

Westlake

Community Services

PATHWAYS TO ENGAGE · ENRICH · EMPOWER

ISSUE NO. 2 | MARCH/APRIL 2025 | VOLUME 6
440-899-3544



RAIN AND GARDEN SHOW

—
SAVE THE DATE!

Saturday, April 5

10:00am-2:00pm

at
Westlake Community Services

OVER 90 CELEBRATION—In partnership with the Westlake/Bay Village Rotary

We will be honoring all those Westlake residents who are 90 years or older with a party on **May 14**. If you, or someone you know, is now or will be 90 or over this year, contact **Cindi at 440-899-3544** so we may send them an invitation to this uplifting event.

General Information	2
Perspective/Donations/Social Services	3
Special Events	4-5
Connections Café	6
Social	6-7
Movies	8
Lifelong Learning	9-10
Arts	11
Games	11-12
Support	12
Health & Wellness	13-14
Fitness	14-15
Travel	16
Sponsors	17
Calendars	18-19
Information from Outreach Coordinator	20

ETC—ENGAGE/THRIVE/CONNECT

- Could you use extra encouragement and motivation to get active and engaged?
- Are you grieving or struggling with a chronic health problem and need help becoming social again?
- Have you been feeling lonelier than you would like and are having trouble meeting friends?

If you are 50+ and can relate to any of these questions, our ETC: Engage, Thrive, Connect program may be perfect for you. We will accept up to 40 individuals (all in the same boat as you) in this 6 month long program, geared to help you meet and form social connections while also orienting and getting comfortable with our center activities. It is a sort of New Person's orientation, with a focus on helping people become social and active again. It is not a dating program. We will meet every 2nd Tuesday at 2:00pm for an activity and every 4th Friday at 11:30am for a luncheon. Due to a generous donation, there is no charge for this program.

Friday, April 25, 11:30am. Call to reserve your spot—440-899-3544 by 4/17.

Community Information

Published by

Westlake Community Services, 28975 Hilliard Blvd,
Westlake, OH 44145 440-899-3544

<https://www.cityofwestlake.org/886/Community-Services>

Hours of Operation

Monday—Friday; 8:00am—4:00pm **Reservations and payments taken Monday—Friday; 9:00am—3:00pm.**

Online Registration—MyActive Center

Type in: <https://beta.myactivecenter.com/#>

for a quick and easy registration option for all non-pay programs. Call us if you need assistance getting started.

Pathways Subscription Payments (bi-monthly)

Activities/Pathways (\$20/yr.) may be paid by cash (bills of **\$20 or less** in person only), check (payable to City of Westlake), Visa, Discover, MasterCard, or American Express, or pick-up a copy at front desk for \$4.00.

Refunds and Cancellations

Programs may be cancelled and refunded if minimum participation is not met. If you paid for a program but need to cancel, you may receive a refund if you cancel before the pay-by date. **Refunds for \$2.00 or less will not be processed.** After the pay-by date we are unable to process refunds unless there is a wait list, the spot is filled and paid for by another patron. Trip refund and cancellation policy is 30 days before the date of trip for a full refund unless otherwise stated. Center gift cards are non-refundable. **Some residents cannot afford to attend our events. If you would like to Pay It Forward, in lieu of a refund, please let reception know when you call to cancel.**

Holiday Schedule

City of Westlake offices are closed on Friday, April 18 in observance of Good Friday.

Panera Bread

Come “help yourself” to a few pieces on **Thursday mornings** from **9:15-11:00am** or until gone.

Service Club

Assemble Pathways for Community Services on **Wednesday, April 9, 9:30am.**

Transportation

Transportation is available for Westlake residents age 60 years and older. **Contact Donna Feorene, Outreach Coordinator**, for more information-440-899-3544.

SENIOR SUPPER CLUB

Cafeteria open Monday—Sunday: 4:00-5:30pm.

Seniors can eat at **St. John Medical Center's Terrace View Café** (cafeteria) for a 40% discount with a card—which are available at Community Services. To access the cafeteria menu from your phone call **440-827-5990** or from your device: <https://sjmc-uh.catertrax.com/>

WESTLAKE PORTER PUBLIC LIBRARY

Homebound Services—Westlake Residents

We provide free homebound services to any Westlake resident with a permanent or temporary condition that prevents a safe visit to the library. If you don't have a library card, we will issue one for you.

Materials you can receive for home delivery:

- Books (regular print and large print)
- Magazines DVDs and Blu-Rays
- Books on CD Music CDs
- Playaway self-playing digital audiobooks

Additional services available during regular library hours include:

- Telephone Reference, Curbside Pickup, Computer Use.
- The Drive-up Book Drop and Wi-Fi are available 24/7.
- Visit on social media for up-to-date information.

MISSION STATEMENT

To engage, enrich and empower those we serve, especially 50+ adults and Westlake residents of all ages in need.

Community Services Staff

Lydia Gadd, MA, LPCC-S—DIRECTOR
lgadd@cityofwestlake.org

Cindi Lindgren—Office Manager
clindgren@cityofwestlake.org

Jodi Rodriguez—Program Planner
jrodriguez@cityofwestlake.org

Jennifer Yoo—Program Planner
jyoo@cityofwestlake.org

Donna Feorene—Outreach Coordinator
dfeorene@cityofwestlake.org

Mary Kalassay—Youth Coordinator
mbodmann@cityofwestlake.org

Michele Hassen—Administrative Assistant
mhasen@cityofwestlake.org

Susan Laschinger—Secretary
slaschinger@cityofwestlake.org

Gayle Stanfield—Secretary
gstanfield@cityofwestlake.org

Garrett Baglier—Chef/Food Service Coordinator
gbaglier@cityofwestlake.org

Abby Schwenk—Assistant Chef
aschwenk@cityofwestlake.org

Nancy Masterson—Café Cashier

Jon Mulder—Maintenance/Custodial
jmulder@cityofwestlake.org

Transportation

Paul Del Vecchio, Dan DeVito, Nancy Fox, Tom Judge, Mary Kana, Mark Kearns, Marty Kelly, Bob Kowal, Peggy Marquard, John Price, Mary Rabatsky, Mike Sanders, Joe Starin

COMMUNITY SERVICES ADVISORY COUNCIL MEMBERS

Judy Cornelius, Dawn Evans, Carmela Freeman, Betty Kearney, Cris Kennedy, Amy Kubacki, Erin Manning, Jane Perry, Jen Thomas

Pathways Perspective - Lydia Gadd, Director

Dear Friends:

I would like to take this time to shine a spot-light of appreciation to all those who volunteer their time and talents at our center. In 2024, this amounted to 108 individuals who collectively gave over 3,355 hours! The lion's share of these hours are from those front-facing volunteers who assist behind the counter at the Connections Café. You have come to know and appreciate their familiar smiling faces as part of our community services family. You will also recognize the energetic team of folks who help set-up, serve and clean-up our luncheon and breakfast events and provide check-in assistance at other larger events. Behind the scenes, there is another team of dedicated individuals who sort, shelf and pack food donations in the food pantry. Then there is a host of other sometimes unique roles such as bulletin board creation, chair volleyball refereeing, event photography, technology, legal and Medicare assistance, council members, and program facilitators. If you received this newsletter via USPS, know that a Service Club member was responsible for folding, stickering and labeling your subscription for mailing. Finally, we have volunteer ambassadors who assist in countless ways with friendly outreach, especially by welcoming those who are newer. Our Center would not be as abundantly active, dynamic, friendly and beautiful without our fine group of volunteers! National Volunteer Week is traditionally celebrated during the 3rd week of April. This significant celebration, established in 1974, provides the perfect opportunity to say thank you, but why wait until then? I hope you join me in appreciating our volunteers for their service in making a positive difference in our community throughout the year.

Thank you for making the world a better place!

Best Regards,

Lydia

Social Services

NEED HELP?

Westlake residents may contact the **Outreach Coordinator, Donna Feorene, 440-899-3544**. Office or home visits are by appointment. Assistance includes wheelchairs and walkers available to loan, applications for government programs and **Are You Okay?™**, a computerized home calling service. Food pantry assistance is available year-round to Westlake residents who qualify for our program that includes a monthly emergency three-day food supply of non-perishable food as well as holiday food baskets.

MAKING PATHWAYS

Westlake Community Services is partnering with volunteers from local churches, businesses, and organizations to help older residents with limited income. If you are in need clearing driveways or walkways (one or two days after a major snowfall) or Spring cleanup, contact **Susan at 440-899-3544** and we will connect you with volunteers.

If you know of a resident in need, tell them about this program or, when able, offer them a helping hand.

"Together we can do great things."

Donation Pathway

Thank You to the following for their generous donations to Westlake's Community Services Department.

Monetary Donations

Martin Ams	Beverly Kovach in memory of Jesse Kovach
Mr. & Mrs. Coeling	Kenji & Misao Kurokawa
Bay Corp	Jana Massif
Bodnar Peridontics	St. Paul Lutheran Church
Stephen Freeman	Claude Thompson
Angela Gecewich	Wii Bowling Group
Howard Hoenn	Mr. & Mrs. Zanol
Kathrine Jensen	

Food Donations

Church of the Redeemer	Andrea Sharb
Cleaning Authority, Westlake	Carol Welo
Sarah Eckel	Westlake residents
Emjaez Dance Studio student collection	Westlake organizations
Philip McDonnell	and businesses
Aimee Polger	Steve Wiezarek

Miscellaneous

Aimee Polger – gift cards
Minute Men – gift cards for holiday food distribution

Gallery Art Wall Pathway

COMING IN MARCH—

The works of **Kathleen Stefancin**, photographer and author will be featured.

