

NEWSWORTHY
NOTES

September 2026 ~West G. Senior Center *8090 Cedar Rd* 440-279-2163

WG LUNCH & MOVIE
September 10th 12:00-2:00pm. ~Join us for a hot lunch (meal of the day), followed by the Movie “The Devil Wears Prada 2” **Deadline to Register is 8/31**

DOCUMENTARY Fridays
SEPT 11th 12:00-1:30pm ~Join us for a hot lunch (meal of the day), followed by a documentary about the Cleveland MOB “Sugar Wars: The Rise of the Cleveland MAFIA” **Deadline to register is 8/31** ,

SEPT 25th 12:00-1:30pm ~Join us for a hot lunch (meal of the day), followed by a documentary about the Cleveland MOB “Danny Greene-The Rise & Fall of the IRISHMAN” **Deadline to Register is 9/14**,

LUNCH & LEARN Live Reenactment
SEPT 18th 12:30-2:00 ~Join us here for a live—in person reenactment of Dorothy Fuldheim by actress Carol Starre Kmaicek. Lunch will be served from 12:30-1:00. (Rigatoni & Meatballs, Garlic Toast, Salad and dessert), followed by the program at 1:00pm. **Cost \$7 Deadline to register 9/14**

ART WITH AMY
SEPT 23rd 1:00-3:00pm ~Join us here at WGSC for a Painting on Canvas Class with instructor Amy Walsh. Cost includes all supplies, just bring your creativity and smile!! **Cost:\$8, deadline to register is 9/17.**

BREAKFAST & BRAIN GAMES
SEPT 24th 8:30-10:00am ~ Join us at WGSC for a hot breakfast of Sausage & Egg Burritos, Hashbrowns, fresh fruit and beverage. Cognitive building Brain Games will follow. **Cost \$6 Registration Required. Deadline is 9/21**

Lunch & Learn w/Dr. Maguire
SEPT 24th 12:00-1:30pm ~Join us for a history filled presentation “The Black Plague & The Renaissance” by our very own Michael Maguire PHD. Hot Lunch 12-12:30 and Presentation 12:30-1:30. **Deadline to register is SEPT 14th. 440-279-2163**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	9:00-10:00 Water Exercise ~Metz pool 1 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	9:00-10:00 Water Exercise ~Metz pool 2 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 “Worlds Greatest Geological Wonders” 1:00-3:00 Diamond Art	9:00-10:00 Water Exercise ~Metz pool 3 10:00-10:30 Beginner Spin Class 10:30-11:15 Seated Strength & Balance 12:00-2:00 AWBW LUNCH & MOVIE 1:00-2:30 Arm Chair Travel “Ancient Egypt” 1:00-3:00 Pinochle w/Christine	9:00-11:30 Stained Glass Class \$5 10:00-11:00 Gentle Chair Yoga Video 11:00-11:45 Cardio Drumming Video 1:00-3:00 Wii Bowling
	9:00-10:00 Water Exercise ~Metz pool 8 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	9:00-10:00 Water Exercise ~Metz pool 9 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 ““Worlds Greatest Geological Wonders” 1:00-3:00 Diamond Art	10:00-10:30 Beginner Spin Class 10 10:00-11:00 Water Exercise ~Metz pool 10:30-11:15 Seated Strength & Balance 12:00-2:00 Lunch & Movie “The Devil wears Prada 2” 1:00-2:30 Arm Chair Travel “Ancient Egypt” 1:00-3:00 Pinochle w/Christine 1:00-2:00 Yoga Nidra w/Darlene \$4	9:00-11:30 Stained Glass Class \$5 11 10:00-11:00 Gentle Chair Yoga Video 11:00-11:45 Cardio Drumming Video 12:00-1:30 Documentary Friday~ “Sugar Wars—The Rise of the Cleveland Mafia” 1:00-3:00 Wii Bowling
9:00-10:00 Water Exercise ~Metz pool 14 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 2:00-3:00 Line Dance w/Darlene \$4	9:00-10:00 Water Exercise ~Metz pool 15 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	9:00-10:00 Water Exercise ~Metz pool 16 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 ““Worlds Greatest Geological Wonders” 1:00-3:00 Diamond Art	10:00-10:30 Beginner Spin Class 17 10:00-11:00 Water Exercise ~Metz pool 10:30-11:15 Seated Strength & Balance 1:00-2:30 Arm Chair Travel “Ancient Egypt” 1:00-2:00 Yoga Nidra w/Darlene \$4 1:00-3:00 Pinochle w/Christine	9:00-11:30 Stained Glass Class \$5 18 10:00-11:00 Gentle Chair Yoga Video 11:00-11:45 Cardio Drumming Video 12:30-2:00 Lunch & Learn “Remembering Dorothy Fuldheim” 1:00-3:00 Wii Bowling
9:00-10:00 Water Exercise ~Metz pool 21 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 2:00-3:00 Line Dance w/Darlene \$4	9:00-10:00 Water Exercise ~Metz pool 22 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	9:00-10:00 Water Exercise ~Metz pool 23 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 ““Worlds Greatest Geological Wonders” 1:00-3:00 Art w/Amy \$8 1:00-3:00 Diamond Art	8:30-10:00 Breakfast & Brain Games 24 10:00-10:30 Beginner Spin Class 10:30-11:15 Seated Strength & Balance 12:00-1:30 Lunch & Learn w/Dr. Maguire “The Black Plague & The Renaissance ” 1:00-2:30 Arm Chair Travel ~Ancient EGYPT 1:00-2:00 Yoga Nidra w/Darlene \$4	9:00-11:30 Stained Glass Class \$5 25 10:00-11:00 Gentle Chair Yoga Video 11:00-11:45 Cardio Drumming Video 12:00-1:30 Documentary Friday~ Danny Greene: The Rise & Fall of the Irishman 1:00-3:00 Wii Bowling
9:00-10:00 Water Exercise ~Metz pool 28 10:00-11:00 Strength & Cardio VT 11:00-12:00 Gentle Chair Yoga 12:00-1:00 Water Exercise ~Metz pool 12:00-1:30 Lunch & Bingo 1:00-3:00 Mahjongg Group 2:00-3:00 Line Dance w/Darlene \$4	9:00-10:00 Water Exercise ~Metz pool 29 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	9:00-10:00 Water Exercise ~Metz pool 30 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 ““Worlds Greatest Geological Wonders” 1:00-3:00 Diamond Art	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	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.