

NEWSWORTHY  
NOTES

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

MONDAYTUESDAYWEDNESDAYTHURSDAYFRIDAY

**Haunted Ohio Documentaries**  
**DOCUMENTARY Mondays#1**  
*OCT 5th 12:00-1:30pm* ~Join us for a hot lunch (meal of the day), followed by a documentary about The Helltown of Ohio. **Deadline to register is 9/28**

**DOCUMENTARY Mondays #2**  
*OCT 26th 12:00-1:30pm* ~Join us for a hot lunch (meal of the day), followed by a documentary about Clevelands own Franklin Castle. **Deadline to Register is 10/19**

**Lunch, Entertainment & B00-Bingo**  
*October 28th 12:00-2:30* ~Join us for Lunch (Lasasgna, breadsticks, dessert and bneverage) Entertainment w/Tom Todd and Boo-Bingo with PRIZES. **Cost \$10, Deadline to sign up 10/23**

**Presentations w/Pizazz**  
*OCT 14th 11:00-12:00* ~Join us here for a presentation by Susan Canavinno. Topic will be a look back at the life of Eleanor Roosevelt. **Cost \$2 Deadline to register 10/5**

**BREAKFAST & BRAIN GAMES**  
*OCT 21st 8:30-10:00am* ~ Join us at WGSC for a hot breakfast of scrambled eggs and ham with cheese, hashbrown potatoes, fresh fruit and beverage. Cognitive building Brain Games will follow. **Cost \$6 Registration Required. Deadline is 10/16**

**Lunch & Learn w/Dr. Maguire**  
*OCT 23rd 12:00-1:30pm* ~Join us for a travel presentation about Antarctica by our very own Prof.Maguire PHD. Hot Lunch of soup, sandwich & dessert will be served from 12-12:30 and PRG at 12:30. **Deadline to register is 10/19 Cost :Donation**

**Halloween Party**  
*OCT 29th 10:00-1:30* ~Join us as we welcome back the Saint Anselm kids for an intergenerational Halloween party. Pizza Lunch will be included, as well as dessert for all. Come and interact with the kids as they trick or treat here at the center, and will be in costume. There will be cardio drumming with the kids, a craft, and they will have a short song & dance performance to share with the seniors. **Cost \$7, deadline to register is October 23rd**