COMING IN APRIL—

The art work of **Alphan Dhond** will be featured.

March Special Events Pathway

ST. PATRICK'S DAY LUNCHEON

Join us, a **few days early**, and maybe you will be *lucky* enough to celebrate this day twice in one month!

Irish immigrants brought St. Patrick's Day to the United States, where it became a secular celebration of Irish culture. The nickname for St. Patrick's Day is St. Paddy's Day, where "Paddy" is a nickname for Pádraig, the Irish spelling of Patrick. The first St. Patrick's Day parade was held in 1601 in St. Augustine, Florida, with a parade organized by Ricardo Artur, the Irish vicar of this Spanish colony. So wear your green and gold in honor of this day and come help us celebrate the "luck of the Irish!" (**Dessert provided by Brookdale Senior Living, Door prizes by O'Neill Healthcare and Embassy/Northridge Health Center**)



11:00am—Bent Strings: A favorite of patrons, the group will be performing a mix of engaging instrumental pieces. This four piece band includes vocals by Kari Ann and Caroline.

12:00pm Lunch: *Shepard's Pie, Cabbage, Irish Soda Bread, Dessert, Coffee/Tea.*

Thursday, March 13, 11:00am. Cost: \$15; payable by 3/6.

NATIONAL PI DAY

It's National Pi Day so what better way to celebrate than by watching the movie ***Life of Pi* (2012)**.

In Canada, a writer visits the Indian storyteller Pi Patel and asks him to tell his life story. Pi tells the story of his childhood in Pondicherry, India, and the origin of his nickname. One day, his father, a zoo owner, explains that the municipality is no longer supporting the zoo and he has hence decided to move to Canada, where the animals the family owns would also be sold. They board on a Japanese cargo ship with the animals and out of the blue, there is a storm, followed by a shipwrecking. Pi survives in a lifeboat with a zebra, an orangutan, a hyena and a male Bengal tiger nicknamed Richard Parker. They are adrift in the Pacific Ocean, with an aggressive hyena and Richard Parker getting hungry. Pi needs to find a way to survive.

Adventure/Drama/Fantasy. Winner of 4 Oscars. 2hr. 7min. Rated PG for emotional thematic content throughout and some scary action/peril sequences.

Friday, March 14, 1:00pm. FREE. Call to reserve or use MyActive Center by 3/13.

NATIONAL "PI" DAY & THE LUNAR ECLIPSE IN THE CAFÉ

We are celebrating "National Pi Day" and the 2025 Lunar Eclipse on March 14 in the café by offering **Moon Pies**. Be sure to stop by and purchase yours between the hours of 10:30am-3:00pm!

PROJECT PULSE PERFORMANCE WITH GIGI'S PLAYHOUSE

Join us for an evening of energetic music and rhythm! Project Pulse, a drumming group brought to you from **GiGi's Playhouse** in Lakewood, Ohio, is back for another fun performance! This group is comprised of teens and adults who have Down syndrome and ROCK an extra chromosome. Participants meet every Tuesday to explore new music and cultivate a captivating performance at the end of an 8-week session! The music you will hear during the performance may be familiar tunes, but the rhythm and moves you will experience will be fascinating and entertaining! This is a performance you won't want to miss! For more information about GiGi's Playhouse, a Down Syndrome Achievement Center, please feel free to visit their website: gigisplayhouse.org/Cleveland



Tuesday, March 18, 6:30pm. FREE. Call to reserve or use MyActive Center by 3/11.

WENDT TOURING PRESENTATION

Rich Urbas will be here to present the overnight trips being offered by Wendt Touring in 2025. Trip brochures are available for pick-up. **All are welcome!**

Wednesday, March 19, 1:15pm. FREE. Call to reserve or use MyActive Center by 3/18.

INTERGENERATIONAL CHAIR VOLLEYBALL

Back by popular demand, students from Dover Intermediate School have requested to come back and play intergenerational chair volleyball. This is a wonderful opportunity to interact and laugh with children from our community and show them how fun active aging can be.

Thursday, March 20, 3:00pm. FREE. Call to reserve or use MyActive Center by 3/13.

March Special Events Pathway

FORGOTTEN WOMEN OF HISTORY

As Virginia Wolf said "for most of history anonymous was a woman." Join us in the discussion about the women who have been often overlooked throughout history and who have greatly contributed to our sciences, art, music and other ways in our culture who you may have never learned about before. **Presented by Sarah Beebe of Westlake Porter Library.**

Friday, March 28, 1:00pm. FREE. Call to reserve or use MyActive Center by 3/24.

VALUES: GOLD AND SILVER

Bring your items to get a price on jewelry, diamonds, or flatware that you no longer want. Gold & Silver Events is a reputable precious metals dealer that specializes in senior centers, home parties, and school fundraisers. No obligation to sell! Sheila looks forward to an exciting event learning some values and enjoying great conversations with you.

Tuesday, March 25, 9:00-2:00pm. FREE. Call to schedule an appointment. Walk-ins may be taken, as able, between scheduled appointments.

April Special Events Pathway

THE GOLDEN AGE OF ROCK & ROLL: 12 CLASSIC HITS

This program features early Rock and Roll Era classic hits by Chuck Berry, Elvis Presley, Little Richard, Buddy Holly & the Crickets, as well as many other artists. The presentation, by **Dr. Joel Keller**, includes chart performance information for each song as well as some fun trivia questions.

Friday, April 11, 11:00am. Cost: \$2; payable by 4/9.

POLKA-DOT PARTY

April has us seeing SPOTS – or Polka DOTS to be more precise. Before the name “polka dots” was ingrained, the dotted fabric went by various monikers, including dotted-Swiss (which possibly alludes to the holes in Swiss cheese), the Spanish name *lunares*, the French term *quinconce*, and the German word *thalertupfen*. No matter what term you choose, those dots mean FUN. So, put on your favorite spots or dots and join us for a day filled with polka dots AND polka music, with a twist. **(Door prizes by Brookdale Westlake Village and Angels Home Health Care.)**

11:00am—Lunch: *Golumpki (aka Home-Made Stuffed Cabbage with Tomato Sauce), Roll/Butter, Polka Dot Cake, Coffee/Tea.*

12:00pm—The Chardon Polka Band: The band’s range of style is equally eccentric as its members. The Chardon Polka Band plays traditional polkas reminiscent of the Lawrence Welk Show, a style that has endeared them to traditional polka fans, but sometimes morphs into punk-rock renditions of the same songs, modified to bring in a younger audience. They throw in comedic renditions of oddball favorites, bizarre audience participation songs, and even polka-rock covers. You are sure to have a good time with these characters.

Wednesday, April 16, 11:00am. Cost: \$15; payable by 4/11.



THE ROCKY ROAD TO WOMEN’S RIGHT TO VOTE

The Women’s Right to Vote journey started in 1848. For decades, Suffrage and Anti-Suffrage groups waged propaganda campaigns to support views on why women should or should not be allowed to vote. Join **Nancy Haas, Retired Director of Nursing Practice**, as she shares the story of how women won the right to voice their vote.

Tuesday, April 22, 10:00am. FREE. Call to reserve or use MyActive Center by 4/18.

DEBBIE DARLING—THE CARPENTERS

Debbie returns to showcase The Carpenters, one of the most beloved and successful musical duos of the 1970s. But behind this brother and sister’s soaring melodies and perfect harmonies there is a story of hard work and heartache. This musical talk will take you from their humble beginnings to their rise to stardom. It showcases the challenges they faced both personally and professionally, the breakdown of their duo, Karen’s untimely death and the lasting impact they continue to have on the music industry.

Wednesday, April 23, 11:00am. Cost: \$4; payable by 4/21.



APRIL FOOL’S

Come learn how laughter greatly benefits us and hopefully have a laugh or two together! **Presented by Sarah Beebe of Westlake Porter Library.**

Friday, April 25, 1:00pm. FREE. Call to reserve or use MyActive Center by 4/22.

Connections Café Pathway

Chef Garrett will continue to offer his Friday Specials along with his regular menu items. Please check our website: <https://www.cityofwestlake.org/875/Connections-Café> for the daily menu selections or *better yet—stop in!*

Café Hours:

Tuesday-Friday; 10:30am—3:00pm

Be sure to stop in at our **Connections Café** before or after an activity to enjoy our delicious menu, made fresh daily, by **Chef Garrett and Chef Abby**. **Check our website daily for soup/sandwich/muffin options and baked from scratch desserts.** **SOUP CLUB CARDS** available—no expiration, 20 cups for \$50 (\$10 savings) and 10 cups for \$25 (\$5 savings). Ask about our selection of Fresh Frozen Soups (\$3/ea.) available to take home. Options vary and may change daily.

Social Pathway

COFFEE WITH A VET

All Veterans are welcome to come and enjoy a cup of coffee and conversation with fellow Veterans in the Connections Café. A great way to connect. **Walk-in's welcome!** (Coffee and muffins are sponsored by Main Street Care Center) **Wednesday, March 5 and April 2, 9:00-11:00am. FREE.** Call to reserve or use MyActive Center by one day prior to each date.

BALLROOM DANCE KEN WINGATE MEMORIAL SAVE THESE DATES!

Featuring the music stylings of **John Kowalski**.

Thursday, May 29, 1:00pm. Cost: \$6/pp, payable on the date at the door.

Additional ballroom dates: August 7 & 28, September 25 and October 30.

BREAKFAST CLUB FOR MEN

A delicious breakfast created by Chef Garrett for each event date.

