3 ALL SITES CLOSED 
6 9:00-10:00 Water Exercise ~Metz pool 10:00-11:00 Strength & Cardio VT 11:00-12:00 Gentle Chair Yoga 12:00-1:00 Water Exercise ~Metz pool 1:00-3:00 Mahjongg Group-Lessons 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 9:00-10:00 Water Exercise ~Metz pool 9:00-11:30 Stained Glass Class \$5 10:00-11:00 Strength & Cardio 11:00-12:00 Classical Chair Yoga 1:00-2:30 Never Ending Knowledge “America’s founding Fathers” 1:00-3:00 Diamond Art	9 SENIOR DAY TODAY 	10 9:00-11:30 Stained Glass Class \$5 10:00-11:00 Gentle Chair Yoga Video 11:00-11:45 Cardio Drumming Video 11:00-11:30 Beginner Spin Class 1:00-3:30 DSM Class #2
13 9:00-10:00 Water Exercise ~Metz pool 10:00-11:00 Strength & Cardio VT 11:00-12:00 Gentle Chair Yoga 12:00-1:00 Lunch & Learn Documentary ~ Cleveland History: “The Fall of the Great Lakes Powerhouse.” 1:00-3:00 Mahjongg Group-Lessons 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 Classical Chair Yoga 12:00-1:30 Lunchtime Ice Cream Social with Entertainer Tom Todd 1:00-2:30 ***NO NEK TODAY*** 1:00-3:00 Diamond Art	16 10:00-10:30 Beginner Spin Class 10:00-10:45 Seated Strength & Balance 11:00-12:00 Presentations with Pizazz “Celebrating Ohio’s Famous Figures” 1:00-2:30 Arm Chair Travel “France through the Ages” 1:00-3:00 Pinochle w/Christine 1:00-2:00 Yoga Nidra w/Darlene \$4	17 9:00-11:30 Stained Glass Class \$5 10:00-11:00 Gentle Chair Yoga Video 11:00-11:30 Beginner Spin Class 11:00-11:45 Cardio Drumming Video 1:00-3:30 DSM Class #3
20 9:00-10:00 Water Exercise ~Metz pool 10:00-11:00 Strength & Cardio VT 11:00-12:00 Gentle Chair Yoga 12:00-1:00 Water Exercise ~Metz pool 1:00-3:00 Mahjongg Group-Lessons 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 8:30-10:00 Breakfast & Brain Games \$6 9:00-11:30 Stained Glass Class \$5 10:00-11:00 Strength & Cardio 11:00-12:00 Classical Chair Yoga 1:00-2:30 Never Ending Knowledge “America’s founding Fathers” 1:00-3:00 Diamond Art	23 9:00-10:00 Water Exercise ~Metz pool 10:00-10:30 Beginner Spin Class 10:00-11:00 Water Exercise ~Metz pool 10:30-11:15 Seated Strength & Balance 1:00-2:30 Arm Chair Travel “France through the Ages” 1:00-2:00 Yoga Nidra w/Darlene \$4	24 9:00-11:30 Stained Glass Class \$5 10:00-11:00 Gentle Chair Yoga Video 11:00-11:30 Beginner Spin Class 11:00-11:45 Cardio Drumming Video 12:00-2:00 Lunch, Movie & Popcorn “One Life” 1:00-3:30 DSM Class #4
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 & BINGO 1:00-3:00 Mahjongg Group-Lessons 1:00-3:00 2:00-3:00 Line Dancing w/	28 ALL SITES CLOSED STAFF TRAINING 	29 9:00-11:30 Stained Glass Class \$5 10:00-11:00 Strength & Cardio 11:00-12:00 Classical Chair Yoga 1:00-2:30 Never Ending Knowledge “America’s founding Fathers” 1:00-3:00 Diamond Art	30 9:00-10:00 Water Exercise ~Metz pool 10:00-10:30 Beginner Senior Spin Class 10:30-11:15 Seated Strength & Balance 1:00-2:00 Yoga Nidra w/Darlene \$4 1:00-3:00 Pinochle w/Christine 5:00-7:00 Dine Nite Out @ Sausalito’s in Kirtland	31 9:00-11:30 Stained Glass Class \$5 10:00-11:00 Gentle Chair Yoga Video 11:00-11:30 Beginner Spin Class 11:00-11:45 Cardio Drumming Video 12:00-1:30 Lunch & Learn with Dr Maguire “The Ebola Virus” 1:00-3:30 DSM Class #5