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| 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. |                                                                                                                                                                                                                                                          |                                                                                                                                                                                              | <u>Recreation/Education Coordinator</u><br>~Christine Bacon 440-279-2163<br><u>Rec/Ed Assistants</u><br>~Jeanne Molzon<br>~Amy Walsh<br>I&R Assistant: Ronda Dwyer~279-2163<br>Stained Glass Class Appointments:<br><b>Call Don Trask 440-759-9691</b>                            | 9:00-10:00 Water Exercise ~Metz pool <b>1</b><br>10:00-10:30 Beginner Spin Class<br>10:30-11:15 Seated Strength & Balance<br>12:00-2:00 UH LUNCH & MOVIE<br><b>CALL UH to register</b><br>1:00-3:00 Pinochle w/Christine<br>1:00-2:30 Arm Chair Travel | 9:00-11:30 Stained Glass Class \$5 <b>2</b><br>10:00-11:00 Gentle Chair Yoga Video<br>11:00-11:45 Cardio Drumming Video<br>1:00-3:00 Wii Virtual Bowling |
| 9:00-10:00 Water Exercise ~Metz pool <b>5</b><br>10:00-11:00 Strength & Cardio VT<br>11:00-12:00 Gentle Chair Yoga<br>12:00-1:30 Documentary Mondays<br>“HAUNTED OHIO~ HELLTOWN”<br>1:00-3:00 Mahjongg Group<br>2:00-3:00 Line Dance w/Darlene \$4                                                      | 9:00-10:00 Water Exercise ~Metz pool <b>6</b><br>9:00-11:30 Stained Glass Class \$5<br>10:00-10:30 Beginner Senior Spin Class<br>10:30-11:15 Seated Strength & Balance<br>12:30-1:30 Tai-ChiFit<br>12:00-3:00 Bridge Group<br>12:30-2:30 Knit & Crochet  | 9:00-10:00 Water Exercise ~Metz pool <b>7</b><br>9:00-11:30 Stained Glass Class \$5<br>10:00-11:00 Strength & Cardio<br>11:00-12:00 Slow Chair Yoga<br>1:00-2:30 Never Ending Knowledge<br>1:00-3:00 Diamond Art                                                                | 9:00-10:00 Water Exercise ~Metz pool <b>8</b><br>10:00-10:30 Beginner Spin Class<br>10:00-11:00 Water Exercise ~Metz pool<br>10:30-11:15 Seated Strength & Balance<br>1:00-2:00 Yoga Nidra w/Darlene \$4<br>1:00-3:00 Pinochle w/Christine<br>1:00-2:30 Arm Chair Travel          | 9:00-11:30 Stained Glass Class \$5 <b>9</b><br>10:00-11:00 Gentle Chair Yoga Video<br>11:00-11:45 Cardio Drumming Video<br>1:00-3:00 Wii Virtual Bowling                                                                                               |                                                                                                                                                          |
| ALL SITES CLOSED <b>12</b><br>                                                                                                                                                                                        | 9:00-10:00 Water Exercise ~Metz pool <b>13</b><br>9:00-11:30 Stained Glass Class \$5<br>10:00-10:30 Beginner Senior Spin Class<br>10:30-11:15 Seated Strength & Balance<br>12:30-1:30 Tai-ChiFit<br>12:00-3:00 Bridge Group<br>12:30-2:30 Knit & Crochet | 9:00-11:30 Stained Glass Class \$5 <b>14</b><br>10:00-11:00 Strength & Cardio<br>11:00-12:00 Slow Chair Yoga<br>11:00-12:00 Presentations w/Pizzazz<br>“Eleanor Roosevelt” \$2<br>1:00-2:30 Never Ending Knowledge<br>1:00-3:00 Diamond Art<br>1:00-3:00 Art with Amy \$8       | 10:00-10:30 Beginner Spin Class <b>15</b><br>10:00-11:00 Water Exercise ~Metz pool<br>10:30-11:15 Seated Strength & Balance<br>12:00-2:00 LUNCH & MOVIE<br>BEETLEJUICE 2<br>1:00-2:00 Yoga Nidra w/Darlene \$4<br>1:00-3:00 Pinochle w/Christine<br>**NO ARM CHAIR TRAVEL TODAY** | 9:00-11:30 Stained Glass Class \$5 <b>16</b><br>10:00-11:00 Gentle Chair Yoga Video<br>11:00-11:45 Cardio Drumming Video<br>1:00-3:00 Wii Virtual Bowling                                                                                              |                                                                                                                                                          |
| 9:00-10:00 Water Exercise ~Metz pool <b>19</b><br>10:00-11:00 Strength & Cardio VT<br>11:00-12:00 Gentle Chair Yoga<br>12:00-1:00 Water Exercise ~Metz pool<br>1:00-3:00 Mahjongg Group<br>2:00-3:00 Line Dance w/Darlene \$4                                                                           | 9:00-10:00 Water Exercise ~Metz pool <b>20</b><br>9:00-11:30 Stained Glass Class \$5<br>10:00-10:30 Beginner Senior Spin Class<br>10:30-11:15 Seated Strength & Balance<br>12:30-1:30 Tai-ChiFit<br>12:00-3:00 Bridge Group<br>12:30-2:30 Knit & Crochet | 8:30-10:00 Breakfast & Brain Games \$6 <b>21</b><br>9:00-11:30 Stained Glass Class \$5<br>10:00-11:00 Strength & Cardio<br>11:00-12:00 Slow Chair Yoga<br>1:00-2:30 Never Ending Knowledge<br>1:00-3:00 Diamond Art<br>2:00–3:00 AFC Vacations Pre Trip Meeting for New Orleans | 10:00-10:30 Beginner Spin Class <b>22</b><br>10:00-2:00 AARP SENIOR SAFE<br>DRIVERS COURSE<br>10:30-11:15 Seated Strength & Balance<br>1:00-2:00 Yoga Nidra w/Darlene \$4<br>1:00-3:00 Pinochle w/Christine<br>1:00-2:30 Arm Chair Travel<br>5:00 -Dine Nite @ Compadres Grill    | 9:00-11:30 Stained Glass Class \$5 <b>23</b><br>10:00-11:00 Gentle Chair Yoga Video<br>11:00-11:45 Cardio Drumming Video<br>12:00-1:30 Lunch & Learn w/Prof. Maguire “ANTARCTICA”<br>1:00-3:00 Wii Virtual Bowling                                     |                                                                                                                                                          |
| 9:00-10:00 Water Exercise ~Metz pool <b>26</b><br>10:00-11:00 Strength & Cardio VT<br>11:00-12:00 Gentle Chair Yoga<br>12:00-1:30 Documentary Mondays<br>“HAUNTED OHIO ~Franklin Castle”<br>1:00-3:00 Mahjongg Group<br>2:00-3:00 Line Dance w/Darlene \$4                                              | 9:00-10:00 Water Exercise ~Metz pool <b>27</b><br>9:00-11:30 Stained Glass Class \$5<br>10:00-10:30 Beginner Senior Spin Class<br>10:30-11:15 Seated Strength & Balance<br>12:30-1:30 Tai-ChiFit<br>12:00-3:00 Bridge Group<br>12:30-2:30 Knit & Crochet | 9:00-10:00 Water Exercise ~Metz pool <b>28</b><br>9:00-11:30 Stained Glass Class \$5<br>12:00-2:30 Lunch, Entertainment w/ Tom Todd and Boo-BINGO \$10<br>NO Never Ending Knowledge Today<br>1:00-3:00 Diamond Art                                                              | 9:00-10:00 Water Exercise ~Metz pool <b>29</b><br>10:00-10:30 Beginner Spin Class<br>*NO Seated Strength & Balance Today*<br>10:00-1:30 Halloween Party with The Saint Anselm Kids \$7<br>1:00-2:00 Yoga Nidra w/Darlene \$4<br>1:00-2:30 Arm Chair Travel                        | 9:00-11:30 Stained Glass Class \$5 <b>30</b><br>10:00-11:00 Gentle Chair Yoga Video<br>11:00-11:45 Cardio Drumming Video<br>1:00-3:00 Wii Virtual Bowling                                                                                              |                                                                                                                                                          |