March 4—*Fear God & Dreadnaught: The Rise and Fall of the Battleship*

During the first half of the twentieth century, major countries looked to the size of their navies as an indicator of their great power status. One type of ship dominated that perspective: the dreadnaught battleship. This presentation examines the impact of these weapon systems on the history of the twentieth century. The presentation reviews the various naval arm races of the Pre-World War I era and their impact on creating the tensions that lead to the outbreak of that war. Comparisons of how different countries addressed the need to design, build, man and use these ships will be part of the presentation. Fans of these ships and especially those who think the USA built some of the best battleships will not be disappointed. Considerable pictures and information on where to visit the surviving Battleships will also be part of the presentation. Pictures and comments based on the presenter standing on the decks of four surviving dreadnaughts will highlight the presentation. **Presented by Steve Pettyjohn.**

April 1—*Knee Pain in Men: Understanding the Causes and Solutions*

Join **Dr. Nicholas Bigrigg** from **Aligned Health Center** as he explores the common causes of knee pain in men and its impact on mobility and quality of life as we age. Discover the latest advancements in treatment options, including cutting-edge non-surgical solutions, and gain practical tips to keep your knees healthy and strong. Whether you're managing chronic pain or seeking to prevent future issues, this talk will provide actionable insights to help you stay active and enjoy life to the fullest.

Tuesdays, March 4 and April 1, 9:45am. Cost: \$4; payable by one week prior to each date.

REMEMBER WHEN

Please join **Michele Hassen, Administrative Assistant**, for another "Remember When" to discuss whatever you want to talk about or ask others about themselves. Think of family when you were growing up. Homes you may have lived in. Siblings, friends or neighbors you may have fun stories to tell. Past holidays, vacations or previous employment. We will cover as much as the hour allows.

Tuesday, March 11, 10:00am. FREE. Call to reserve or use MyActive Center by one day prior.

LUNCH BUNCH

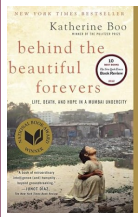
Meet up with friends and enjoy a homemade bowl of soup and vibrant conversation. This is an opportunity to make new friends while enjoying a meal from our Connections Café. Once you have purchased your lunch, you will join the group in an adjourning room. Café volunteers are happy to assist you with your tray.

Tuesdays, March 11 & 25 and April 8 & 22, 12:00pm. Call to reserve or use MyActive Center by one day prior to each date.

Social Pathway

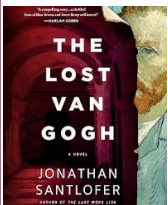
BOOK DISCUSSION

March 10—*Behind the Beautiful Forevers: Life, Death, and Hope in a Mumbai City* by Katherine Boo



In this breathtaking book by Pulitzer Prize winner Katherine Boo, a bewildering age of global change and inequality is made human through the dramatic story of families striving toward a better life in Annawadi, a makeshift settlement in the shadow of luxury hotels near the Mumbai airport. As India starts to prosper, the residents of Annawadi are electric with hope. Abdul, an enterprising teenager, sees “a fortune beyond counting” in the recyclable garbage that richer people throw away. Meanwhile Asha, a woman of formidable ambition, has identified a shadier route to the middle class. With a little luck, her beautiful daughter, Annawadi’s “most-everything girl,” might become its first female college graduate. And even the poorest children, like the young thief Kalu, feel themselves inching closer to their dreams. But then Abdul is falsely accused in a shocking tragedy; terror and global recession rock the city; and suppressed tensions over religion, caste, sex, power, and economic envy turn brutal. **Facilitated by Donna Feorene, Outreach Coordinator.**

April 14—*The Lost Van Gogh* by Jonathan Santlofer



For years, there have been whispers that, before his death, Van Gogh completed a final self-portrait. Curators and art historians have savored this rumor, hoping it could illuminate some of the troubled artist's many secrets, but even they have to concede that the missing painting is likely lost forever. But when Luke Perrone, artist and great-grandson of the man who stole the Mona Lisa, and Alexis Verde, daughter of a notorious art thief, discover what may be the missing portrait, they are drawn into a most epic art puzzle. When only days later the painting disappears again, they are reunited with INTERPOL agent John Washington Smith in a dangerous and deadly search that will not only expose secrets of the artist's last days but draws them into one of history's darkest eras. Beneath the paint and canvas, beneath the beauty and the legend, the artwork has become linked with something evil, something that continues to flourish on the dark web and on the shadiest corridors of the underground art world. **Facilitated by Cindi Lindgren, Office Manager.**

Mondays, March 10 and April 14, 10:00am. FREE. Call to reserve or use MyActive Center by one day prior to each date.

PAGE TURNERS—WITH A GUEST PRESENTER!

Ever wonder how a book becomes a movie? Our guest Presenter, **Mystery Author Kylie Logan**, will “clue” you in on how her mystery novel, *The Secrets of Bones*, set in Cleveland, became the Hallmark Mystery movie *Jazz Ramsey: A K-9 Mystery*. Besides writing as Kylie Logan, the author also writes mystery fiction as Anastasia Hastings, Casey Daniels, Mimi Granger and other pen names. Copies of her books will be available for purchase.

Tuesday, March 11, 1:30pm. Cost \$4; payable by 3/6.



COFFEE & CONVERSATION

Join **Director, Lydia Gadd** and **Economic Development Manager for the City of Westlake, Michelle Boczek**, as they share news from our Department and the City. A Q&A will follow the program.

Tuesday, March 18, 11:00am. FREE. Call to reserve or use MyActive Center by one day prior.

APPRECIATING ANIMATION IN THE MOVIES—*INSIDE OUT* AND *INSIDE OUT 2*

Let that child inside of you come on out as we feature a pair of animated Pixar productions perfect for “kids” of any age. These films are sure to make you think, feel and, of course, laugh as they introduce us to personified emotions that run the “control center” in our brains. Featuring the voice acting talents of: Amy Poehler, Bill Hader, Lewis Black, Mindy Kaling, Richard Kind, Diane Lane, Ayo Adebri, Maya Hawke.

April 7—*Inside Out* **2015 Oscar Winner: Best Animated Feature**

After young Riley is uprooted from her Midwest life and moved to San Francisco, her emotions - Joy, Fear, Anger, Disgust and Sadness - conflict on how best to navigate a new city, house, and school. **Comedy/Drama/Animation. PG. 1hr. 35 min.**



April 14—*Inside Out 2* **2024 Nominated: Best Animated Feature**

A sequel that features Riley entering puberty and experiencing brand new, more complex emotions as a result. As Riley tries to adapt to her teenage years, her old emotions try to adapt to the possibility of being replaced as they are introduced to a brand new emotion: Anxiety. **Comedy/Drama/Animation. PG. 1hr. 36 min.**



Mondays, April 7 & 14, 1:00pm. FREE. Call to reserve or use MyActive Center by one day prior.

Thursday Movie Pathway

MOVIES GENEROUSLY SPONSORED BY HEARING SCIENCE

- **9:30am and 1:30pm show times UNLESS NOTED. No food or drink permitted in the theater.**
- **All movies *Subject to Change* due to unforeseen circumstances.**
- **Stop by the café before or after the movie to purchase a muffin, cup of soup or sandwich.**
- **Coffee/Tea are provided at no charge. (Thank you to our sponsors—O'Neill Healthcare/coffee, Holy Family Hospice/tea, Cleveland Road Runners Club & Carolyn L. Farrell Foundation/cups)**
- **Regarding subtitles— call before attending to determine if this feature is available for the movie being shown.**

****CALL TO PRE-REGISTER AND IF YOU NEED TO CANCEL****

March 6—Conclave 2024

Follow one of the world's most secretive and ancient events—selecting the new Pope. Cardinal Lawrence is tasked with running this covert process after the unexpected death of the beloved Pope. Once the Catholic church's most powerful leaders have gathered from around the world and are laced together in the Vatican halls, Lawrence uncovers a trail of deep secrets left in the dead Pope's wake, secrets which could shake the foundations of the church. Starring Ralph Fiennes, Stanley Tucci, John Lithgow. **Drama/Mystery Thriller. PG for thematic material and smoking. 2 hrs.**

March 13—Waking Ned Devine 1988

☘️ **Afternoon showing ONLY at 1:30pm** ☘️

When best friends Jackie O'Shea and Michael O'Sullivan discover someone in their small Irish village has won the lottery, they immediately set off to see if the winner is in a sharing mood. Deducing that Ned Devine is the lucky man, O'Shea and O'Sullivan pay him a visit, only to find him dead from shock. Since Devine is the only one who can claim the prize, the townsfolk band together to convince the claim inspector that O'Sullivan is really Devine, and split the cash. Starring Ian Bannen, David Kelly, Fionnula Flanagan. **Comedy. PG for nudity. Language and thematic elements. 1hr. 31min.**

March 20—Goodrich 2024

Andy Goodrich's life is upended when his wife and mother of their nine-year-old twins enters a 90-day rehab program, leaving him on his own with their young kids. Thrust into the world of modern parenthood, Goodrich leans on his daughter from his first marriage, Grace, as he ultimately evolves into the father Grace always wanted. Starring Michael Keaton, Mila Kunis. **Comedy/Drama. R for some language. 1hr. 50min.**

March 27—Juror #2 2024

Directed by Clint Eastwood, the story follows family man Justin Kemp who, while serving as a juror in a high profile murder trial, finds himself struggling with a serious moral dilemma—one he could use to sway the jury verdict and potentially convict or free the accused killer. Starring Nicholas Hoult, Toni Collette. **Legal Drama/Thriller. PG-13 for some violent images and strong language. 2hrs. 15min.**

April 3—Twisters 2024

As storm season intensifies, the paths of former storm chaser Kate Carter, lured back to the open plains after a devastating encounter years prior, and reckless social-media superstar Tyler Owens, collide when terrifying phenomena never seen before are unleashed. The pair and their competing teams find themselves squarely in the paths of multiple storm systems converging over central Oklahoma in the fight of their lives. Staring Daisy Edgar-Jones, Glen Powell, Anthony Ramos. **Action/Thriller. PG-13 for intense action and peril, some language and injury images. 2hrs. 2min.**

April 10—Unstoppable 2024

This is the inspiring true story of Anthony Robles who was born with one leg, but whose indomitable spirit and unbreakable resolve empowered him to defy the odds and pursue his dreams. With the unwavering love and support of his devoted mother Judy and the encouragement of his coaches, Anthony fights through adversity to earn a spot on the Arizona State Wrestling team. But his will demands everything he has, physically and mentally, to achieve his ultimate quest to become an NCAA Champion. Starring Jharell Jerome, Anthony Robles, Jennifer Lopez. **Drama/Sport/Biography. PG-13 for some strong language and thematic material. 1hr. 56min.**

April 17—Wicked 2024

****Afternoon showing begins at 1:00pm****

Elphaba, a misunderstood young woman because of her green skin, and Galinda, a popular girl, become friends at Shiz University in the Land of Oz. After an encounter with the Wonderful Wizard of Oz, their friendship reaches a crossroads. Starring Cynthia Erivo, Ariana Grande, Jeff Goldblum, Michelle Yeoh, Jonathon Bailey. **Note: this movie is part 1—part 2 will be released at the end of 2025. Fantasy/Music. PG for some scary action, thematic material and brief suggestive material. 2hrs. 40min.**

April 24—The Wild Robot 2024 ****Afternoon showing ONLY at 1:30pm****

The Wild Robot will steal your heart whether you are 8 or 88 years young. The epic adventure follows the journey of a robot-ROZZUM unit 7134, "Roz" for short—that is shipwrecked on an uninhabited island and must learn to adapt to the harsh surroundings, gradually building relationships with the animals on the island and becoming the adoptive parent of an orphaned gosling. Starring the voice talents of: Lupita Nyong'o, Pedro Pascal, Kit Connor, Bill Nighy, Catherine O'Hara, Ving Rhames, Mark Hamill. **Animated/Adventure. PG for action/peril and thematic elements. 1hr 42min.**

Lifelong Learning Pathway

FOOD FOR THOUGHT

March 10—*Peace of Mind*

Losing a loved one is a difficult experience for anyone to go through, but the weight of the loss for your family can be lightened knowing that your wishes were honored. We invite you to a special presentation on the importance of arranging your final wishes so you will feel confident that your final wishes will be granted. We will outline the steps in the planning process and answer any questions you may have. We hope to see you there! **(Presentation and lunch sponsored by Busch Funeral Home)**

April 14—*Myths and Facts About Hospice*

Join O'Neill Hospice for an informative boxed lunch presentation as they debunk the myths associated with hospice care. They will also explain what insurance coverage looks like for hospice and the difference in qualifying for hospice vs. palliative care. **(Presentation and lunch sponsored by O'Neill Healthcare)**

Monday, March 10 and April 14, 11:00am. Cost: \$2; payable by one week prior to each program date.

LATIN—DID YOU KNOW?

Have you ever wondered where some of our popular phrases, mottos or abbreviations came from? In this series we will be examining English words and tracing them back to their Latin origins. We will cover phrases, mottos and abbreviations and explain the Ides of March and the relationship of Troy and the founding of Rome just to name a few items covered in this course. This is a fun and informative class where you will discover many facts about our English language. **Taught by Marcia Nauts, a retired Latin Teacher.**

Tuesdays, March 18—April 22, 1:00pm. FREE. Call to reserve or use MyActive Center by 3/14.

HISTORY OF PUT-IN-BAY, SOUTH BASS ISLAND

Put-In-Bay has been a summer resort for more than 100 years. Today, Put-In-Bay is a vibrant tourist resort complete with bars, hotels, boating, fishing, a national monument, golf cart rentals, caves and much more. Come explore the rich history of this island right in your own backyard. **Presented by Sally Tomko, Infinite Helping Hands.**

Wednesday, March 19, 10:00am. FREE. Call to reserve or use MyActive Center by 3/17.

ADULT STORYTIME

"Everything in life that's any fun, as somebody wisely observed, is either immoral, illegal or fattening."

— P.G. Wodehouse

This month Erin will be sharing a short story by the comedy writer, **PG Wodehouse.**

Wodehouse was a prolific writer throughout his life, publishing more than ninety books, forty plays, two hundred short stories and other writings between 1902-1974. Facilitated by **Erin Manning, Porter Public Library Librarian.**

Tuesday, March 25, 1:00pm. FREE. Call to reserve or use MyActive Center by 3/23.



TED TALK—*NOTE START TIMES*

March 26—*Can Curiosity Heal Division? and Why the World Needs more Builders and Less Us Versus Them*

As our culture and media present the world and various problems or issues as binary (good/bad, us/them), our society has become quite divided. We will view these two TED Talks to learn some of the keys to lessening the power of these divisions to show more love for each other and for humanity. After we view these talks, **Director Lydia Gadd** will facilitate a group discussion.

April 23—*Why Do You Love Your Favorite Songs? and How Music Can Help You Find Peace After Loss*

In the first selection, songwriter Scarlet Keys sits down at a piano to deconstruct the tools musicians use to make a melody unforgettable—from tone and repetition to lyrics and chords—and sheds light on music's ability to transform. After a brief discussion we will listen to the second TED talk to experience how music can make us feel. Time will be set aside to share your reactions if you choose with a discussion facilitated by **Director, Lydia Gadd.**

Wednesdays, March 26, 11:00am and April 23, 1:00pm. FREE. Call to reserve or use MyActive Center by one day prior to date.

Lifelong Learning Pathway

BASIC PHOTOGRAPHY COURSE

This class began in January—if you were a registered student at the beginning of this series, below are the dates for this continuing class.

Please, no first time attendees.

Thursdays, March 20 and April 17, 10:00am.
Call to register if you are a current student.

WESTLAKE PHOTOGRAPHY CLUB

The group meets twice monthly focusing on a variety of topics. These are FUN and FRIENDLY like-minded people, who enjoy the thought of stretching their skills. All are welcome—at any skill level. This is a “peer run” group—**no facilitator. Attendees must provide their own equipment**, there will be NO cameras available for use.

Thursdays, March 13 & 27 and April 10 & 24, 11:00am. FREE. Call to reserve or use MyActive Center by one day prior to each date.

WOMEN INSPIRING WOMEN—*Warriors, Queens and Intellectuals*

Throughout history, women have played integral roles in family, society, religion, government, war—in short, in all aspects of human civilization. Powerful women have shaped laws, led rebellions, and played key roles in dynastic struggles. Some were caught up in forces beyond their control, while others manipulated and murdered their way to the top. However, unearthing their stories from the historical record has been a challenge, with the ordinary difficulties of preserving information across the generations increased by centuries of historical bias and gendered expectations. Women, when they were mentioned at all, often filled the role of virtuous maiden, self-effacing mother, or seductive villain. Imagine what you are missing when only half the story is being told.

March 28—*The Trung Sisters of Vietnam Fight for Han*

In China and under the Han Dynasty, as its imperial expansion threatened the traditional and strongly matriarchal culture of Vietnam, two of the most famous Vietnamese rebels of this era were the Trung sisters, who led tribal armies against the powerful invaders. See how their story has become a touchstone of Vietnamese culture and pride into the 21st century.

April 25—*Boudicca Attacks the Romans*

Witness the end of Iron Age Britain and the birth of “Roman Briton” with the valiant but thwarted rebellion led by the Celtic warrior queen, Boudicca. Like many rebels before her, she was motivated by personal tragedy as much as she was driven by the bigger picture of freedom for her people. Her legacy would be revived in the rule of another British queen, Victoria.

(Pastries in March provided by Home Again Transitions and pastries in April provided by Foundations Health Solutions)

Fridays, March 28 and April 25, 9:30am. (Note new start time) FREE. Call to reserve or use MyActive Center by one week prior to each date. Coffee/tea and a light breakfast pastry provided.

TECH TALK

Public Relations Specialist, Jorden Shevel will share information about Technology. This is not a help session, just very educational and enlightening.

Fridays, March 14 and April 11, 12:00pm. FREE. Call to reserve or use MyActive Center by one day prior to each date.

FALLS PREVENTION BINGO

This fun and interactive event is hosted in collaboration with students from the **College of Public Health’s Mobile Flashes Mobile Wellness Unit at Kent State University!** Learn valuable tips and strategies to prevent falls while enjoying a game of bingo with a twist. It’s a great way to raise awareness about fall prevention, engage with the community, and connect with future public health professionals.

Tuesday, April 15, 11:00am, FREE. Call to reserve or use MyActive Center by 4/8.

HOME CARE PLANNING GUIDE

Are you or a loved one in need of care at home? Join us for our Home Care Planning Workshop. In this workshop, we will answer the following:

- Common reasons care at home is needed: Post surgery, dementia, difficulty driving in winter weather, respite care, transitioning home after a hospitalization or rehab, and more.
- Types of home care services available.
- What is covered by insurance or Medicare and what is not.
- How to select nurses and caregivers that fit your care needs at home.

Refreshments provided as well as a complimentary planning guide for you to take home.

(This presentation is provided by BrightStar Care)

Wednesday, April 30, 11:00am. FREE. Call to register or use MyActive Center by 4/23.

Arts Pathway

HAPPY QUILTERS—A Quilting Group

If you would like to join the group, you will need to bring your own sewing machine and all the supplies and notions you will need to work on your project. Please note that lessons for quilting are not provided. It's just a group that enjoys quilting and getting together.

Wednesdays, 12:00-3:00pm. We ask that you register with our Center and swipe in when you arrive.

NEEDLE AWAY WITH US

KNITTING & CROCHETING, HOOKING GROUP

This group meets every Tuesday. Bring any "needle" project that you may be working on at the time. Please note, no formal instruction, this is strictly for fun and all levels are welcome!

Tuesdays, 9:00-11:00 am. FREE. Call to reserve or use MyActive Center by one day prior to each date.

PHENOLOGY ART

If you started this class with us in January, it continues monthly through the end of the year. The next two dates are listed below. *If you are a current student, please call to let us know you will be attending.*

Fridays, March 7 and April 4, 10:30am.

SONG BIRDS

If you enjoy singing, join us for our "group karaoke" sessions where we sing rock, pop, country, show tunes and more to videos with lyrics on YouTube. Join us for this fun-filled hour of music.

Tuesdays, March 11 & 25 and April 8 & 22, 1:00pm. FREE. Call to reserve or use MyActive Center by one day prior to each date.

Games Pathway

CHAIR VOLLEYBALL

Come join in the fun and friendly competition that includes exercise to enhance your muscle tone, reflexes, hand-to-eye coordination, and endurance. The game is played with a beach ball and a five-foot-high net. Rules are similar to regular volleyball, but you will need to keep a "cheek on the chair."

Mondays, 1:00pm. FREE. Call to reserve or use MyActive Center by one day prior to each date. (Not 4/28)

PUZZLE EXCHANGE

On the 2nd Wednesday of each month, we are holding a puzzle exchange. Bring your old puzzles to exchange with someone else's puzzle. If you do not have a puzzle but would like to still participate, feel free to come and pick from the puzzles we have on hand.

Wednesdays, March 12 and April 9, 9:00-11:00am. Just drop-in and swipe when you arrive.

HOSPICE CARDS

Looking for artistic people who can create fine, dried-flower cards to be sold as a VNA Hospice fund-raiser. Volunteers will walk you through the process. Initially, all supplies will be shared by current members. Eventually, you should dry your own plant material. We meet the 2nd and 4th Mondays. Artists, please bring scissors, tweezers, and a pencil if possible.

Mondays, March 10 & 24 and April 14 & 28, 12:00noon. FREE. Just drop in!

CRAFTS WITH PARKSIDE VILLA

Decoupage Seashell Trinket Craft

Decoupage is a craft technique where you decorate objects by gluing paper cutouts onto them and then sealing them with varnish or lacquer. When you apply this technique to seashells, it creates beautiful and unique decorations you can keep as a small dish for rings and jewelry or give as a thoughtful gift. Join **Parkside Villa** as they provide you with instruction and all the supplies you need to make this special keepsake all your own.

Friday, April 11, 10:00am. FREE. Call to reserve or use MyActive Center by 4/3.

OIL PAINTING

Join **Bert Sanchez** as he teaches the painting techniques for this art medium. All material is included.

Thursdays, 1:00pm. Cost: \$12; payable prior to class.

WATERCOLOR CLASS

Jan Rigda welcomes you to her classroom! A list of supplies may be found at the front desk. **As this program is almost at capacity, let us know you are interested by reserving your seat.** You may do this in two month increments. The next two-month session begins on **March 7 through April 25**. There is no need to "pre-pay." Payments are required **upon arrival for class** and **correct change is appreciated.**

Fridays, 1:00pm. CALL TO PRE-REGISTER. Cost: \$10; payable day of class. (Not 4/18)

Games Pathway

LAKE ERIE BRIDGE

You and your bridge partner are invited to join any of our 40 bridge groups playing at area restaurants. Our Westlake Community Center group is specifically for players looking to find a bridge partner. In this group players have a new partner each day of play. Hopefully, some of these pairings will “click” and form new partnerships. Groups are 4-6 tables. Fall groups play once a month (Sept.-May). Contact **Stephanie Policy** (apolicy@aol.com) for information on all of their offerings. (Please put “bridge” in the subject line.)

Tuesdays, March 4 and April 1, 11:00am-2:30pm. If new, register with Stephanie before date attending. Sorry no walk-ins.

SHUFFLEBOARD—INDOORS!

Join in the fun as four players slide weighted discs down a slick playing surface into scoring zones to win points. Teams will be determined day of play. *Physical activity is part of a healthy lifestyle.*

Fridays, 1:00pm. FREE. Just drop in! (Not 4/4, 4/18)

CHESS

Friendly competition between friends – come join the fun! New players always welcome.

Tuesdays and Fridays, 12:00-3:30pm. Just drop in. (Not 4/18)

MAHJONG

Looking for a group to play with and have prior knowledge of the game? This group does accept new players **who are familiar with the game.**

Tuesdays, 1:00-3:30pm. Swipe in before attending.

BINGO FOR FUN

Join us for Bingo for Fun where a light lunch and small prizes will be given to the winners. **(March is sponsored by Seniors Helping Seniors and April is sponsored by Westlake Community Services)**

Friday, March 7 and April 4, 10:00am; Cost \$4; payable by one week prior to each date.

MUSIC BINGO/CONTINENTAL BKFST.

This Bingo is exciting and fun using familiar music of the Big Band, Golden Oldies, Crooners and 50's & 60's theme songs. **(March entertainment sponsored by Foundations Health Solutions; breakfast by Parkside Villa and April entertainment sponsored by The Normandy; breakfast by McGregor Pace)**

Wednesdays, March 12 and April 9, 10:00am. Cost: \$4; payable by one week prior to each date.

DOMINOS—MEXICAN TRAIN

Do you enjoy playing Mexican train? Now's your chance and it's not hard! Come play with friends. Enjoy something from the café while you play.

Tuesdays, March 11 & 25 and April 8 & 22, 10:00am. Call to reserve or use MyActive Center by one day prior.

PINOCHLE

Have experience playing pinochle? This group of friendly players welcomes you to join the fun.

Mondays, 1:00-3:30pm. Just drop in.

Support Pathway

LEGAL HELP

Attorney, Justin Watling, helps with Living Wills and Health Care Directives.

First three Tuesdays of each month, 10:00 & 10:30am. FREE. Call to reserve an appointment date and time.

CAREGIVER SUPPORT

Calling all caregivers; take a moment to share with other caregivers and nurture your spirit. Learn tips and tricks for self-care and care of your loved one. Drop-in's welcome!

Mondays, March 24 and April 28, 12:00noon. FREE. Let us know you are coming or just walk in!

GRIEF DROP-IN SUPPORT

All of us struggle with issues around grief from time to time. This drop-in session, facilitated by **Carleen Broberg of Nivalis**, will give you space to explore your grief and tools to support you in your journey.

Wednesday, March 5 and April 2, 2:00pm. FREE. Let us know you are coming or just walk in!

SENIOR STRONG

Join us for important conversations regarding emotional health, navigating relationships as you age, and a multitude of other topics. We look forward to sharing some helpful tips and information to help you live Senior Strong. **Bob Piovarchy, Far West Center** facilitator.

Wednesdays, March 12 and April 9, 11:00am. FREE. Call to reserve or use MyActive Center by one day prior.

BRAIN GAMES

There is never a dull moment in this class designed to challenge your brain to think in different ways. Puzzles, games and laughter are guaranteed—bring a pencil...or a pen if you dare! **(Sponsored in March by Aligned Health Center and in April by Seniors Helping Seniors)**

Wednesdays, March 12 & April 9, 1:00pm. FREE. Call to register or use MyActive Center by one day prior to each date

Health & Wellness Pathway

MEDICARE CONSULTATIONS—*Thursdays*

Our Ohio Department of Insurance trained volunteer, **Diane Lockard**, will be here to help you get the best coverage for you at the lowest price possible.

Thursdays, March 6 & 20 and April 3 & 17, 10:00am-12:00pm. FREE. Call to make an appointment.

BLOOD PRESSURE Just Walk In!

Regular blood pressure screenings are important for your health. Even if you have a machine at home, it is good to have your BP checked occasionally by a professional. **Miriam from UH/St. John Hospital** will be here to assist you with your wellness. **(Sponsored by UH/SJMC) FREE.**

Thursdays, March 6 and April 3, 11:30am-1:00pm.



University Hospitals

The Science of Health. The Art of Compassion.

HEARING SCREENINGS

Missing out on conversations? Turning the TV up? Suffer no more! Our friend, **Audiologist Joe Baker** will provide screenings and helpful advice.

Thursday, March 20, 1:30-3:15pm. FREE. Call to schedule an appointment.

MEDITATION

Meditation is good for your physical and emotional health, and even more effective when practiced in a group. During this 30-minute program, Lydia Gadd, Center Director and Licensed Counselor, will lead us through various meditations. Prepare to relax.

Tuesdays, March 11 & 25 and April 8 & 22, 11:00am. FREE. Call to reserve or use MyActive Center by one day prior to each date.

REIKI

This energy healing technique reduces stress and anxiety, and promotes deep relaxation through gentle touch. To receive Reiki, the client lies on a massage table, face up, fully clothed. The Reiki Practitioner uses therapeutic, light touch with their hands to deliver, move, and balance energy in the client's body. **Alice Drew Yoder, Master Reiki Practitioner** is offering 30 minute sessions which will also include aromatherapy.

Thursdays, March 13 & 27 and April 10 & 24, 10:30am-3:00pm. Cost:\$20/session; payment required when scheduling your appointment.

SUPERFOODS

There is no single food or nutrient that will keep your body disease-free. However, a healthy diet filled with the right variety of foods may offer some protection. These foods are nutrient-rich and considered to be beneficial for health and well-being. We will examine 10 superfoods that you can easily add to your daily diet.

Presented by Barb Bandagaski, My Medicare Network.

Friday, March 21, 10:00 am. FREE. Call to register or use My Active Center by 3/17.

ASSISTIVE DEVICES

Krista Weartz ATP with **Central Home Medical Equipment** will be discussing how to maintain independence with durable medical equipment. She will have equipment demonstrations, and she will go over different options and what insurance typically covers.

Monday, March 24, 11:00am. FREE. Call to reserve or use MyActive Center by 3/20.

PROMOTING WELLNESS WITH GUIDED IMAGERY

Learn about this simple but powerful technique useful for dealing with a wide variety of life's daily struggles, from basic stress to health issues to mental health challenges. Guided imagery promotes deep relaxation and helps you find inner resources and empowerment to improve your coping skills. **Presented by Laura Hazen of Hanson Services, Inc.**

Wednesday, March 26, 11:00am. FREE. Call to reserve or use MyActive Center by 3/21.

NOT ONLY WHEN YOU HURT: WHY PHYSICAL THERAPY?

Join us to learn how physical therapy isn't just for people who have had surgery or have been injured. Why are so many people turning to physical therapy for pain, dizziness, weakness, imbalance and disease processes? And why is it best to look for a physical therapist BEFORE those issues arise? **Dawn Evans, PT** has been a licensed therapist for over 30 years. She has worked primarily in the outpatient setting, as well as in-home and in neurological rehabilitation. With her many years of experience, Dawn is passionate about educating her patients both within the PT clinic, but more importantly, for life outside the PT clinic.

Tuesday, April 8, 10:00am. FREE. Call to reserve or use MyActive Center by 4/4.

Health & Wellness Pathway

STROKE SURVIVOR EXERCISE PROGRAM

The Equipped Fitness Room at the Westlake Community Services building offers exercise equipment with unique pneumatic resistance technology. The UH St. John Medical Center Rehabilitation Department developed a community-based stroke exercise program on site. The resulting therapist-led exercise program will be held on Tuesday and Thursday from 2:15-3:45pm. Prospective participants should discuss this with their physician and be medically cleared.

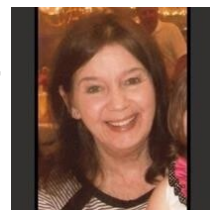
For more information or to register please call UH/SJMC Outpatient Rehab at 440-414-6050. There is a \$50 initiation fee and then an ongoing \$25 monthly fee payable to UH/SJMC.



Fitness & Exercise Pathway

IN MEMORIAM

It is with heavy hearts that we share the passing of Mary Harwood, our beloved line dancing instructor. Mary's life will be celebrated on Saturday, March 22, 2025 at Springvale Ballroom, North Olmsted, from 12:00-2:00pm. Anyone who wishes to send condolences to the family may call us for Mary's address. Mary leaves behind a class that was filled with happy memories of great social interaction through upbeat songs with dance routines to match. Her "cowgirl boots" will be hard to fill. We will do our best to honor her legacy.



Some have asked if there is a way to keep Mary's memory alive at our center. Our Memorial Tree is a wonderful option for class attendees to consider. A leaf purchased in Mary's honor will help support activities at Westlake Community Services.

EQUIPPED FITNESS ROOM

Outfitted with Keiser strength equipment with pneumatic resistance technology and four cardio machines. Cardio includes two NuStep recumbent steppers and two Keiser total body trainers—one wheel chair accessible. Staffed by Recreation Department Fitness Personnel and available to patrons 50+ years of age. Silver Sneakers/Renew Active may be used.

Monday-Friday, 9:00am to 3:00pm. Membership: \$65/yr. for current Rec members; \$90/yr. for residents; \$115/yr. for non-residents; daily guest pass: resident; \$6, non/resident; \$9. (Not 4/18)

WII BOWLING

The players from our mixed bocce group are moving inside for the winter. Join them for some friendly competition as we play Wii bowling on the large screen TV.

Wednesdays, 9:00-11:00am. FREE. No RSVP necessary, just drop in.

TAI CHI EASY

Practice 4 components of Qigong and Tai Chi: Breath, Massage, Movement and Meditation. Fun, accessible evidence-based self-care practices. Experience the health benefits and enjoy group practice.

Instructor: Antoinette Horn, Integral Qigong and Tai Chi Teacher, Senior Trainer Tai Chi Easy. Tuesdays, 11:15am. Cost: \$6; payable before start of class.

HEALING QIGONG

Qigong (pronounced chee-gong), the practice of energy cultivation, is an ancient Chinese exercise that promotes **optimal health, vitality and longevity**. The gently, rhythmic movements reduce stress, build stamina, increase vitality, and enhance the immune system. **Instructor: Bert Sanchez.**

Thursdays, 10:00am. Cost: \$6; payable before start of class

TAI CHI FOR YOU

Bert Sanchez leads the class in more advanced level Tai Chi movements.

Thursdays, 5:00-6:15pm. Cost: \$5; pay before 5:00pm.



Fitness & Exercise Pathway

ESSENTIAL CORE & MORE FITNESS

A challenging 40-45 minute strength, balance and flexibility class using weights, Pilates Circles, and your body's own resistance. Squats, lunges, planks, and more will be shown each class, as well as floor exercises on a mat. Variations offered for each move. Enjoy an energizing playlist and feel your results. **Alice is a Certified AFAA Fitness Professional, Registered Yoga Teacher, and Wellness Facilitator.**

Tuesdays, 8:30am. Cost: \$7/class—drop in only (correct change appreciated); payable before start of class.

DANCE AND DEFINITION

A class for active seniors! Move to the music you know and love. This uplifting one-hour class combines 30 minutes of FUN dance fitness, 15 minutes of Pilates-based muscle-toning and balance-training and 15 minutes of mindful yoga and stretching for a "total body experience." Modifications & Variations will be shown for every move. Instructor **Alice Drew Yoder** also brings a wellness theme or topic to each class. **Alice is a Certified AFAA Fitness Professional, Registered Yoga Teacher, and Wellness Facilitator.**

Tuesdays, 10:00am and Thursdays, 8:30am. Cost: \$7/class—drop in only (correct change appreciated); payable before start of class.

GENTLE YOGA with Jen Nebraska, YTT 200 Certified

Jen's class offers all the benefits of regular yoga in a slower, more comfortable pace through yoga poses (asanas) with gradual, slower-paced transitions, added breath work, meditation and relaxation. The classes are upbeat and fun and always leading from the heart. Jen teaches students of all ages to feel calm, centered, empowered, and confident.



Mondays, 9:00am. Cost: \$8/class (correct change appreciated); payable before start of class.

CHAIR YOGA with Jackie Chavez-Anderson

This accessible class is suitable for all bodies and levels of experience. Chair yoga reduces strain on the limbs and joints, and is a gentle practice, a great form for beginners or anyone wanting to focus on balance and flexibility. Yoga encourages breathing techniques and movements that stretch and strengthen your body as well as relax the areas of tension held in the body that cause stress. You are encouraged to wear comfortable clothing that you can move easily in.

Mondays, 1:30pm. Cost: \$8/class (correct change appreciated); payable before start of class.

MONDAY EVENING YOGA with Chris Hansen, E-RYT

Let go of the day and move into your evening with calm and ease in this 75-minute class. Focus on stretching and strengthening as you move through a variety of poses, all of which can be modified to make them easier or more challenging to suit you. Beginning and experienced yoga students welcome. Bring a mat and any props you like (strap, block, blanket).

Mondays, 5:00-6:15pm. Cost: \$8/class, passes available; payable before start of class.

FRIDAY MORNING YOGA with Chris Hansen, E-RYT

The perfect start to your day! Begin with centering and focus on the breath. Move through a variety of poses to awaken the body, and end with rest and relaxation. Leave class focused and energized. Especially good for those familiar with yoga but open to all. Poses can be modified depending on what you need that day. Bring a mat and any props you like (strap, block, blanket).

Fridays, 9:00am. Cost: \$8/class, payable before start of class. (Not 4/18)

ADAPTIVE CARDIO DRUMMING

This is a **30-minute** cardio drumming class for people who would like a slower pace. All participants will be seated. We will be performing easier movements and a shorter class than the traditional Cardio Drumming. Even though we are moving at a slower pace you will still receive the benefits of a great exercise.

Your instructors are Cindi, Jennifer, and Jodi.

Mondays, 12:30pm. FREE. Call to reserve or use MyActive Center by one day prior to each date.

Please call if you need to cancel. (Not 3/31)

CARDIO DRUMMING

Cardio drumming takes a simple movement - drumming - and turns it into a full-body workout that will leave you smiling, sweating, and feeling great. You will be using drumsticks and a yoga ball. This class may be done standing or seated, we guarantee a great workout! **Your instructors are Cindi, Jennifer, Jodi, Abby and Evelyn.**

Wednesdays, 2:00pm. FREE. Limited spaces available. Doors open at 1:45pm. (Not 4/30)

HISTORIC HOUSES OF WORSHIP

WEDNESDAY, APRIL 2

Enjoy an inspirational tour that showcases some of Cleveland's museum-quality churches. We will explore a variety of houses of worship, learn their incredible histories and view the beauty inside their walls. Our 2025 tour includes visits to: Shiloh Baptist Church, Trinity Lutheran, St. Emeric and St. Colman with a delicious lunch at Cleveland north shore favorite, Pier W. Lunch choice will soon be determined.

Departure and return times still to be determined. \$99/pp; payable by check to JKL Tours by 3/12.

CLEVELAND – BEHIND THE SCENES

TUESDAY, MAY 20

Kick Off Spring with a special tour of Cleveland with a start at Progressive Field for a unique walking tour. We'll learn the history of the Indians, the Guardians, Municipal Stadium and Jacobs/Progressive Field as we visit some places in the ballpark fans usually don't get to see. Get an insiders view of the press box and lower-level where we plan to see the visitor's locker room & dugout and may even get to take a peek behind home plate. (Subject to conditions that morning.) We'll have time in the Team Shop before we head off to Jimmy Buffet's Margaritaville for lunch with entertainment. Finally, we head to Cleveland's historic Theatre District for a walking behind-the-scenes tour of one of Cleveland's greatest assets, PLAYHOUSE SQUARE: the world's largest theater restoration project and one of the world's premier art districts, as well as Northeast Ohio's home for touring Broadway shows, concerts, comedy, dance and children's programming. Get a chance to truly go behind the scenes and learn about the theatrical history that makes Playhouse Square a true gem.

Depart at 9:30am and return approximately 5:30pm. \$109/pp; payable by check to JKL Tours by 4/21.

HAMILTON AT PLAYHOUSE SQUARE

WEDNESDAY, JULY 2

The Tony Award Winning production is back in Cleveland! A revolutionary story of passion, unbridled ambition and the dawn of a new nation, *HAMILTON* is the epic saga that follows the rise of Founding Father Alexander Hamilton as he fights for honor, love, and a legacy that would shape the course of a nation. This Tony Award-winning Broadway drama/musical is set to a score that blends hip-hop, jazz and R&B. *HAMILTON* has had a profound impact on culture as it takes the audience on an incredible historical journey via the stage and moved along by the music. We've held main floor seats for this mid-week MATINEE at 1:30pm., but space is limited!

Depart at 12:15pm and return approximately 4:45pm. \$139/pp; payable by check to JKL Tours by 4/10.

2025 OVERNIGHT TOURS PRESENTED BY WENDT TOURING

Trip presentation/Tour preview: Wednesday, March 19: 1:15-2pm. All are welcome.

Tour brochures for all 2025 trips now available.

Mid-Atlantic Rail Adventure – Washington D.C. Springtime 4 Days April 24-27

Enjoy first class tour features on this special train adventure as we travel into America's National Capitol. Springtime is a great time of year to visit Washington D.C. All the important monuments, memorials and attractions are included. Pennsylvania, Virginia, West Virginia and Maryland. Delicious meals, very good hotels and unforgettable sightseeing throughout.

America's National Parks – Yellowstone, Glacier & Grand Tetons – 8 Days June 21-28 (by air)

See some of Americas most spectacular National Parks out west and enjoy the many wonders of this dazzling area on this once-in-a-lifetime early summer tour. Wyoming, Montana, Idaho, Washington, Utah, Rocky Mountains, Snake River, Jackson Hole, Jenny Lake, Old Faithful, Grand Canyon of Yellowstone, Mammoth Hot Springs, Salt Lake City and more.

The Canadian Rockies Summertime – Banff, Lake Louise, Jasper – 6 Days August 24-29 (by air)

Back by popular demand. This late summer adventure takes us to the Canadian Rockies to see one of the most beautiful and majestic mountain ranges in the world. Marvel at the crystal blue waters, search for incredible wildlife. We stay in the Canadian Rockies at the same hotel for all 5 nights. All the must-see attractions are included.

Treasures of Montreal and Quebec City by Rail Fall Foliage – 6 Days October 4-9

Enjoy first class tour features as travel thru French speaking Canada on VIA Rails Ultramodern LRC train. This unique getaway combines the excitement of the Saint Lawrence Seaway with the beauty of a historic boat cruise throughout the Thousand Islands. This is a great fall foliage tour. Two nights Montreal. Two nights Quebec City. One night Alexandria Bay.

Visit our webpage: <https://www.cityofwestlake.org/2175/2025-Overnight-Tours-Presented-by-Wendt->

THANK YOU—MARCH/APRIL SPONSORS

PLATINUM: \$3,000—4,999

O'Neill Healthcare

GOLD: \$1,000—2,999



FOUNDATIONS
HEALTH SOLUTIONS



SILVER: \$500—999



MARCH PATHWAYS CALENDAR

	MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY
3	9:00 Gentle Yoga-Jen 10:30 AARP Tax Aide 12:30 Adapt. Cardio Drum 1:00 Chair Volleyball 1:00 Pinochle 1:30 Chair Yoga-Jackie 5:00 Yoga with Chris	4	8:30 Essential Core/More 9:00 Needle Away With Us 9:45 Breakfast Club/Men 10:00 Dance and Definition 10:00 Legal Help-10:30 11:00 Lake Erie Bridge 11:15 Tai Chi Easy 12:00 Chess 1:00 Mahjong 2:15 UH/SJMC Stroke/Ex.	5	9:00 Coffee With A Vet 9:00 Wii Bowling 12:00 Happy Quilters 2:00 Cardio Drumming 2:00 Grief Drop-In	6	8:30 Dance and Definition 9:15 Panera Bread 9:30 Movie-Conclave 10:00 Healing Qigong 10:00 Medicare Consult 10:30 AARP Tax Aide 11:30 Blood Pressure 1:00 Oil Painting 1:30 Movie-Conclave 2:15 UH/SJMC Stroke/Ex. 5:00 Tai Chi For You	7	9:00 Yoga with Chris 10:00 Bingo For Fun 10:30 Phenology Art 12:00 Chess 1:00 Shuffleboard 1:00 Watercolor
10	9:00 Gentle Yoga-Jen 10:00 Book Discussion 10:30 AARP Tax Aide 11:00 Food For Thought 12:00 Hospice Cards 12:30 Adapt. Cardio Drum 1:00 Chair Volleyball 1:00 Pinochle 1:30 Chair Yoga-Jackie 5:00 Yoga with Chris	11	8:30 Essential Core/More 9:00 Needle Away With Us 10:00 Dance and Definition 10:00 Dominoes 10:00 Remember When 10:00 Legal Help-10:30 11:00 Meditation 11:15 Tai Chi Easy 12:00 Chess 12:00 Lunch Bunch 1:00 Mahjong 1:00 Song Birds 1:30 Page Turners 2:15 UH/SJMC Stroke/Ex. <i>JKL Tours Trip— & Juliet</i>	12	9:00 Puzzle Exchange 9:00 Wii Bowling 10:00 Music Bingo 11:00 Senior Strong 12:00 Happy Quilters 1:00 Brain Games 2:00 Cardio Drumming	13	8:30 Dance and Definition 9:15 Panera Bread 10:00 Healing Qigong 10:30 AARP Tax Aide 10:30 Reiki-3:00 11:00 Photography Club 11:00 St. Patrick's Day Luncheon 1:00 Oil Painting 1:30 **Movie-Waking Ned Devine 2:15 UH/SJMC Stroke/Ex. 5:00 Tai Chi For You **Note: One movie showing only today	14	9:00 Yoga with Chris 12:00 Chess 12:00 Tech Talk 1:00 National Pi Day Movie— <i>Life of Pi</i> 1:00 Shuffleboard 1:00 Watercolor **Note: Moon Pies in the Connections Café today!
17	9:00 Gentle Yoga-Jen 10:30 AARP Tax Aide 12:30 Adapt. Cardio Drum 1:00 Chair Volleyball 1:00 Pinochle 1:30 Chair Yoga-Jackie 5:00 Yoga with Chris	18	8:30 Essential Core/More 9:00 Needle Away With Us 10:00 Dance and Definition 10:00 Legal Help-10:30 11:00 Coffee/Conversation 11:15 Tai Chi Easy 12:00 Chess 1:00 Latin-Did You Know? 1:00 Mahjong 2:15 UH/SJMC Stroke/Ex. 6:30 Project Pulse/GIGi's Playhouse Performance	19	9:00 Wii Bowling 10:00 History of Put-In-Bay 12:00 Happy Quilters 1:15 Wendt Touring 2:00 Cardio Drumming	20	8:30 Dance and Definition 9:15 Panera Bread 9:30 Movie-Goodrich 10:00 Basic Photography 10:00 Healing Qigong 10:00 Medicare Consult 10:30 AARP Tax Aide 1:00 Oil Painting 1:30 Hearing Screenings 1:30 Movie-Goodrich 2:15 UH/SJMC Stroke/Ex. 3:00 Intergenerational Chair Volleyball 5:00 Tai Chi For You	21	9:00 Yoga with Chris 10:00 Superfoods 12:00 Chess 1:00 Shuffleboard 1:00 Watercolor
24	9:00 Gentle Yoga-Jen 10:30 AARP Tax Aide 11:00 Assistive Devices 12:30 Adapt. Cardio Drum 12:00 Caregiver Support 12:00 Hospice Cards 1:00 Chair Volleyball 1:00 Pinochle 1:30 Chair Yoga-Jackie 5:00 Yoga with Chris	25	8:30 Essential Core/More 9:00 Needle Away With Us 9:00 Values Gold & Silver 10:00 Dance and Definition 10:00 Dominoes 11:00 Meditation 11:15 Tai Chi Easy 12:00 Chess 12:00 Lunch Bunch 1:00 Adult Storytime 1:00 Latin-Did You Know? 1:00 Mahjong 1:00 Song Birds 2:15 UH/SJMC Stroke/Ex.	26	9:00 Wii Bowling 11:00 Promoting Wellness With Guided Imagery 11:00 TED Talk 12:00 Happy Quilters 2:00 Cardio Drumming	27	8:30 Dance and Definition 9:15 Panera Bread 9:30 Movie-Juror #2 10:00 Healing Qigong 10:30 AARP Tax Aide 10:30 Reiki-3:00 11:00 Photography Club 1:00 Oil Painting 1:30 Movie-Juror #2 2:15 UH/SJMC Stroke/Ex. 5:00 Tai Chi For You	28	9:00 Yoga with Chris 9:30 Women Inspiring Women 12:00 Chess 1:00 Shuffleboard 1:00 Watercolor 1:00 Forgotten Women of History
31	9:00 Gentle Yoga-Jen 10:30 AARP Tax Aide 1:00 Chair Volleyball 1:00 Pinochle 1:30 Chair Yoga-Jackie 5:00 Yoga with Chris	<p>THE EQUIPPED FITNESS ROOM IS OPEN M-F 9:00AM—3:00PM DOORS WILL BE LOCKED WHEN ATTENDANT IS NOT PRESENT.</p> <p>MEMBERSHIP REQUIRED</p> <p>CLOSED ON 4/18 IN OBSERVANCE OF GOOD FRIDAY</p>							

APRIL PATHWAYS CALENDAR

	MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY
	AARP TAX AIDE IS BY APPOINTMENT ONLY AND ALL SPOTS HAVE BEEN FILLED. CALL TO INQUIRE ABOUT A WAIT LIST.	1 8:30 9:00 9:45 10:00 10:00 11:00 11:15 12:00 1:00 1:00 2:15	Essential Core/More Needle Away With Us Breakfast Club/Men Dance and Definition Legal Help-10:30 Lake Erie Bridge Tai Chi Easy Chess Latin-Did You Know? Mahjong UH/SJMC Stroke/Ex.	2 9:00 9:00 12:00 2:00 2:00	Coffee With A Vet Wii Bowling Happy Quilters Cardio Drumming Grief Drop-In <i>JKL Tours Trip— Historic Houses of Worship</i>	3 8:30 9:15 9:30 10:00 10:00 10:30 11:30 1:00 1:30 2:15 5:00	Dance and Definition Panera Bread Movie— <i>Twisters</i> Healing Qigong Medicare Consult AARP Tax Aide Blood Pressure Oil Painting Movie— <i>Twisters</i> UH/SJMC Stroke/Ex. Tai Chi For You	4 9:00 10:00 10:30 12:00 1:00	Yoga with Chris Bingo For Fun Phenology Art Chess Watercolor NO SHUFFLEBOARD TODAY RAIN AND GARDEN SHOW TOMORROW
7 9:00 10:30 12:30 1:00 1:00 1:00 1:30 5:00	Gentle Yoga-Jen AARP Tax Aide Adapt. Cardio Drum Appreciating Animation in Movies Chair Volleyball Pinochle Chair Yoga-Jackie Yoga with Chris	8 8:30 9:00 10:00 10:00 10:00 10:00 11:00 11:15 12:00 12:00 1:00 1:00 1:00 2:15	Essential Core/More Needle Away With Us Dance and Definition Dominoes Legal Help-10:30 Not Only When You Hurt Meditation Tai Chi Easy Chess Lunch Bunch Latin-Did You Know? Mahjong Song Birds UH/SJMC Stroke/Ex	9 9:00 9:00 9:30 10:00 11:00 12:00 1:00 2:00	Puzzle Exchange Wii Bowling Service Club Music Bingo Senior Strong Happy Quilters Brain Games Cardio Drumming	10 8:30 9:15 9:30 10:00 10:30 10:30 11:00 1:00 1:30 2:15 5:00	Dance and Definition Panera Bread Movie— <i>Unstoppable</i> Healing Qigong AARP Tax Aide Reiki-3:00 Photography Club Oil Painting Movie— <i>Unstoppable</i> UH/SJMC Stroke/Ex. Tai Chi For You	11 9:00 10:00 11:00 12:00 12:00 1:00 1:00	Yoga with Chris Crafts/Parkside Villa The Golden Age of Rock & Roll Chess Tech Talk Shuffleboard Watercolor
14 9:00 10:00 11:00 12:00 12:30 1:00 1:00 1:00 1:30 5:00	Gentle Yoga-Jen Book Discussion Food For Thought Hospice Cards Adapt. Cardio Drum Appreciating Animation in Movies Chair Volleyball Pinochle Chair Yoga-Jackie Yoga with Chris	15 8:30 9:00 10:00 10:00 11:00 11:15 12:00 1:00 1:00 2:15	Essential Core/More Needle Away With Us Dance and Definition Legal Help-10:30 Falls Prevention Bingo Tai Chi Easy Chess Latin-Did You Know? Mahjong UH/SJMC Stroke/Ex.	16 9:00 11:00 12:00 2:00	Wii Bowling Polka Dot Party Happy Quilters Cardio Drumming	17 8:30 9:15 9:30 10:00 10:00 10:00 1:00 1:00 2:15 5:00	Dance and Definition Panera Bread Movie— <i>Wicked</i> Basic Photography Healing Qigong Medicare Consult <i>**Movie-Wicked</i> Oil Painting UH/SJMC Stroke/Ex. Tai Chi For You <i>**Note—PM movie begins at 1:00pm</i>	18	CITY OF WESTLAKE OFFICES ARE CLOSED IN OBSERVANCE OF GOOD FRIDAY
21 9:00 12:30 1:00 1:00 1:30 5:00	Gentle Yoga-Jen Adapt. Cardio Drum Chair Volleyball Pinochle Chair Yoga-Jackie Yoga with Chris	22 8:30 9:00 10:00 10:00 10:00 11:00 11:15 12:00 12:00 1:00 1:00 1:00 2:15	Essential Core/More Needle Away With Us Dance and Definition Dominoes The Rocky Road to Women's Right to Vote Meditation Tai Chi Easy Chess Lunch Bunch Latin-Did You Know? Mahjong Song Birds UH/SJMC Stroke/Ex.	23 9:00 11:00 12:00 1:00 2:00	Wii Bowling Debbie Darling— <i>The Carpenters</i> Happy Quilters TED Talk Cardio Drumming	24 8:30 9:15 10:00 10:00 10:30 11:00 1:00 1:30 2:15 5:00	Dance and Definition Panera Bread Volunteer Recognition Healing Qigong Reiki-3:00 Photography Club Oil Painting <i>**Movie-The Wild Robot</i> UH/SJMC Stroke/Ex. Tai Chi For You <i>**Note—one movie showing only today</i>	25 9:00 9:30 11:30 12:00 1:00 1:00 1:00	Yoga with Chris Women Inspiring Women ETC Kickoff Lunch Chess April Fool's Shuffleboard Watercolor
28 9:00 12:00 12:00 12:30 1:00 1:30 5:00	Gentle Yoga-Jen Caregiver Support Hospice Cards Adapt. Cardio Drum Pinochle Chair Yoga-Jackie Yoga with Chris NO CHAIR VOLLEYBALL TODAY	29 8:30 9:00 10:00 11:15 12:00 1:00 2:15	Essential Core/More Needle Away With Us Dance and Definition Tai Chi Easy Chess Mahjong UH/SJMC Stroke/Ex.	30 9:00 11:00 12:00	Wii Bowling Home Care Planning Guide Happy Quilters NO CARDIO DRUMMING TODAY	PRO TIP: Use The Calendar As a Handy Tool When Scheduling Before you call or stop by to make your reservations, take a minute to mark your selections on this calendar. Circle—highlight—checkmark—whatever system works for you. It's a handy reference sheet that makes scheduling quicker and easier.			

Information Pathway—Outreach Coordinator, Donna Feorene

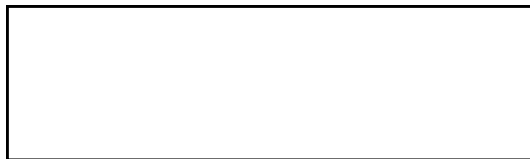
Over 15 percent of American adults report problems with balance. Balance is simply your ability to keep your body positioned over your base – usually your feet. It takes 3 bodily systems to keep your balance – vision, sensation (particularly in your feet and ankles), and vestibular (inner ear). As we age, these systems, and therefore balance, tend to decline. The following are some simple ways to train and improve your balance to protect it over time.

- ⇒ Dance! Take a class, or put on your favorite fast-tempo music and dance in the kitchen. I promise no one is watching! If dancing isn't your thing, boxing classes require the same quick movements. If both of those are too much for you, try tai chi, chair yoga, or cardio drumming!
- ⇒ Stand with your eyes closed. It trains your other senses. Start with feet shoulder-width apart and strive for 10 seconds. Work your way up to 45 seconds. PLEASE stand near a stable surface to grab onto if you need it!
- ⇒ Walk OUTDOORS. Managing around distractions and obstacles engages the same movements that you use to react to a loss of balance to prevent yourself from falling.
- ⇒ At home, try tandem standing – one foot in front of the other. Use a wall or counter for balance help. Start with 10 seconds and work your way up. When it gets easy, try it while you are distracted by brushing your teeth.
- ⇒ Narrow your base of support. Stand with your feet close together and try to hold that stance. When it gets easy for you, try it while doing a task like cooking.
- ⇒ If you are able, try standing on one foot. If that is too easy, try tapping the raised foot to the front, back, and side, or do it while doing a household chore, or while moving your head. You can do these drills barefoot or on a softer surface such as carpeting as well.
- ⇒ Incorporate balance into your regular gym routine by adding more single-leg movements.
- ⇒ Get regular vision and health checks and make healthy lifestyle choices to avoid nerve damage.

By incorporating some of these little movements of balance into your day, you can minimize your chances of falling.

The City of *Westlake* Ohio
www.cityofwestlake.org

Westlake Community Services
28975 Hilliard Blvd.
Westlake, OH 44145-5117
440.899.3544



Try something new...

MARCH/APRIL

